



**INTERMEDIATE
CALISTHENICS**

**SUPERHUMAN
RISING**

FRANK MEDRANO

TABLE OF CONTENTS

1. INTRODUCTION
2. WHY SUPERHUMAN
3. WHY CALISTHENICS
4. PROGRESSIVE CALISTHENICS
5. QUALITY VS QUANTITY
6. SORENESS AND RECOVERY
7. ACTIVE REST DAY
8. HOW TO GAIN STRENGTH
9. PLANNING YOUR TRAINING
10. WARMING UP
11. MOMENTUM
12. BREAKING TROUGH
13. CALISTHENICS GRIND
14. HARD BODY
15. KILLER LEG CIRCUIT
16. BARS OF GLORY
17. SUPPLEMENTAL ROUTINES
18. FAT BURNER CIRCUIT
19. THE ENDURANCE QUEST
20. BUILDER FORMULA
21. SPECIALTY TUTORIALS
22. FINISHING STRONG
23. COOLDOWN AND RECOVERY
24. CLOSING THOUGHTS
25. NUTRITION BONUS





INTRODUCTION

So you've been training hard and completed the **Superhuman Origins** prerequisite training. You are consistently challenging yourself and now you're ready to progress even more. You're no longer a beginner and you are ready for the next level!

I've always made strength my number one priority. When you take this approach like I do, everything else falls right into the right places. Some individuals make aesthetics their main priority, but I find that the aesthetics and endurance comes naturally when I stay focused on **STRENGTH!** Strength built into your training carries over to other areas in life such as your career, relationships, decision making etc. The stronger you are, the more confidence you have, and the more mental strength you will possess.

THE INTERMEDIATE PROGRAM IS DESIGNED TO BURN FAT AND BUILD LEAN/STRONG MUSCLE MASS THAT BURSTS WITH POWER, AGILITY, AND ENDURANCE!

**GET
STRONG
AND
EVERYTHING
ELSE
WILL
FOLLOW!**

WHY SUPERHUMAN

I would like you to have a clear understanding of what Superhuman Training is all about. The word “SuperHuman” is used to describe YOUR untapped strength and potential that is naturally inside you. The Superhuman series is not just a fitness training program to get stronger and leaner, it also helps you get in tune with your body, and it cultivates the right attitude and discipline to build yourself a thriving life. Superhuman training is about physical and mental growth and development. This training can help you keep up with your kids, help you build mental toughness, and can be the difference between life and death in critical situations. The mental training will improve you as a human being to yourself and others, and you will find yourself taking on life’s challenges with much more ease and patience.

**You’re the ONLY main piece
of the puzzle for your success!**





Why choose calisthenics over other training approaches?

YOUR BODY IS YOUR GYM: You can take it everywhere you go and it never closes. It is a type of strength training you can perform at home with anything you have at hand. You don't need fancy equipment to get results.

SUSTAINABILITY: No matter what, you will always find ways how to train and progress further in your quest for strength.

AESTHETIC GOALS: Who is to say that only barbells and dumbbells are good for getting ripped and muscular? It's possible to achieve it all with calisthenics.

ENHANCE OTHER SPORT SPECIFIC TRAINING: If you are participating in any sport, you will definitely benefit from calisthenics. You will be stronger, leaner, more muscular, faster, and more agile.

All of the training techniques in this program have been tested by me and my clients. I filtered all the useless methods to provide you only the best of the best. Every exercise and movement in this program is geared to advance you. The concept is simple, but remember, nothing worth having ever comes easy. Train effectively and work hard to achieve your goals.



Challenge yourself daily and you will be amazed with results!

If you're not continuously mastering control, doing more reps, using harder exercises, resting less between sets, and doing more sets, then you will not see any difference in your strength and/or the way you look. Cement these words in your mind to remember this during your training. Remember to keep challenging yourself in your training and you will be on the right track. Make progression your priority and you will finally see results.

WHEN TO PROGRESS

When you've mastered the skill you've been practicing and it feels easier, that's when it's time to progress and challenge yourself. I wish that I could give you numbers or days, but everybody is different and it also includes other factors such as your dedication, your recovery speed etc.

QUICK TIP: Pick an exercise/move you enjoy, focus on progression, and train till you succeed!

Breaking it down

The beauty of calisthenics training is the many levels you have of each exercise. You will learn to look at a seemingly "impossible to achieve" routine or sequence and you will learn to break it down to start at the level you are currently capable of doing. When you master your level, you will continue to improve and proceed to higher levels of the exercise until you achieve what you once thought as impossible! I cannot emphasize enough how important this principle is in strength training, as well as in any area of life. It's the missing part, that magic method that catapults you to achieve the impossible!



