



**GORILLA WORKOUT**  
**BEGINNER**



# WORKOUT PROGRAM BEGINNER

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

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

**Congratulations, you made the first and right step. As I started working out, what held progress back the most was my lack of experience and knowledge. I just did something, but didn't really know anything. That brought me some sort of progress in the beginning, but quickly ended up in me exercising, but not gaining any muscles or improving on my technique. By following my program and watching the videos I made for you, you will know easily and exactly what and how to do it.**

**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!**

**That eliminates most, if not all beginner mistakes everyone else and myself made than starting to work out. I wish you a lot of strength and motivation to do your best, and to become a true Gorilla over time!**

## **#GorillaGang**



# WORKOUT PROGRAM BEGINNER

---

**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!

Finish all 5 sets of the first exercises and move  
on to the second, third etc. until you finish  
the whole workout

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.

## CHEST

**1 INCLINE CLAP PUSH UPS**  
**8-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2 WIDE PUSH UPS**  
**10-12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3 INCLINE PUSH UPS**  
**12-15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

## SUPERSET

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

## ABS

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

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

**!STRETCH!**



# WEEK 1 / TUESDAY

---

Remember that guy that gave up?  
neither does anyone else

## BACK

- 1** **MUSCLE UP JUMPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SHOULDER WIDTH PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **LAYING PULL UPS**  
**15REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **AUSTRALIAN PULL UPS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **PULL UP HOLD**  
**MAX / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **SUPERMAN LIFTS**  
**15 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**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SQUATS**  
**12-15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 WALKING LUNGES**  
**10 STEPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 STEP UPS**  
**10 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 HAMSTRING BRIDGES**  
**10 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 T-CROSS SIT UPS**  
**10 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 HANGING KNEE RAISES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 1 / THURSDAY

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

## SHOULDERS & ARMS

### 1 **HANDSTAND WALL HOLD**

**10s / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 2 **HINDU PUSH UPS**

**10-12 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 3 **PIKE PUSH UPS**

**8 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 4 **CHIN UPS**

**6-8 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 5 **HAMMER PULL UPS**

**8 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### 6 **CHIN UP HOLD**

**10s / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### **DIAMOND PUSH UPS**

**5 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### **SUPERSET 7**

### **TRICEP EXTENSIONS**

**12 REPS / 3 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 1 / FRIDAY

---

Every champion was once a contender  
that refused to give up

## HIIT & ABS

1

### JUMP ROPE

30s - 90s REST / 10 SETS

[CLICK HERE FOR THE VIDEO](#)

### SIT UPS

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

+

## SUPERSET

2

### LAYING LEG RAISES

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

+

### RUSSIAN TWIST

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

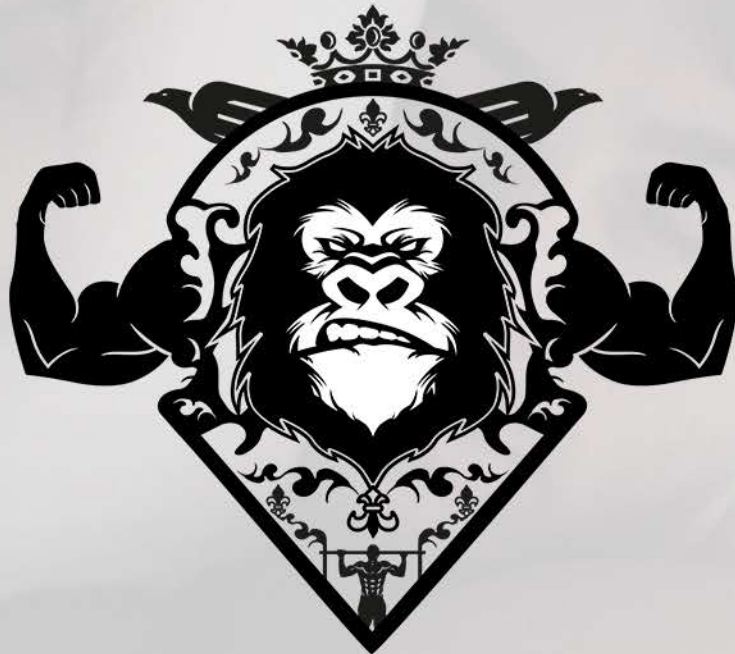
!STRETCH!



