

**GORILLA WORKOUT**  
**ADVANCED**



# WORKOUT PROGRAM ADVANCED

---

**What's up, Dejan here!**

**You purchased my program because of your strong will to become a true Gorilla!**

**By the end of this program, you are a Gorilla. In here, you will find hard exercises that need a lot of strength and skills. They are hard to master, so I made sure you know exactly what and how to do it by explaining them in the videos I made for you. Be sure to watch them carefully, as there is a potential of hurting yourself by doing those exercises incorrectly, and in order to gain real progress.**

**With my program you will gain strength, endurance, explosivity, power, muscles and develop a stronger base for skills as front lever, back lever, planche, muscle ups and transitioning into weighted Calisthenics!**

**If you do those exercises for the first time, you will probably not master them right away. Try to stay motivated through out the whole time, as this is the last step to become a full Gorilla, not only by heart, but also by body and skills! If you happen to need some extra motivation, be sure to check out my Instagram. Keep on, I believe in you! The Gorilla Gang shall become stronger through you!**

## **#GorillaGang**

# WORKOUT PROGRAM ADVANCED

---

**So before you start I have some tips for you:**

Do every exercise slowly and with full control.

Feel the contacting muscles and the stretch  
=  
mind and body connection is very important.

If you can't do the recommended reps or sets,  
lower it to your level and slowly increase in  
upcoming weeks!

To prevent any injuries during any physical  
activity, you need to warm up beforehand!  
This is my personal gymnastics warm up that I  
have been doing since 1999 as a part of my  
workout program!

[CLICK HERE FOR THE VIDEO](#)

**Keep safe!**



# WEEK 1 / MONDAY

Starting today, you need to forget what's gone, appreciate what still remains and look forward to what's coming next.

## BACK

### 1 SCAPULAR PULLS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 2 MUSCLE UPS

5-8 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 3 WIDE PULL UPS

10-15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 4 HAMMER PULL UPS

12 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 5 AUSTRALIAN PULL UPS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 6 CLOSED GRIP PULL UPS

8-10 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 7 SUPERMAN LIFTS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 8 T CROSS SIT UPS

12 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 9 LAYING LEG RAISES

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**

# WEEK 1 / TUESDAY

---

Remember that guy that gave up?  
neither does anyone else

## CHEST

- 1 POWER PUSH UPS**  
**10-12 REPS / 5 SETS**  
*CLICK HERE FOR THE VIDEO*
- 2 WIDE PUSH UPS**  
**15 REPS / 5 SETS**  
*CLICK HERE FOR THE VIDEO*
- 3 INCLINE PUSH UPS**  
**20 REPS / 5 SETS**  
*<http://tiny.cc/inclinepushups>*
- 4 DECLINE PUSH UPS**  
**12 REPS / 5 SETS**  
*CLICK HERE FOR THE VIDEO*
- 5 DIAMOND PUSH UPS**  
**12-15 REPS / 5 SETS**  
*CLICK HERE FOR THE VIDEO*
- 6 DIPS**  
**10-12 REPS / 5 SETS**  
*CLICK HERE FOR THE VIDEO*

**!STRETCH!**



# WEEK 1 / WEDNESDAY

Don't quit. Suffer now and live the rest of your life as a champion!

## LEGS

**1** **JUMP SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **PISTOL SQUATS**  
**5 -10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **LUNGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **NEGATIVE NORDIC CURLS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **SINGLE LEG CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS **7** **8**

### HANGING LEG RAISES

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### SIT UPS

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 1 / THURSDAY

Look in the mirror... that's your competition

## SHOULDERS

- 1** **HANDSTAND PUSH UPS**  
**5-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **ELEVATED PIKE PUSH UPS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **PSEUDO PUSH UPS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **RING I PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **RING Y PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **LYING REAR DELT PUSHES**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 1 / FRIDAY

Every champion was once a contender  
that refused to give up

## ARMS

- 1** **MUSCLE UPS**  
**5-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **CHIN UPS**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **HEADBANGERS**  
**10-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **HAMMER PULL UPS**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **DIAMOND PUSH UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **BENCH DIPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7** **TRICEP EXTENSIONS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