QUALITY VS QUANTITY

Quality vs. quantity matters immensely with calisthenics. You need to train with intensity and good form. When you train with more intensity and less reps, you can often achieve more, in less time. For example, a plank held for 20 seconds with great form is more effective than a plank held for 40 seconds with bad form. So stay focused, execute each exercise with full control. Make sure you get the full range of motion - every rep, every set, all the way to the end.



Make your last rep as good as your first!

Consistent good old hard work is an important factor in your training. Missing workouts, not paying attention to your diet, or shoving recovery aside will bring regression and discouragement. Developing and **STICKING** to your training, diet, and recovery is an essential part of calisthenics which without it you **WILL FAIL**. This aspect is what separates the successful individuals from the ones that fail. You can have a pretty good understanding of the skill, you can have the best progression, but without consistency it is all just theory and wishful thinking. What will you do when you hit a plateau? **Will you quit?** Here is your chance to train yourself to be consistent and not give up. Not only will you get the desired results in training, the mindset will carry over to other aspects in your life! Prepare yourself mentally to be consistent without excuse in order to succeed!

A journey of a thousand miles begins with a single step.

Muscle soreness 12-48 hours after your workout is completely normal especially when you just begin a new workout regimen. This is more true if you have not trained or been active for a while. Intense muscle soreness will likely set in since you are starting to build muscle. If your soreness is very painful, it may mean that you over-exerted yourself and perhaps you will need to be more gradual in your workout program. I suggest that instead of skipping your workout altogether due to soreness, modify your workout to make it a bit easier by doing less reps/sets and or other modifications.

TIP: Focus on rest and recovery to speed up the healing process. Sleep at least 7-8 hours a night, hydrate, stay consistent with eating healthy (include potassium rich food such as potatoes, bananas, etc.) and control your stress levels.

PATIENCE

To achieve anything valuable, you need time. Again, you will need TIME and lots of it. Don't search for quick fixes, pills, or shortcuts. The speedy results one may achieve will not last long and can lead you to unnecessary dangerous injuries and possibly long term health problems. Make training, eating healthy, and recovery your new lifestyle. Only then will you be able to get the results you want. Give your goals time and you will be rewarded long term!

Impatience and force will lead to FAILURE!

ACTIVE REST DAY

WHAT IS AN ACTIVE REST DAY?

A rest day from intense training, without becoming a couch/cubicle potato for the day. Although rest days are important for muscle repair and recovery, the human body requires daily physical stimulation.

WHAT CAN I DO ON THAT DAY?

Light cardio activities of choice that you enjoy. Active rest days are rest days for the mind since most of the active rest days activities are done outdoors. There are endless options such as gentle hiking, pleasure biking, long walks with your dog, walking, beach strolling, gentle yoga, swimming, or playing a gentle sport with your family/friends.

WHAT SHOULD I **NOT** DO ON THAT DAY?

Intense training, intense cardio, or not move at all. Your muscle tears require rest from the strenuous training in order to repair and grow back stronger than before.

WHAT ARE THE BENEFITS?

- Speed up recovery
- Reduce soreness
- Reduce muscle stiffness build up
- Maintaining your workout routine





HOW TO GAIN STRENGTH

PRACTICE OFTEN

Perform the desired skill as often as possible. Strength is a skill just like playing the drums, writing, or riding a bicycle. The more you practice, the better you get at it. Even though it may not seem so, the same is true for strength. Therefore, if you want to gain strength, you need to frequently keep practicing the skill.

PERFECTING ONE

Combining multiple moves into a routine is what builds the ultimate strength, however, in order to get there, you will need to PATIENTLY MASTER each move individually prior to combining them into a routine. Once you feel confident with a number of moves, you can combine them into the ultimate impressive routine!

COMBOS

Build exercise combinations for ultimate strength training. For example, when you become proficient in pull-ups and pull-overs, you can combine them into a pull-over-to-pull-up sequence and perform them like one exercise. This is freedom without boundaries. The combinations you can create are endless! As you follow the training program and master the exercises, start experimenting and put some combos together. Have fun with it and keep pushing yourself!

**NEVER
FORGET TO
HAVE
FUN WITH
YOUR
WORKOUTS!**

**TIP: KEEP IN
MIND TO SCALE
THE INTENSITY
ACCORDING
TO YOUR
CURRENT
STRENGTH!**



PLANNING YOUR TRAINING

My training program is designed to give you a framework for your workouts, but the challenges, extra sets, and sessions you CHOOSE to tackle is what will make your workouts unique to YOU! Keep a training log/plan to help you track your workouts and progress. Your training will be solid, predictable, and much more effective! When you put those headphones on to start your training session, you will feel in control of what you're about to accomplish.