# 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** **POWER PUSH UPS**  
**6-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **SHOULDER WIDTH  
PUSH UPS**  
**8-12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

**DIPS**  
**5-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## SUPERSET

**5** **BENCH DIPS**  
**10 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

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

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

**!STRETCH!**



# WEEK 2 / TUESDAY

---

The harder the battle,  
the sweeter the victory

## BACK

**1** **MUSCLE UP JUMPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

**SUPERSET** **2** **LAYING PULL UPS**  
**15 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**3** **SITTING BEHIND THE NECK PULLS**  
**8-10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

**!STRETCH!**

# WEEK 2 / WEDNESDAY

If it is important to you, you will find a way.  
If not, you'll find an excuse

## 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** **CLOSED LEG SQUATS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **STEP UPS**  
**12 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **SINGLE LEG BODY WEIGHT DEADLIFTS**  
**10 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **ONE LEG CALF RAISES**  
**15 REPS EACH LEG / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7** **KNEE INS**  
**20 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8** **HEEL TOUCHES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 2 / THURSDAY

If you don't give up, you can not fail

## SHOULDERS & ARMS

1

### HANDSTAND WALL HOLD

12s / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

2

### CHIN UPS

8 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

3

### PIKE PUSH UPS

10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

4

### CLOSED GRIP CHIN UPS

8 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

5

### HINDU PUSH UPS

10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

6

### CHIN UP HOLD

10s / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

7

### DIAMOND PUSH UPS

8 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

8

### BACK SHOULDER PRESS

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

9

### TRICEP EXTENSIONS

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

!STRETCH!

# WEEK 2 / FRIDAY

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The pain you feel today  
will be the strength you have tomorrow

## HIIT & ABS

1

### HIGH KNEES

30s - 90s REST / 10 SETS

[CLICK HERE FOR THE VIDEO](#)

2

### BICYCLE CRUNCHES

20 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

3

### PLANK HOLD

1 MIN / 3 SETS

[CLICK HERE FOR THE VIDEO](#)

4

### SIDE PLANK

30s EACH SIDE / 3 SETS

[CLICK HERE FOR THE VIDEO](#)

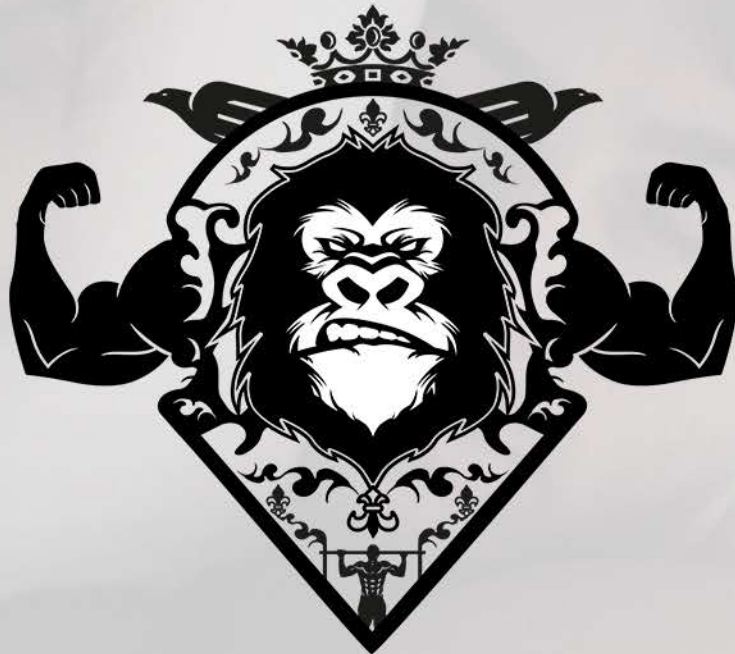
**!STRETCH!**



# WEEK 2

# SATURDAY / SUNDAY

Today, I will be as useless  
as the G in lasagna.