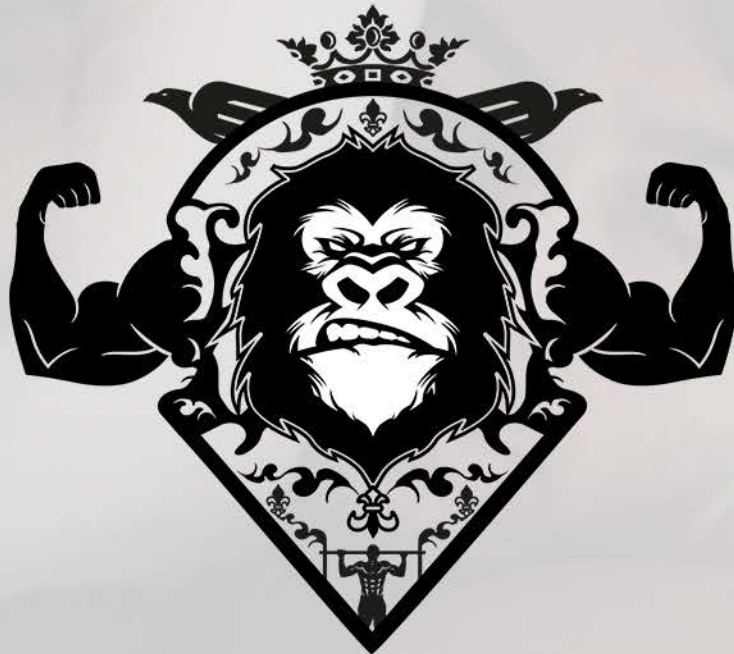
**!STRETCH!**



# WEEK 1

## SATURDAY / SUNDAY

You know you're hooked when taking  
a rest day takes more discipline than  
working out.



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 2 / MONDAY

You don't have to be great to start,  
but you have to start to be great

## CHEST

**1 PLYOMETRIC PUSH UPS**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2 DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3 SHOULDER  
WIDTH PUSH UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4 INCLINE PUSH UPS**  
**20 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5 WIDE PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6 DIPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**7 V SIT UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8 RUSSIAN TWIST**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 2 / TUESDAY

I don't chase dreams,  
I hunt goals

## BACK

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UPS**  
**5-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 CHEST TO BAR PULL UPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HAMMER PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 AUSTRALIAN RING PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 PULL UP HOLD**  
**10/10/10s - / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

**12**

# WEEK 2 / WEDNESDAY

If you don't give up  
you cannot fail

## LEGS

- 1** **BOX JUMPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **CLOSED LEG SQUATS**  
**15REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **BULGARIAN LUNGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **SINGLE LEG  
HAMSTRING BRIDGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **5MIN CALF KILLER**  
-  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 7** **PLANK HOLD**  
**2MIN / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8** **HEEL TOUCHES**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 2 / THURSDAY

Pain is temporary. Greatness is for ever

## SHOULDERS

### 1 HANDSTAND PRACTICE

**10 MIN**

[CLICK HERE FOR THE VIDEO](#)

2

### HANDSTAND PUSH UPS DEADSTOPS

**5 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

3

### ELEVATED PIKE PUSH UPS

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

4

### HINDU PUSH UPS

**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

5

### PLANCH LEAN

**2s-5 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

6

### TUCK HOLD

**MAX / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 2 / FRIDAY

Don't stop when you are tired.  
Stop when you are done

## ARMS

### MUSCLE UPS

- 1** **5 REPS +**  
**5 negative REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### GORILLA CHIN UP CHRUNCH

- 2** **12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### CLOSED GRIP CHIN UPS

- 3** **12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### HAMMER PULL UPS

- 4** **10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### RING BICEP CURLS

- 5** **15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### DIAMOND PUSH UPS

- 6** **12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### DIPS

- 7** **12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

### SIT UPS

- 15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS **8** **9**

### HANGING LEG RAISES

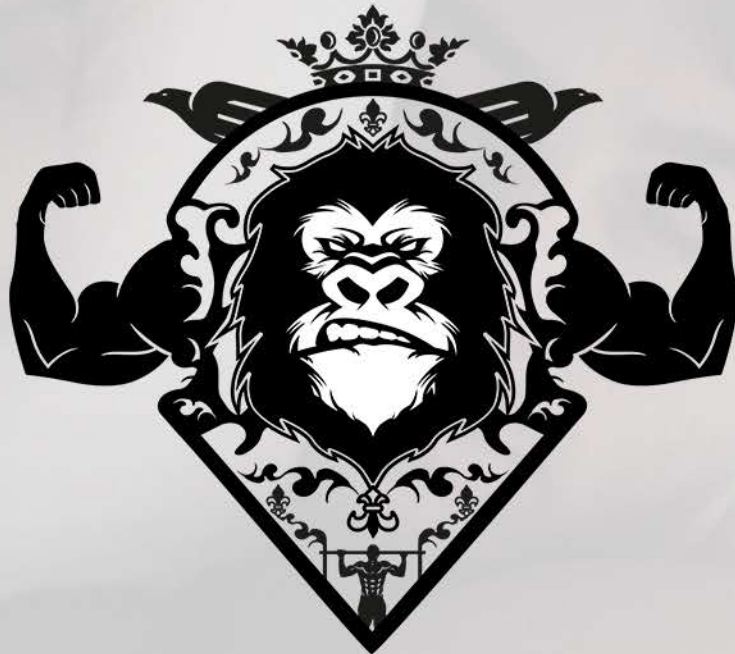
- 15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 2 SATURDAY / SUNDAY