TIP

Keep a photo journal of your progress!


TIP

Plan and track your training with your smartphone calendar or fitness app!



BEFORE YOUR **WORKOUT**

It's very important whether you're in the gym or not to warm up before undertaking any routine. As you continue advancing in calisthenics, you will see how important it is and how much of an impact a proper warm up can do for your training. Warm-ups increase blood circulation and helps prime your muscles and joints for the workout they're about to endure.

Some of the most common calisthenics training injuries involve the shoulder joint. More often than not, these injuries are due to improper form, lack of control, or simply just jumping straight into a training session without a proper warm up. Start off with a steady pace jog/run for 5 - 10 minutes, then continue with a shoulder warm up routine. Pay attention to the hand positioning during these movements, as it is very important in order to fully engage your shoulders. This routine should be done in a consecutive manner as demonstrated in this  demo video.



ALL exercise demo videos are copyrighted material and are forbidden to copy or share with others. These videos are designed for your personal training with the purchase of this program.



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	CALISTHENICS GRIND	CALISTHENICS GRIND	KILLER LEG CIRCUIT	KILLER LEG CIRCUIT
TUESDAY	ACTIVE REST	ACTIVE REST	CALISTHENICS GRIND	CALISTHENICS GRIND
WEDNESDAY	KILLER LEG CIRCUIT	KILLER LEG CIRCUIT	ACTIVE REST	ACTIVE REST
THURSDAY	ACTIVE REST	ACTIVE REST	BARZ OF GLORY	BARZ OF GLORY
FRIDAY	BARZ OF GLORY	BARZ OF GLORY	HARDBODY	HARDBODY
SATURDAY	ACTIVE REST	ACTIVE REST	ACTIVE REST	ACTIVE REST
SUNDAY	HARDBODY	HARDBODY	ACTIVE REST	ACTIVE REST



BREAKING THROUGH

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MONDAY	CALISTHENICS GRIND	BARZ OF GLORY	HARDBODY	KILLER LEG CIRCUIT
TUESDAY	KILLER LEG CIRCUIT	KILLER LEG CIRCUIT	KILLER LEG CIRCUIT	BARZ OF GLORY
WEDNESDAY	ACTIVE REST	ACTIVE REST	ACTIVE REST	ACTIVE REST
THURSDAY	BARZ OF GLORY	CALISTHENICS GRIND	BARZ OF GLORY	CALISTHENICS GRIND
FRIDAY	HARDBODY	HARDBODY	CALISTHENICS GRIND	HARDBODY
SATURDAY	ACTIVE REST	ACTIVE REST	ACTIVE REST	ACTIVE REST
SUNDAY	CALISTHENICS GRIND	BARZ OF GLORY	HARDBODY	KILLER LEG CIRCUIT



PUSH & PULL SUPERSETS

MAX REPS IN 30 SEC

SUPERSET EXECUTION EXAMPLE

SUPERSET 1

1. Perform HIGH PULLUPS | MAX REPS in 30 SECONDS | NO REST
2. Immediately perform STRAIGHT BAR DIPS | MAX REPS in 30 SECONDS
3. REST 1-2 MINUTES
4. REPEAT 3 more times

1 HIGH PULLUPS &
STRAIGHT BAR DIPS

4 SETS

REST 1-2 MIN



DEMO

2 L-SIT PULLUPS &
DIAMOND PUSHUPS

4 SETS

REST 1-2 MIN



DEMO

3 LEG RAISES &
PIKE PUSHUPS

4 SETS

REST 1-2 MIN



DEMO

4 SQUATS &
LUNGES

4 SETS

REST 1-2 MIN



DEMO

5 WINDSHIELD WIPERS &
PUSHUP BURN

4 SETS

REST 1-2 MIN



DEMO



HARD BODY

MAX REPS



5

L-SIT / V-SIT HOLD

DEMO

4 SETS

REST 2 MIN



4

FRONT LEVER SWING / HOLD

DEMO

4 SETS

REST 2 MIN



3

KOREAN DIPS

DEMO

4 SETS

REST 2 MIN



2

PULL-OVERS

DEMO

4 SETS

REST 2 MIN



1

HANDSTAND PUSH-UPS

DEMO

4 SETS

REST 2 MIN





KILLER LEG CIRCUIT

WARM UP WITH
A 5 MINUTE JOG

4 ROUNDS

CIRCUIT EXECUTION

PERFORM ROUND 1

Exercise 1 | No Rest
Exercise 2 | No Rest
Exercise 3 | No Rest
Exercise 4 | No Rest
Exercise 5 | No Rest
Rest 1-3 Minutes