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 3 / MONDAY

I don't chase dreams, I hunt goals

## CHEST & BACK

- 1 INCLINE CLAP PUSH UPS**  
**6-10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 WIDE PUSH UPS**  
**10-12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 INCLINE PUSH UPS**  
**12-15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 HAMMER PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 DECLINE PUSH UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 AUSTRALIAN PULL UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 DIAMOND PUSH UPS**  
**5-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 9 SUPERMAN LIFTS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

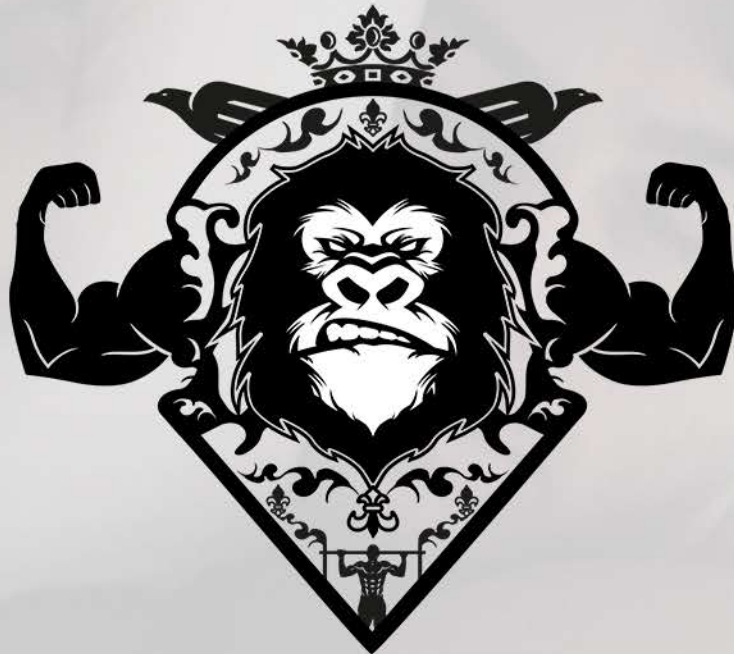


# WEEK 3 / TUESDAY

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It's not about having time.  
It's about making time

## REST



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 3 / WEDNESDAY

Pain is temporary. Greatness is for ever

## LEGS & SHOULDERS

- 1 JUMP SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 PIKE PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HINDU PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 JUMPING LUNGES**  
**10 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 RINGS Y PULLS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 HAMSTRING BRIDGES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 DIPS**  
**5-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 3 / THURSDAY

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

## ARMS

- 1 JUMP MUSCLE UPS**  
**6-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 CHIN UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 CLOSED GRIP CHIN UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HAMMER GRIP HOLD**  
**15s / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 DIAMOND PUSH UPS**  
**6-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 TIGER PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 TRICEP EXTENSIONS**  
**12-15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 3 / FRIDAY

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Champions believe in themselves,  
even when no one else does

## HIIT & ABS

1

### HIGH KNEES

30s - 90s REST / 10 SETS

[CLICK HERE FOR THE VIDEO](#)