Today, I will be useless as  
the G in Lasagna



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 3 / MONDAY

The secret of getting ahead is  
getting started

## CHEST

- 1** **PLYOMETRIC POWER PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SLOW WIDE PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **INCLINE PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **SLOW DECLINE PUSH UPS**  
**20 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **DIAMOND PUSH UPS**  
**10-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **DIPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 7** **WINDSHIELD WIPERS**  
**MAX / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8** **OVERHEAD SIT UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 3 / TUESDAY

---

JUST DO IT!

## BACK

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UPS**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 FRONT LEVER RAISES**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 WIDE PULL UPS**  
**12-12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 SUPERMAN LIFTS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 3 / WEDNESDAY

Champions believe in themselves,  
even when no one else does

## LEGS

**1 HIGH KNEE JUMPS**  
**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**2 SQUATS**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**3 PISTOL SQUATS**  
**5-8 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**4 WALKING LUNGES**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**5 BODY WEIGHT DEADLIFTS**  
**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**6 SINGLE LEG CALF RAISES**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

## ABS

**8 HANGING KNEE RAISES**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**9 SIT UPS**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**10 RUSSIAN TWIST**  
**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 3 / THURSDAY

Push yourself!

Because no one else is going to do it for you

## SHOULDERS

- 1 SKIN THE CAT**  
**4 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 NEGATIVE 90° HSPU**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 ELEVATED PIKE PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 RING Y PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 PLANCH LEAN**  
**15S HOLD / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 ELEVATED PIKE SHRUGS**  
**12 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 3 / FRIDAY

---

In order to succeed we must  
first believe that we can

## ARMS

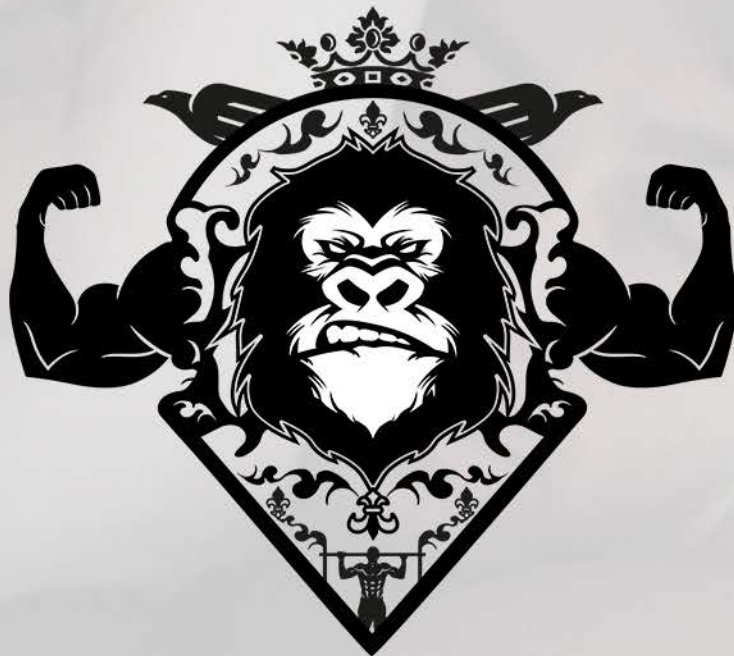
- 1** **WIDE CHIN UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SHOULDER  
WIDTH CHIN UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **CLOSED GRIP CHIN UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **HAFESTO CURLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **DIPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7** **TRICEPS EXTENSIONS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 3 SATURDAY / SUNDAY

REST!  
It's part of the program



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 4 / MONDAY

---

Every accomplishment starts with  
the decision to try

## CHEST

**1** **BACK CLAP PUSH UPS**  
**5-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **SHOULDER  
WIDTH PUSH UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **DECLINE PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **WIDE PUSH UPS**  
**8-10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **DIPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**7** **T CROSS SIT UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8** **L SIT HOLD**  
**MAX / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 4 / TUESDAY