**PERFORM 3 MORE
ROUNDS!**

5

**30 SQUATS WITH
CALF RAISE**

DEMO

4

**30 ALTERNATING
SPLIT SQUAT JUMPS**

DEMO

3

**30 REVERSE LUNGES
15 TIMES EACH LEG**

DEMO

2

**30 SQUAT JUMPS
HIGH AS POSSIBLE**

DEMO

1

**30 DUCK WALKS
2 STEPS FWD
2 STEPS BACK**

DEMO



BARS OF GLORY

MAX REPS



5

**PSEUDO PLANCHE
PUSH-UPS**

4 SETS

REST 2 MIN



DEMO

4

ARCHER PULL-UPS

4 SETS

REST 2 MIN



DEMO

3

HEAD BANGERS

4 SETS

REST 2 MIN



DEMO

2

ARCHER PUSH-UPS

4 SETS

REST 2 MIN



DEMO

1

SKIN THE CAT

4 SETS

REST 2 MIN



DEMO



SUPPLEMENTAL ROUTINES

When you reach the intermediate stage of your superhuman training, it's important to keep in mind that challenging yourself way beyond your comfort zone is the key to give you the amazing results. If it doesn't burn, doesn't make you sweat, or doesn't make you feel like almost giving up, you will NOT break through beyond the standard mediocre results. Whether you have fat to burn, mass to build, strength to gain, YOU will have to **MAKE THE CHOICE** to do more than just the listed training routine for the day. Therefore, I'm giving you three supplemental routines that will test you beyond your scheduled training. I challenge you to add one of those after you complete your training session prior to performing the cool down routine.

FAT BURNER CIRCUIT

The FAT BURNER does exactly what it's meant to do. It will get your heart pumping, your pores dripping with sweat, and make your fat burn off with each explosive move you do!

ENDURANCE QUEST

The ENDURANCE QUEST is to train your physical and mental toughness to push you past the point where you would usually give up!

BUILDER FORMULA

The BUILDER FORMULA is to build a specific group of skills. This formula is designed to master specific moves of choice to perfection!