2

### HANGING KNEE RAISES

12 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

3

### CRUNCHES

15 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

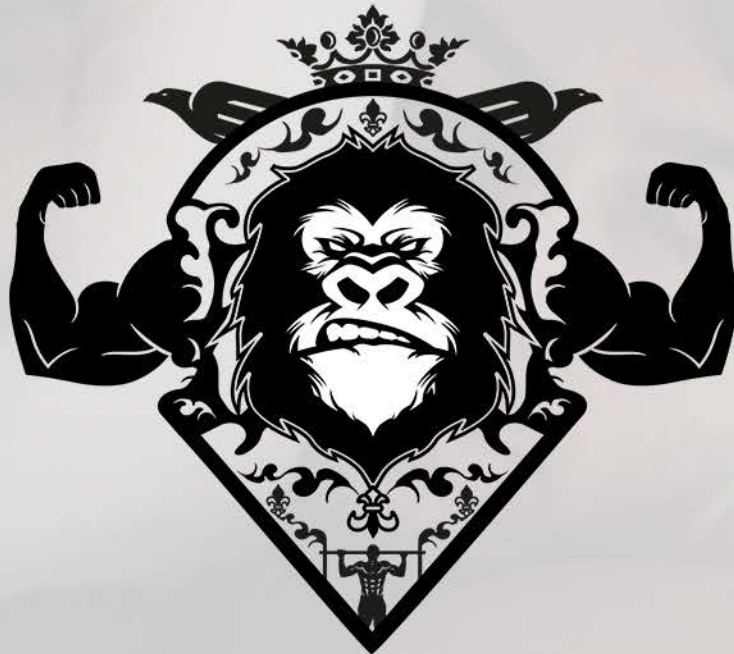
**!STRETCH!**

20



# WEEK 3 SATURDAY / SUNDAY

Rest can be productive.  
Make it productive



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 4/ MONDAY

The secret of getting ahead is getting started

## CHEST

**1 INCLINE CLAP PUSH UPS**  
**10 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2 SLOW PUSH UPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

**5 NEGATIVE DIPS**  
**5-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

**7 HANGING KNEE RAISES**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 4/ TUESDAY

You can't beat the person who never gives up!

## BACK

- 1** **SHOULDER WIDTH PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **LAYING PULL UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **SITTING BEHIND THE NECK PULL UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **AUSTRALIAN PULL UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **SUPERMAN LIFT HOLDS**  
**20s / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 4 / WEDNESDAY

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Just do it!

## LEGS

### JUMP SQUATS

**8 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### SQUATS

**12 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### LUNGES

**8 REPS EACH LEG / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### STEP UPS

**10 REPS EACH LEG / 3 SETS**

[CLICK HERE FOR THE VIDEO](#)

### BODY WEIGHT DEADLIFTS

**10 REPS EACH LEG / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

### CALF RAISES

**20 REPS / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### T CROSS SIT UPS

**10 REPS EACH LEG / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

### HANGING L SIT HOLD

**20s / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 4 / THURSDAY

---

Champions believe in themselves,  
even when no one else does

## SHOULDERS

1

### PIKE PUSH UPS

**10 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

2

### DIAMOND PIKE PUSH UPS

**8 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

3

### HINDU PUSH UPS

**10 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

4

### RING Y PULLS

**12 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

5

### RING I PULLS

**10 REPS / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

6

### DIPS

**5-8 REPS / 3 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 4/ FRIDAY

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Champions believe in themselves,  
even when no one else does

## ARMS

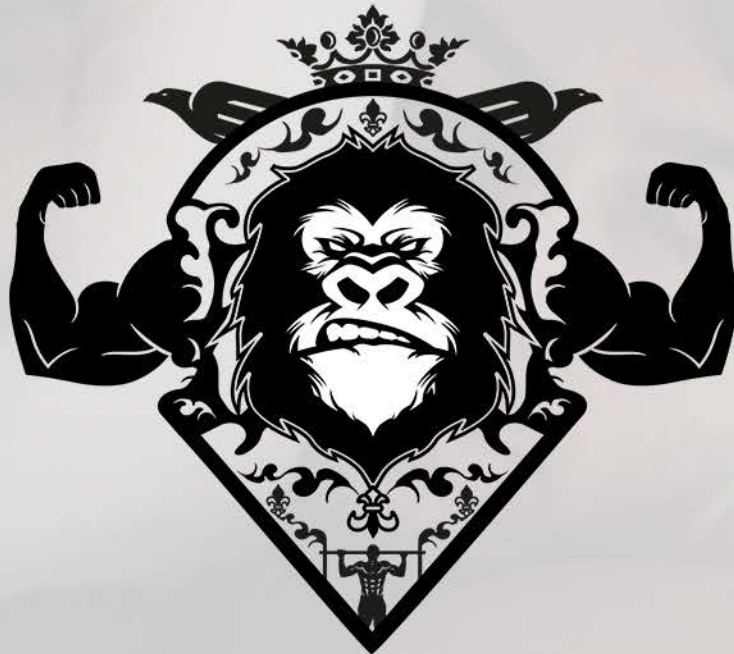
- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 CHIN UPS**  
**6-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 HAMMER PULL UPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 AUSTRALIAN CHIN UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 CHIN UP HOLD**  
**10s / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 INCLINE DIAMOND PUSH UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 BENCH DIPS**  
**10 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 TRICEP EXTENSIONS**  
**10 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 3 SATURDAY / SUNDAY

Rest can be productive.  
Make it productive



# GORILLA GANG

Tag #GorillaGang in your post so I can see everybody

# WEEK 5 / MONDAY

Monday are for kickstarts!