---

No matter how slow you're going,  
you are still out doing everyone  
on the couch

## BACK

- 1** **EXPLOSIVE MUSCLE UPS**  
**3-5 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **WIDE PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **HAMMER PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **FL ICE CREAM MAKER**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **PULL UP HOLD**  
**10/10/10 - / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 4 / WEDNESDAY

Hard work beats talent if  
talent doesn't work hard

## LEGS

### SUPERSET

- 1 JUMP SQUATS**  
**15 REPS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SQUATS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 CLOSED LEG SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 PISTOL SQUATS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 BULGARIAN LUNGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 LAYING SINGLE LEG HAMSTRING BRIDGES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 5 MIN CALF KILLERS**  
**-**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 4 / THURSDAY

Forget failure. Forget mistakes.  
Grow

## SHOULDERS

1

### SKIN THE CAT

**5 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

2

### HANDSTAND HOLD

**15SEC / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

3

### HSPU

**5-8 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

4

### ELEVATED SLOW PIKE PUSH UPS

**10 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

5

### RING I PULLS

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

6

### PLANCH LEAN PUSH UPS

**5-8 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

7

### PLANCH TUCK HOLD

**MAX / 3 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 4 / FRIDAY

---

Falling down is how we grow.  
Staying down is how we die

## ARMS

- 1** **DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **BENCH DIPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **TRICEP EXTENSIONS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **GORILLA CHIN UP CRUNCHES**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **HAMMER PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **CHIN UP HOLD**  
**20 SEC / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

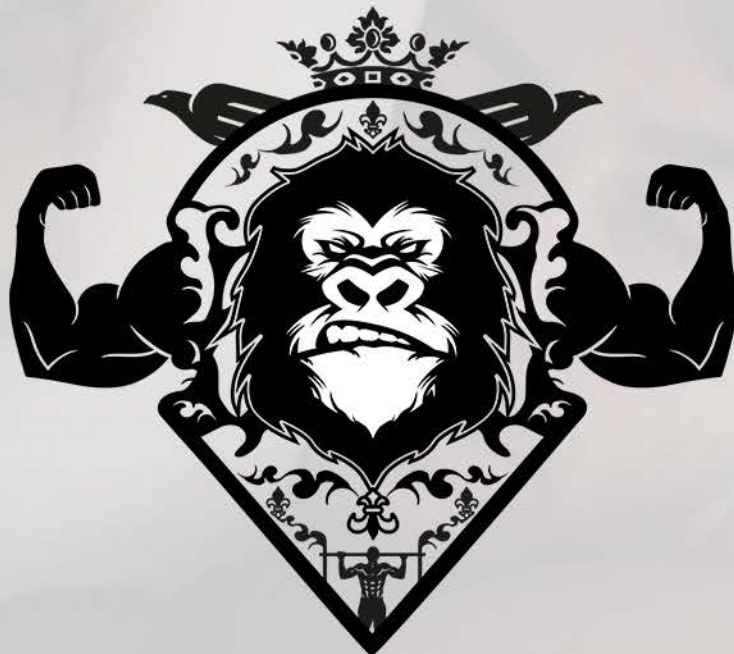
- 7** **V SIT UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8** **RUSSIAN TWIST**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 4 SATURDAY / SUNDAY

Rest day  
aka  
staying at home and thinking about workout



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 5 / MONDAY

New monday, new week, new goals

## CHEST

**1** **BAR GRAB PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **BAND PUSH UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **BAND INCLINE PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **SLOW DECLINE PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **SLOW DIPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**7** **INCLINE SIT UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8** **LAYING LEG RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 5 / TUESDAY

The only person you should try to be  
better as is yourself

## BACK

**1** **ONE ARM  
SCAPULAR PULLS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **MUSCLE UPS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **CHEST TO BAR WIDE  
PULL UPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **FL RAISES**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **FL TUCK HOLD**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **AUSTRALIAN  
RING PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**7** **SUPERMAN HOLD**  
**30 SEC / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 5 / WEDNESDAY

Fear less. Do more

## LEGS

**1** **JUMP SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **SLOW CLOSED LEG SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **STEP UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **NEGATIVE NORDIC CURLS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **BULGARIAN LUNGES**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**7** **SINGLE LEG CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8** **HALLOW HOLD**  
**30SEC / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**9** **HANGING KNEE RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