FAT BURNER CIRCUIT

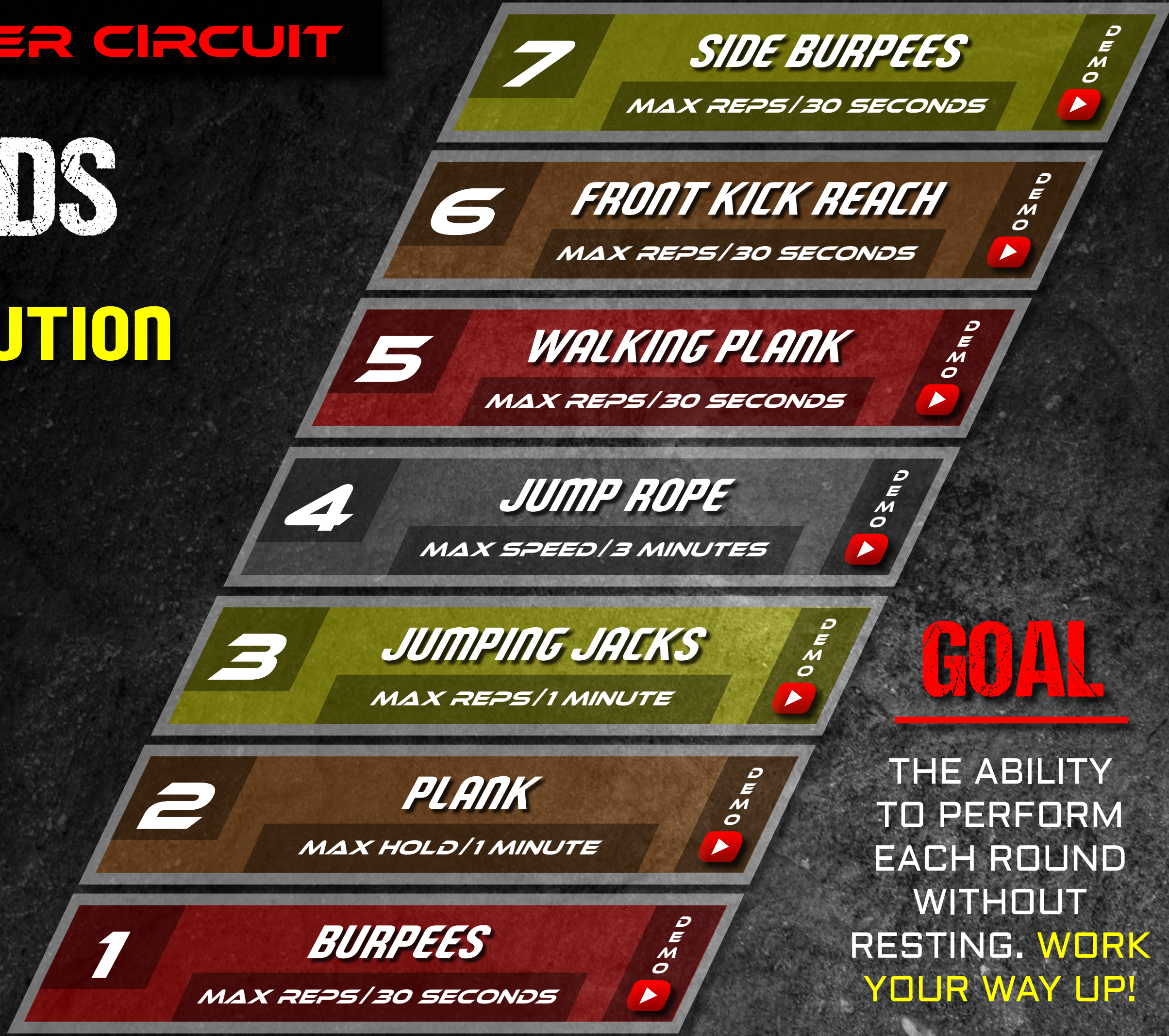
4 ROUNDS

CIRCUIT EXECUTION

PERFORM ROUND 1

Exercise 1	No Rest
Exercise 2	No Rest
Exercise 3	No Rest
Exercise 4	No Rest
Exercise 5	No Rest
Exercise 6	No Rest
Exercise 7	No Rest
Rest 4 Minutes	

PERFORM 3 MORE ROUNDS!



GOAL

THE ABILITY TO PERFORM EACH ROUND WITHOUT RESTING. WORK YOUR WAY UP!



THE ENDURANCE QUEST



4

**10 SEC HOLD WITH
CHIN OVER BAR**

3

5 PULL - UPS

2

**10 STRAIGHT
BAR DIPS**

1

1 MUSCLE UP

Routines like these are great to build strength and endurance. Since you switch the primary targeted muscle groups within the routine, you'll keep your body under tension for a much longer duration. Your energy output will be higher, and therefore your endurance will improve over time.

NOTE: IF YOU ARE NOT ABLE TO PERFORM THE MUSCLE UP YET. PERFORM THE PULL-OVER TO GET YOU TO THE TOP OF THE BAR TO START YOUR **SET.**

BUILDER FORMULA

THIS IS A FORMULA TO BUILD YOUR SKILLS OF CHOICE

Choose any 3 exercises you desire to master. Perform each exercise without resting, and rest 30-90 seconds between each set.

FORMULA EXAMPLE

You choose Archer Pull-Ups, Handstand Push-Ups, and Korean Dips to master.

Exercise A = Archer Pull-Ups

Exercise B = Handstand Push-Ups

Exercise C = Korean Dips

PERFORM SET 1 - 5 Archer Pull-Ups, 5 Handstand Push-Ups, 5 Korean Dips. Rest 30-90 seconds.

PERFORM SET 2 - 4 Archer Pull-Ups, 4 Handstand Push-Ups, 4 Korean Dips. Rest 30-90 seconds.

PERFORM SET 3 - 3 Archer Pull-Ups, 3 Handstand Push-Ups, 3 Korean Dips. Rest 30-90 seconds.

PERFORM SET 4 - 2 Archer Pull-Ups, 2 Handstand Push-Ups, 2 Korean Dips. Rest 30-90 seconds.

PERFORM SET 5 - 1 Archer Pull-Ups, 1 Handstand Push-Ups, 1 Korean Dips. Rest 30-90 seconds.