## CHEST

### SUPERSET 1

#### CLAP PUSH UPS

5 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

#### PUSH UPS

10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

2

#### DIAMOND PUSH UPS

8 REPS / 3 SETS

[CLICK HERE FOR THE VIDEO](#)

3

#### INCLINE PUSH UPS

15 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

4

#### DECLINE PUSH UPS

8 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

5

#### DIPS

5 REPS + 5 NEGATIVE REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

6

#### HANGING LEG RAISES

10 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

7

#### INCLINE SIT UPS

12 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

## ABS

!STRETCH!



# WEEK 5 / TUESDAY

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

## BACK

- 1** **MUSCLE UP JUMPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **WIDE PULL UPS**  
**5-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **LAYING PULL UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **SITTING BEHIND THE NECK PULL UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **AUSTRALIAN PULL UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **PULL UP HOLD**  
**15s / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 5 / WEDNESDAY

Your best teacher is your last mistake

## 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 CLOSED LEG SQUATS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 LUNGES**  
**12 REPS EACH LEG / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 ONE LEG HAMSTRING BRIDGES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 5MIN CALF KILLER**  
-  
[CLICK HERE FOR THE VIDEO](#)
- 7 L-SIT HOLD**  
**max / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 PLANK HOLD**  
**1min / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 5 / THURSDAY

---

No rest is worth anything,  
except the rest that is earned

## SHOULDERS

1

### HANDSTAND WALL WALK

**3 STEPS AND BACK / 4 SETS**

[CLICK HERE FOR THE VIDEO](#)

2

### PIKE PUSH UPS

**12 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

### PLANCHE LEAN HOLD

**10s / 5 SETS**

[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 5 / FRIDAY

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Loser quit when they're tried.  
Winners quit when they've won

## ARMS

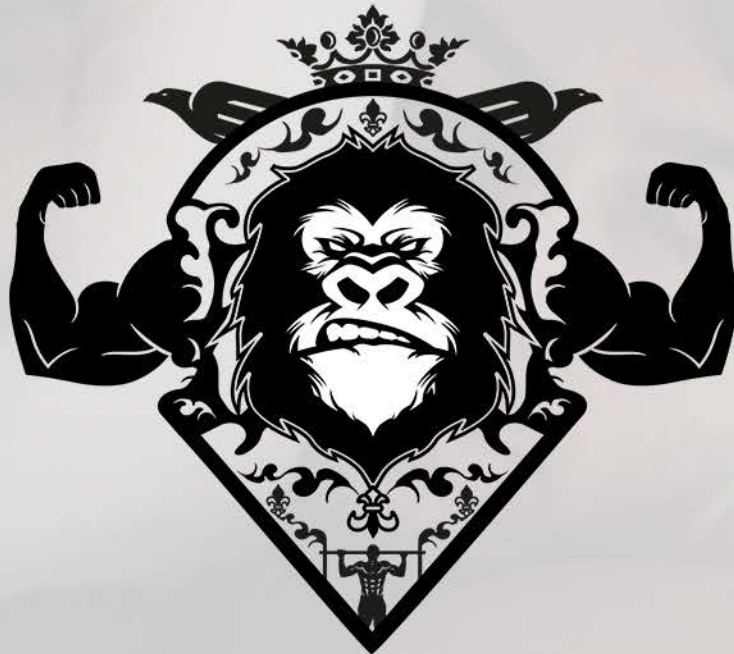
- 1** **NEGATIVE MUSCLE UPS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **CLOSED GRIP CHIN UPS**  
**8-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **HAMMER PULL UPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **AUSTRALIAN CHIN UPS**  
**12 REPS / 4 SETS**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

Monday is another day to be killing it

## CHEST

- 1 POWER PUSH UPS**  
**8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SLOW WIDE PUSH UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 DECLINE PUSH UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 INCLINE PUSH UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 DIAMOND PUSH UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 BENCH DIPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 DIPS**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 T-CROSS SIT UPS**  
**12 REPS EACH LEG / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 9 LAYING LEG RAISES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 6 / TUESDAY

---

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

## BACK

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UP JUMPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 HAMMER PULL UPS**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 SHOULDER WIDTH PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 SUPERMAN LIFTS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 6 / WEDNESDAY

Forget failure. Forget mistakes. GROW!