## ABS



# WEEK 5 / THURSDAY

Losers quit when they're tired.  
Winners quit when they won

## SHOULDERS

**1** **HSPU**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **ELEVATED  
PIKE PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **HINDU PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **RING Y PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **RING I PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **DIPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 5 / FRIDAY

Believe you can

## ARMS

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UPS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 WIDE CHIN UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 CLOSED GRIP CHIN UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 HEADBANGERS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 BENCH DIPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 TRICEP EXTENSIONS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS **9** **10**

**HANGING LEG RAISES FROM 90°**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

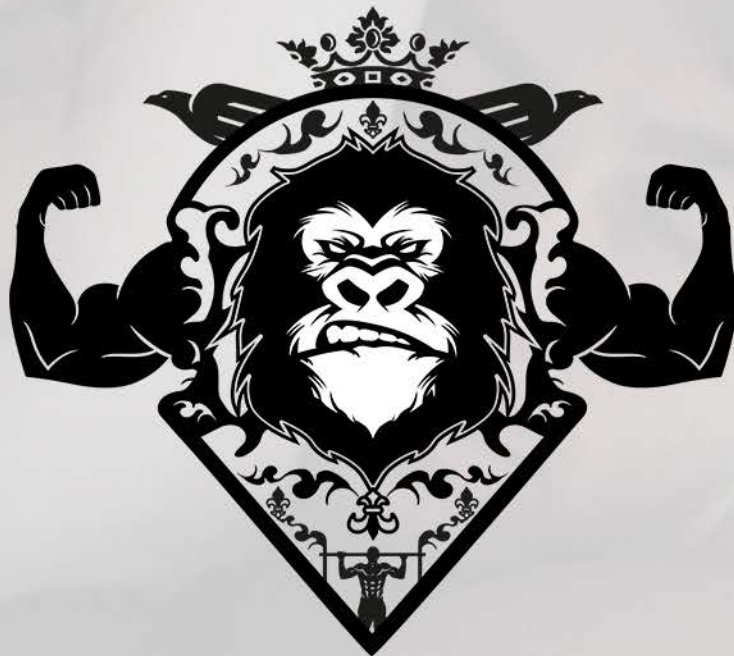
**OVERHEAD SIT UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 5 SATURDAY / SUNDAY

Rest can be productive  
Make it productive



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 6 / MONDAY

Mondays are for kickstarters

## CHEST

- 1 PYLOMETRIC POWER UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 BAND PUSH UPS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 INCLINE BAND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 SLOW DECLINE PUSH UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 DIPS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 7 WINDSHIELD WIPERS**  
**MAX / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 SIT UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 6 / TUESDAY

---

Whether you think you can or you think you can't... You're right

## BACK

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 EXPLOSIVE MUSCLE UPS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 WIDE PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 SHOULDER WIDTH PULL UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 HAMMER PULL UPS**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 SUPERMAN HOLD**  
**30 SEC / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 6 / WEDNESDAY

---

Play like you're in first.  
Train like you're in second

## LEGS

- 1 KNEE HIGH SQUATS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 PISTOL SQUATS**  
**8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 WALKING LUNGES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 SINGLE LEG HAMSTRING BRIDGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 6 / THURSDAY

Decide. Commit. Succeed.

SHOULDERS

ABS

1

## HANDSTAND PRACTICE

10 MINUTES

[CLICK HERE FOR THE VIDEO](#)

2

## DEADSTOP HSPU

3-5 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

3

## ELEVATED PIKE PUSH UPS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

4

## PSEUDO PUSH UPS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

5

## RING Y PULL

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

6

## PLANCH LEAN HOLD

MAX / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

7

## PLANK HOLD

2MIN / 3 SETS

[CLICK HERE FOR THE VIDEO](#)

8

## KNEE INS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

!STRETCH!

# WEEK 6 / FRIDAY

In order to succeed, your desire for success must be greater than your fear of losing

## ARMS

- 1 MUSCLE UPS**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SLOW CHIN UPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 SLOW HAMMER PULL UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 RING BICEPS CURLS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 CHIN UP HOLD**  
**20 SECS**  
[CLICK HERE FOR THE VIDEO](#)  
+  
**DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 TRICEP EXTENSIONS**  
**MAX / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