**SET
5**

**EXERCISE A - 1 REP
EXERCISE B - 1 REP
EXERCISE C - 1 REP**

**SET
4**

**EXERCISE A - 2 REPS
EXERCISE B - 2 REPS
EXERCISE C - 2 REPS**

**SET
3**

**EXERCISE A - 3 REPS
EXERCISE B - 3 REPS
EXERCISE C - 3 REPS**

**SET
2**

**EXERCISE A - 4 REPS
EXERCISE B - 4 REPS
EXERCISE C - 4 REPS**

**SET
1**

**EXERCISE A - 5 REPS
EXERCISE B - 5 REPS
EXERCISE C - 5 REPS**



MUSCLE-UPS



HANDSTAND



LEVERS





FINISHING STRONG

SINGLE LEG ARM PLANK ON EACH SIDE
SIDE BRIDGE ON EACH SIDE
STANDARD HAND PLANK

DEMO



FOREARM PLANK TO HAND GET UPS

HOLD FOR
30 SECONDS

15 REPS



THE FINISHER ROUTINE

At the end of every workout I finish my routine with **CORE STABILITY** exercises. These are simple yet very **IMPORTANT** and **EFFECTIVE** exercises I do at the very end of each training session. From beginner to advanced, anyone interested in advancing in calisthenics should perform this routine twice with a 90 second rest period in between each set.

Perform each set continuously, non-stop to the end without rest. If your core is not strong enough to go all the way through, you can rest if necessary. Your goal is to achieve the non-stop method longterm.



COOLDOWN AND RECOVERY

COOLDOWN

BRISK WALKING

GENTLE JOGGING

EXERCISE MIMICRY

JUMPING JACKS

STRETCH

HYDRATE

REST

FOAM ROLLING



GENTLE YOGA

After every workout you should cool down. All stressed muscles should be used lightly, allowing the heart rate to return to its resting state. To do this, you can start by jogging or walking for 5-10 minutes, followed by some gentle stretching and foam rolling at the end of your workout. This cooldown routine will lower your heart rate gradually, which helps reduce stress on the heart. A good cool-down routine may decrease post-workout soreness and could also prevent injury.

RECOVERY

Recovery is an essential part of any workout program. After completing your workout and cooling down properly, your body requires care to repair those stressed muscles and replenish your storage of energy. Recovery includes plenty of re-hydration, a healthy well rounded post workout meal, and rest. A workout routine without proper recovery may not only hinder your progress, but may also be damaging to your overall health and well-being. Take care of your physical recovery needs and your body will reward you for it. An occasional massage can be a beneficial compliment to your recovery routine.



CLOSING THOUGHTS

This is designed to be an 8 week program. You will definitely see positive results within that timeframe if you stick with the program. Once you finish the 8 weeks and see your results, keep on pushing until you reach your goals. At that point, the program becomes a long-term maintenance program to keep you in shape for years to come. Remember – the goal isn't to get in shape just once, rather to change your lifestyle to enable a lifetime of fitness!

Frank Medrano





OVERVIEW

No matter your attitude towards fitness it's safe to say that we should all aim to be the best versions of our selves: Fit, healthy, and feeling great! That's why I am sharing some basic information of my nutritional approach with you. Don't fall victim to fad diets and misinformation. Instead, dedicate yourself to a healthy lifestyle which will give you the best long-lasting results.

GET RESULTS AND FEEL THE DIFFERENCE

I cannot stress enough how important it is to focus on clean eating . What you put in your mouth is over half the battle to weight loss, muscle gain, and healthy living. In this section, I will share a sample of my meals and very useful information that will help you stay on track with your healthy eating.

CALORIES
MACRO NUTRIENTS
VITAMINS MINERALS
HYDRATION
POST WORKOUT
SAMPLE MEALS



ULTRA LOW CALORIE DIET

Most people won't realize that by not eating for long periods of time, they slow down their metabolism. (metabolism slows down after 3-4 days of ultra low-calorie dieting). Sounds like nothing scary, but it is. These individuals may drop some fat, but also experience substantial amounts of muscle loss, and energy depletion.

**STAY AWAY
FROM
ULTRA LOW
CALORIE DIETS**

WHAT HAPPENS WHEN CALORIES ARE TOO LOW?

1. Muscle mass is broken down for energy (catabolism).
2. Metabolic rate will begin to drop (typically) after 3 days of very low calories - this is related to, and compounded by the loss of muscle mass.
3. With very low calories you risk sluggishness, nutritional deficiencies, fatigue, and often irritability.

CALORIES IN VS CALORIES OUT

If we burn more calories than we consume, then we would be losing weight. If we burn less than we consume, then we would be gaining weight. Remember: it's important to consume calories from healthy foods. Consume the wrong amount of calories for your goal and you will fail. If your goal is to gain muscle, then add 10-20% to your maintenance amount of calories per day. If your goal is to lose fat, then subtract 10-20% from your maintenance amount of calories per day.

To help you determine the amount of calories needed for you to either maintain weight, lose weight, or make gains, enter your stats in a food tracker app of choice. A good app with a calorie counter will give you accurate calorie intake recommendations.