## LEGS

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

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

**3** **SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

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

**7** **BICYCLE CRUNCHES**  
**30s / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8** **KNEE INS**  
**20 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 6 / THURSDAY

You only live once!

## SHOULDERS

**1** **HANDSTAND PRACTICE**  
**3 REPS BOTH SIDES / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**2** **ELEVATED PIKE PUSH UPS**  
**6-8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

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

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

**7** **SITTING V HOLD**  
**1min / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**8** **FLUTTER KICKS**  
**30s / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**

# WEEK 6 / FRIDAY

---

In order to succeed  
we must first believe that we can

## ARMS

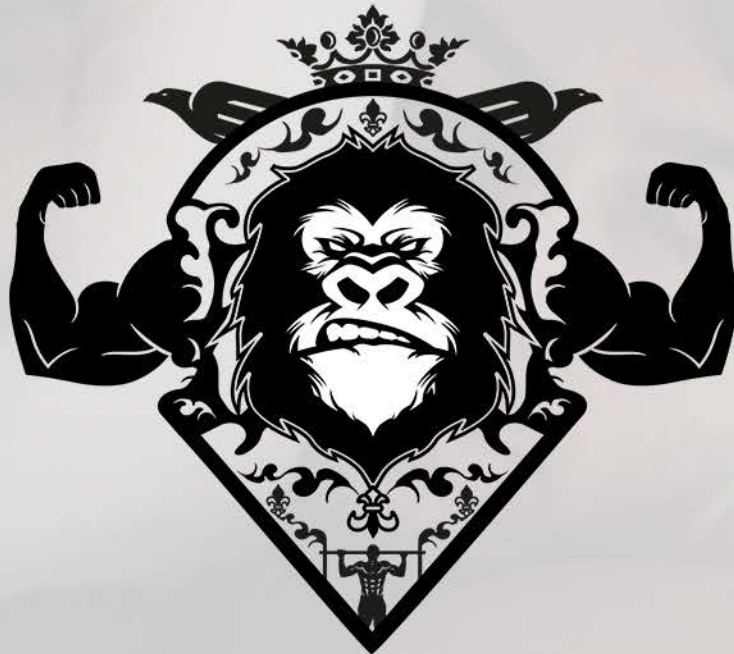
- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 WIDE CHIN UPS**  
**6-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 CLOSED GRIP CHIN UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 RING BICEP CURLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 CHIN UP HOLD**  
**15s / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 DIPS**  
**5-8 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 TIGER PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 TRICEP EXTENSIONS**  
**12-15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 6 SATURDAY / SUNDAY

Rest can be productive.  
Make it productive



# 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 INCLINE BACK CLAP PUSH UPS**  
**6-10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SHOULDER WIDTH PUSH UPS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 INCLINE PUSH UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 DIAMOND PUSH UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 DIPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 SLOW WIDE PUSH UPS**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 7 SIT UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 LAYING LEG RAISES**  
**12 REPS / 4 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 MUSCLES UP WITH THE BAND**  
**MAX / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 WIDE PULL UPS**  
**8 REPS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 LAYING PULL UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HAMMER PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 SUPERMAN LIFTS**  
**10/10/10 - / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**

# WEEK 7 / WEDNESDAY

---

Don't wish for it,  
work for it

## LEGS

- 1 JUMP SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 SUMO SQUATS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 WALKING LUNGES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 BODY WEIGHT DEADLIFTS**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 5 MIN CALF KILLER**  
**-**  
[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 HANDSTAND PRACTICE AGAINST THE WALL

10 MIN

[CLICK HERE FOR THE VIDEO](#)

### 2 ELEVATED PIKE PUSH UPS

10 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 3 INCLINE PSEUDO PUSH UPS

10 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

### 4 RING Y PULLS

15 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

### 5 RING I PULLS

15 REPS / 4 SETS

[CLICK HERE FOR THE VIDEO](#)

### 6 PLANCH LEAN

2S HOLD - 5 REPS / 5 SETS

[CLICK HERE FOR THE VIDEO](#)

!STRETCH!