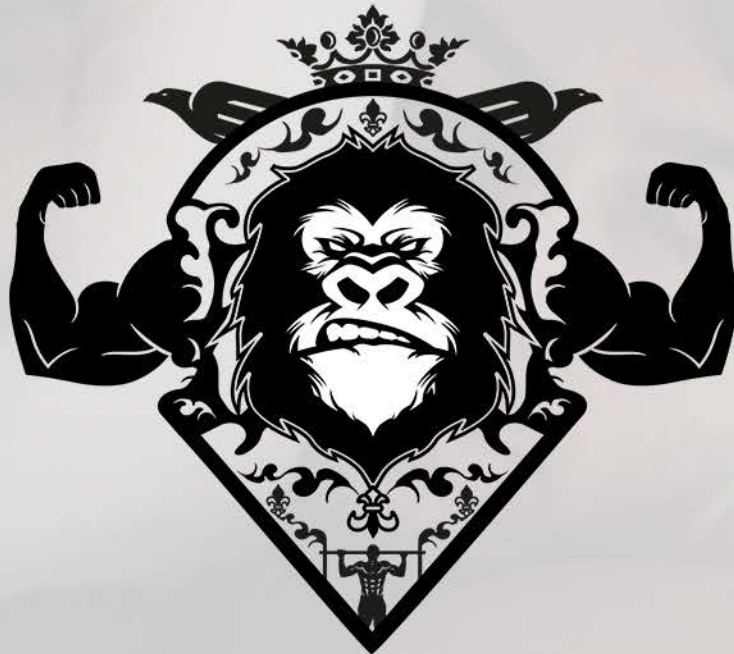
## SUPERSET

**!STRETCH!**



# WEEK 6 SATURDAY / SUNDAY

You will never have this day again  
Make it count



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 7 / MONDAY

Do what you love and you will never have  
a problem with monday again

## CHEST

**1** **BACK CLAP PUSH UPS**  
**10 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**2** **DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**3** **SHOULDER  
WIDTH PUSH UPS**  
**15 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

**4** **INCLINE  
PUSH UPS**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**5** **DIPS**  
**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**6** **SLOW WIDE PUSH UPS**  
**8 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

## ABS

**7** **T CROSS SIT UPS**  
**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**8** **LAYING LEG RAISES**  
**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 7 / TUESDAY

No excuses. No explanations. You don't win on emotion. You win on execution

## BACK

**1** SCAPULAR  
ONE ARM PULLS  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** MUSCLE UPS  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** L SIT PULL UPS  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** HAMMER PULL UPS  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** ELEVATED AUSTRALIAN  
PULL UPS  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** PULL HOLD  
**10/10/10 - / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 7 / WEDNESDAY

Don't wish for it,  
work for it

## LEGS

- 1** **BOX JUMPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **PISTOL SQUATS**  
**8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **BULGARIAN LUNGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **NEGATIVE NORDIC CURLS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **5 MIN CALF KILLER**  
-  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 7** **HANGING KNEE RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8** **HEEL TOUCHES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 7 / THURSDAY

Set your goals high and don't  
- never ever -  
stop till you get there

## SHOULDERS

**1** **NEGATIVE 90° HSPU**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **HSPU**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **ELEVATED PIKE SHRUGS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4** **ELEVATED  
PIKE PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5** **HINDU PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6** **RING I PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 7 / FRIDAY

Success is where preparation and opportunity meet

## ARMS

## SUPERSETS EXTREME

## ABS 5

### HANGING LEG RAISES

**15 REPS**

[CLICK HERE FOR THE VIDEO](#)

+

### SIT UPS

**15 REPS**

[CLICK HERE FOR THE VIDEO](#)

+

### RUSSIAN TWIST

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 1 CHIN UPS

**12 REPS**

[CLICK HERE FOR THE VIDEO](#)

+

### DIAMOND PUSH UPS

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 2 CLOSED GRIP CHIN UPS

**10 REPS**

[CLICK HERE FOR THE VIDEO](#)

+

### BENCH DIPS

**15 REPS**

[CLICK HERE FOR THE VIDEO](#)

### 3 HAFESTO CURLS

**15 REPS**

[CLICK HERE FOR THE VIDEO](#)

+

### DIPS

**12 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 4 CHIN UP HOLDS

**MAX**

[CLICK HERE FOR THE VIDEO](#)