PROTEIN

You may have heard various opinions about protein intake. For athletes, protein intake does matter; the quality matters, and we all need a good amount of it if we wish to gain and maintain muscle. Like calories, protein requirements are going to vary from individual to individual. While packing on lean muscle, and minimal fat, my body does just fine with 1 gram of plant-based protein per pound of bodyweight, or at times slightly less, and this is what I recommend as a starting point. Some excellent sources of **plant-based protein** are as follows: any beans, lentils, nuts & nut butters, seeds, broccoli, humus, tofu, tempeh, peas, quinoa, hemp, spinach, and more!

FAT

I commonly see 0.5–0.7 grams of fat per pound of bodyweight being advocated to anyone in intensive training, and I think this is a great range. Pick quality, whole food sources of fat such as raw nuts, nut butters, avocados, flaxseed, and coconut. Fat is an excellent tool for recovery, as it prompts the production of hormones in our bodies, and adding in some extra dietary fat on those training days works well for me. Always remember to listen to your body.

CARBS

THE RIGHT WAY TO CARB!

As for carbs, they are not evil as the low-carb gurus tell you. Of course, you will need an intelligent carb cycling plan if you want to be lean, but you don't need to fear carbs like death itself. Carbohydrates are the most potent sources of energy for all human beings, and they are essential to quality athletic performance. Whether I am looking to build up or cut down, I **ALWAYS** eat plenty of carbs. The cool thing about a plant-based diet is that plenty of great carb sources are also packed with protein, fiber, and iron - so we can get the most bang for our buck when we eat food like oatmeal, legumes, brown-rice pasta, quinoa, grains, and nuts. The antioxidant properties in fruits and vegetables are essential for athletic recovery and basic health, so an optimal diet should be rich in them.

THE WRONG WAY TO CARB - HIGHLY PROCESSED FOODS

You can eat A TON of them and be STARVING in an hour. They do not satiate you at all, and are not absorbed well by your body. Stay away from highly processed food as much as possible.

GOOD

Yams, Potatoes, Sweet Potatoes
Fresh Corn
Brown Rice, Whole Grain Pasta
Oats, Rye, Quinoa, Muesli
100% Whole-Grain Bread/Wraps

BAD

Potato Fries, Chips
Tortilla Chips, Crackers, Pop-Corn
White Rice, White Pasta
Refined Cereals, Sugary Cereal Bars
White Bread, Donuts, Pastries



NUTRITIONAL BONUS

VITAMINS AND MINERALS

As a vegan athlete, I easily get my vitamins and minerals on a healthy plant based diet. The primary vitamins I look out for are calcium, vitamin D and iron. Calcium and vitamin D are both necessary nutrients for athletes to enhance bone density. Iron reduces fatigue and assists in red blood cell development. Some of the vegan sources include leafy green vegetables, beans, peas, nuts, seeds, tofu, tahini, hummus, broccoli, and fortified foods and drinks such as orange juice, seed and nut milks, and wholegrain cereals. Do a simple online search for “vegan” sources of a specific vitamin/mineral you’re looking for to find your most convenient options. Don’t forget, SUNSHINE is the best source of vitamin D. How convenient for an outdoors calisthenics athlete!

HYDRATION

Keeping your body hydrated and refreshed is very important and water is the purest source of hydration. Water can also help suppress your appetite. Some of us tend to confuse hunger with thirst. If you’re still hungry often after eating, you may be thirsty. Hydrate after your meal and you will know about 5 minutes after drinking water if you are truly still hungry. Drink 8–10 glasses per day.

NUTRIENTS POST WORKOUT HYDRATION

POST WORKOUT NUTRITION

Post-workout it is important to replenish nutrients and to begin recovery for your next session. Fruits and veggies are packed with antioxidants and anti-inflammatory properties that will counteract the lactic acid build-up from the training session. I feel that the best thing to have post workout is a green protein smoothie with some kale, I also add a scoop of plant-based protein powder and an apple, orange, or banana. Whatever I eat, I like to keep it light, energy packed, and easily digestible.

SUPPLEMENTS

Supplements were created to “supplement” your training and diet, not to replace them. Use them only for convenience. I take plant-based protein powder post workout with my shake.

OFF LIMITS LIST

No candy, pastries, or ice cream.

Ideally, no sugar!

No soda or flavored drinks.

No white bread, white rice, or white pasta.



NUTRITIONAL BONUS

SAMPLE MEAL PLAN

HERE IS A TASTE OF WHAT I EAT IN THIS 3 DAY SAMPLE MEAL PLAN. BE ON THE LOOK OUT FOR MORE IN DEPTH FULL MEAL PLANS WITH NUTRITIONAL INFO AND RECIPES **COMING SOON!**

DAY 1

BREAKFAST: oatmeal with blueberries, almond slivers, and almond milk

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: brown rice with steamed broccoli, mushrooms, and carrots bowl

SNACK: pear and raw almonds

DINNER: romaine lettuce salad with chickpeas, mushrooms, and tomatoes (homemade dressing: olive oil, lemon juice and garlic)

LATE SNACK: steamed edamame beans

DAY 2

BREAKFAST: multigrain protein waffles

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

SNACK: banana and peanuts

DINNER: quinoa, black beans, corn, and tomato bowl

LATE SNACK: fresh cucumber slices with a bit of sea salt and a squeeze lemon juice

DAY 3

BREAKFAST: breakfast burrito with black beans, avocado, tomatoes, and spicy potato cubes

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: bean burger with a fresh tossed salad

SNACK: 2 slices whole grain bread with cucumber slices and hummus dressing

DINNER: baked potato with steamed broccoli, asparagus, and mushrooms

LATE SNACK: orange and cashews



PROGRESS, NOT PERFECTION

Some individuals will feel that if they cheated on their diet for a meal, that the entire program is blown. Here is how the thought process proceeds: “Well, I just messed up, so I might as well eat whatever I want and start over next week.” Keep in mind that your program is about progress, not perfection. You want to maintain a diet and program that can become a lifestyle. Just get right back on track and keep going instead of continuing a pattern that will pull you away from your goals.

Remember, this program is all about progress, not perfection. The goal is for you to make gradual lifestyle changes that will help you get into better physical shape and health. Day by day, week-by-week, one “step” at a time, keep making progress.

WRAP UP

This is what works for me and it may work for you. I believe the foundation of any healthy and successful diet is consistency. You need to train hard and stick to a solid diet at least 90–95% of the time to get the results you want. The best way to keep this consistency is to pick nutritious foods you look forward to eating every day. Enjoy your diet and you will have no problem sticking with it. Remember to keep your eyes on the prize and to focus on your goals: getting toned, healthy and fit! Most importantly, listen to your body, drink lots of water, get at least eight hours of sleep every night, and stick to your workout plan!

“FOCUS ON THE BIG THREE TRAINING, DIET AND RECOVERY.”

 **THANK YOU!**

**THANK YOU FOR PURCHASING AND READING
INTERMEDIATE CALISTHENICS: **SUPER HUMAN RISING****

“SUCCESS DOES NOT COME TO YOU, YOU GO TO IT!”

VISIT **WWW.THEFRANKMEDRANO.COM** FOR FITNESS AND NUTRITION PROGRAMS, INSPIRATION,
AND MOTIVATIONAL APPAREL! KEEP IN TOUCH BY **SUBSCRIBING** TO MY NEWSLETTERS AND
RECEIVE MY EXCLUSIVE EMAIL ONLY CONTENT!

**DID YOU COMPLETE THIS PROGRAM? THESE PROGRAMS ARE CREATED FOR YOU AND I WANT TO HEAR YOUR FEEDBACK!
PLEASE CLICK THIS LINK TO COMPLETE A **QUICK SURVEY** - IT WILL MEAN A GREAT DEAL TO ME!
DO YOU HAVE A **#MEDRANORESULTS** SUCCESS STORY? ADD IT TO YOUR SURVEY AND YOU COULD BE FEATURED ON MY WEBSITE!**

© COPYRIGHTS

This eBook is the sole property of Frank Medrano Workout LLC.

All images, information, layout and designs belong to Frank Medrano Workout LLC.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Frank Medrano Workout LLC.

© PHOTOGRAPHY BY: FIORE STUDIOS © EBOOK DESIGN BY: TECHFLORA

E-BOOK DISCLAIMER

The advice of a medical professional should be sought before participating in any physical activity or exercise program. Participation in physical exercise or training activities outlined in this eBook, you do so entirely at your own risk. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is”, and without warranties.

Physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and rare instances heart attack or death), it is urged that you obtain physical examination from a doctor before using any exercise equipment or participating in any exercise activity. Any recommendation for changes in diet including the use of food supplements are your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. Results will vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

The author and publisher of this eBook and the accompanying materials have used their best efforts in preparing this eBook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this eBook. The information contained in this eBook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this eBook, you are taking full responsibility for your actions. The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. No part of this eBook may be copied, shared, or changed in any format, sold, or used in any way under any circumstances.