+

### TRICEP EXTENSIONS

**15 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

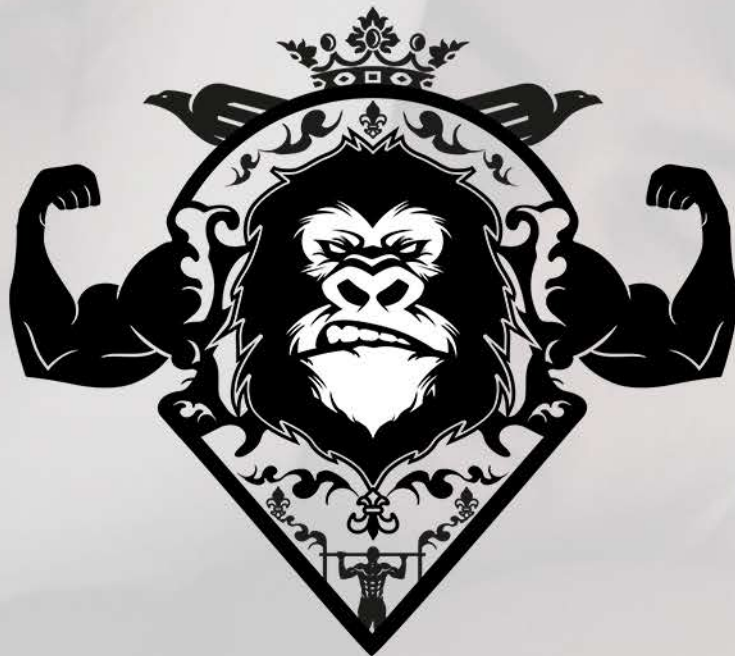
**!STRETCH!**



# WEEK 7

## SATURDAY / SUNDAY

Sleep until you're hungry.  
Eat until you sleep



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 8 / MONDAY

Monday is another day to be  
killing it

## SUPERSETS CHEST & BACK

### 1 MUSCLE UP 5 REPS

[CLICK HERE FOR THE VIDEO](#)

+

### POWER PUSH UPS 10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

### 2 WIDE PULL UPS 12 REPS

[CLICK HERE FOR THE VIDEO](#)

+

### WIDE PUSH UPS 15 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

### 3 HAMMER PULL UPS 10 REPS

[CLICK HERE FOR THE VIDEO](#)

+

### INCLINE PUSH UPS 15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 4 AUSTRALIAN PULL UPS 15 REPS

[CLICK HERE FOR THE VIDEO](#)

+

### DIAMOND PUSH UPS 12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 8 / TUESDAY

Do not overestimate the competition  
and underestimate yourself. You are better  
than you think

## LEGS

**1 JUMP SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2 SQUATS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3 SLOW PISTOL SQUATS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**4 CLOSED LEG SQUATS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5 WALKING LUNGES**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**6 HAMSTRING BRIDGES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**7 SINGLE LEG CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS **8** **9**

**V SIT UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**LAYING LEG RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 8 / WEDNESDAY

---

You're not going to master the rest of  
your life in one day. Just relax.

Master the day



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody



# WEEK 8 / THURSDAY

Start unknown

Finish unforgettable

## SHOULDERS

1

### HANDSTAND PRACTICE

10 MIN

[CLICK HERE FOR THE VIDEO](#)

2

### HSPU

5-8 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

3

### ELEVATED PIKE PUSH UPS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

4

### PSEUDO PUSH UPS

10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

5

### RING Y PULLS

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

6

### PLANCH LEAN HOLD

15 SEC / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

7

### PLANCH TUCK HOLD

20 SEC / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

!STRETCH!

# WEEK 8 / FRIDAY

Winners say it may be difficult, but it is possible. Losers say it may be possible, but its too difficult

## ARMS

- 1 CHIN UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 HAMMER PULL UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 RING BICEP CURLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 DIAMOND PUSH UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS **6** **7**

**T CROSS SIT UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**RUSSIAN TWIST**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**5 DIPS**  
**12 REPS**  
[CLICK HERE FOR THE VIDEO](#)

**SUPERSET**

**+**  
**BENCH DIPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**+**  
**TRICEP EXTENSIONS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

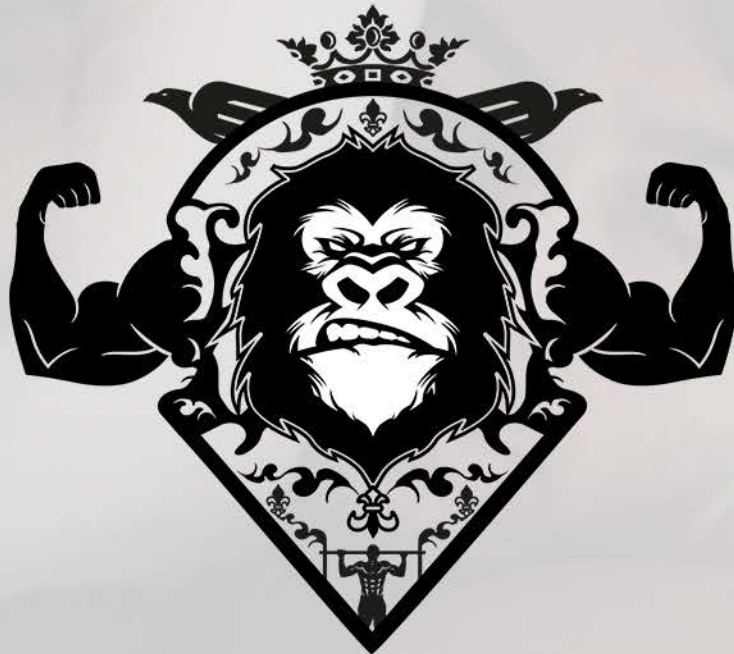
**!STRETCH!**



# WEEK 8

# SATURDAY / SUNDAY

No rest is worth anything except  
the rest earned



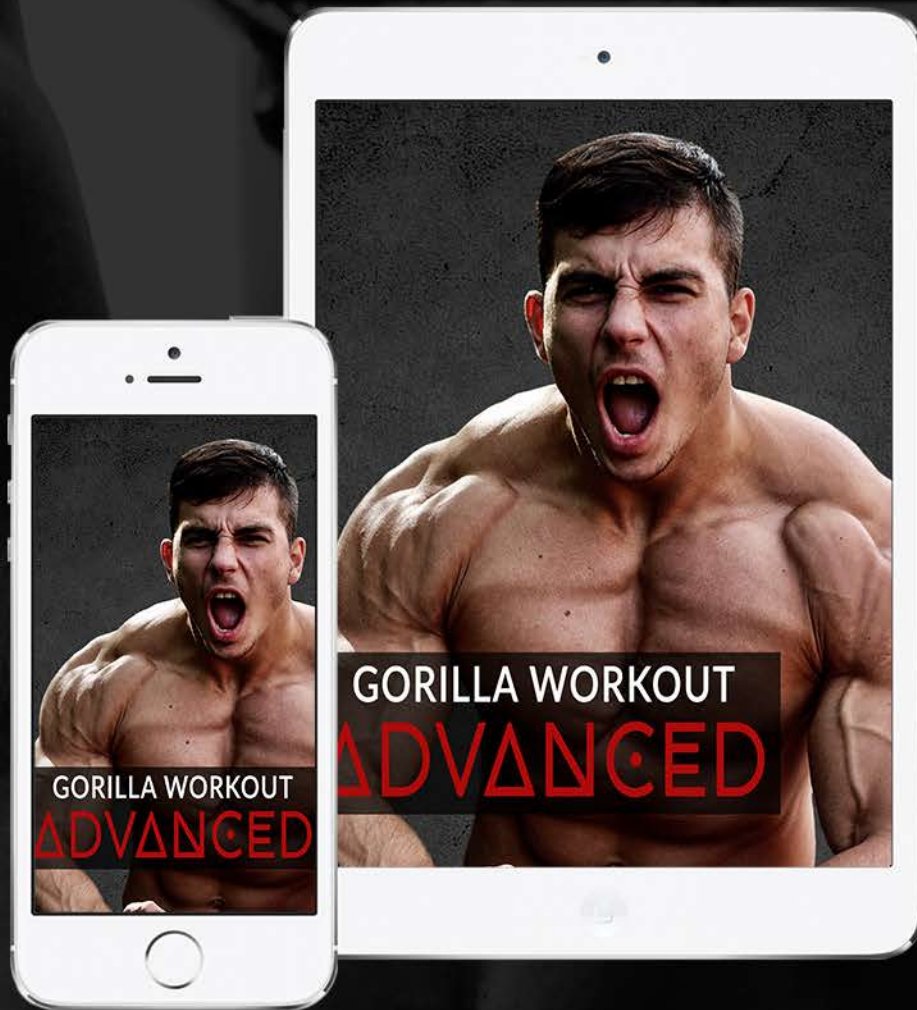
# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# Congrats, you did it!

## YOU ARE AN ALPHA GORILLA

Make sure to keep on improving yourself  
Stay tuned for more programs



Need more content or motivation? Be sure to check out my YouTube Channel, also keep visiting my Instagram and Facebook! Gorillas are not loners. We are all about to improve ourselves. Let's improve together! #GorillaGang

*DEJAN STIPKE*