# WEEK 7 / FRIDAY

Success is where preparation and opportunity meet

## ARMS

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UP WITH THE BAND**  
**5 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 CHIN UPS**  
**10 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HAMMER PULL UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 RING BICEP CURLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 DIAMOND PUSH UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 BENCH DIPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 TRICEP EXTENSIONS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

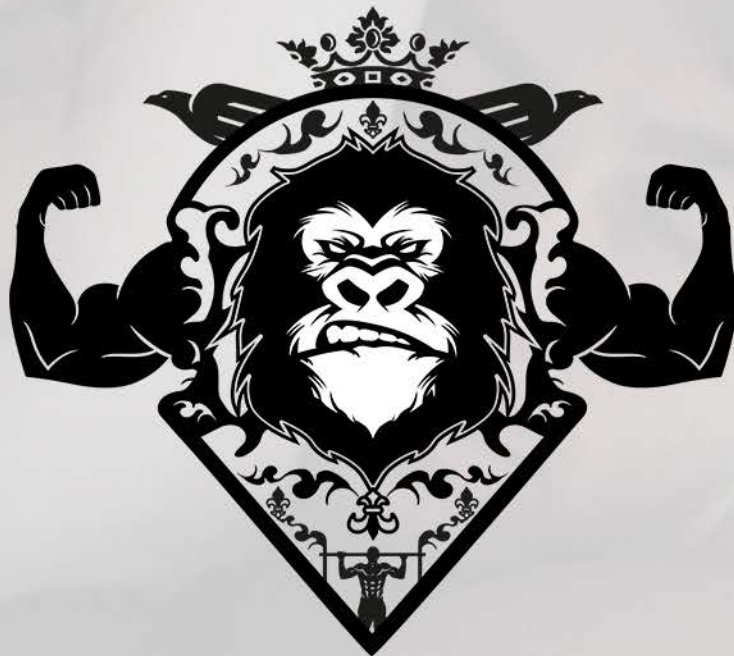
**!STRETCH!**



# 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

## CHEST

**1** **PLYOMETRIC PUSH UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

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

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

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

**6** **DIPS**  
**4-8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)

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

**8** **LAYING LEG RAISES**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

**!STRETCH!**



# WEEK 8 / TUESDAY

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

## BACK

- 1 SCAPULAR PULLS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 MUSCLE UP JUMPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 WIDE PULL UPS**  
**5-8 REPS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 LAYING PULL UPS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 AUSTRALIAN PULL UPS**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 PULL UP HOLD**  
**5/5/5 - / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 SINGLE LEG CALF 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

## LEGS

- 1** **BOX JUMPS**  
**10-12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2** **SQUATS**  
**15 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3** **SITTING PISTOL SQUATS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4** **STEP UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5** **BULGARIAN LUNGES**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6** **HAMSTRING BRIDGES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7** **SINGLE LEG CALF RAISES**  
**15 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)

**!STRETCH!**



# WEEK 8 / THURSDAY

Start unknown  
Finish unforgettable

## SHOULDERS & ARMS

- 1 CHIN UPS**  
**8 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 2 PIKE PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 HAMMER PULL UPS**  
**10 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 HITU PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 5 CHIN UP HOLD**  
**10 SEC / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 6 INCLINE PSEUDO PUSH UPS**  
**12 REPS / 4 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 7 DIAMOND PUSH UPS**  
**8 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 8 BENCH DIPS**  
**12 REPS / 3 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 9 TRICEP EXTENSIONS**  
**12 REPS / 3 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

## HIIT

- 1 HIGH KNEES**  
**30s-90s / 10 SETS**  
[CLICK HERE FOR THE VIDEO](#)

## ABS

- 2 BICYCLE CRUNCHES**  
**20 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 3 HANGING KNEE RAISES**  
**12 REPS / 5 SETS**  
[CLICK HERE FOR THE VIDEO](#)
- 4 PLANK HOLD**  
**MAX / 1 SETS**  
[CLICK HERE FOR THE VIDEO](#)

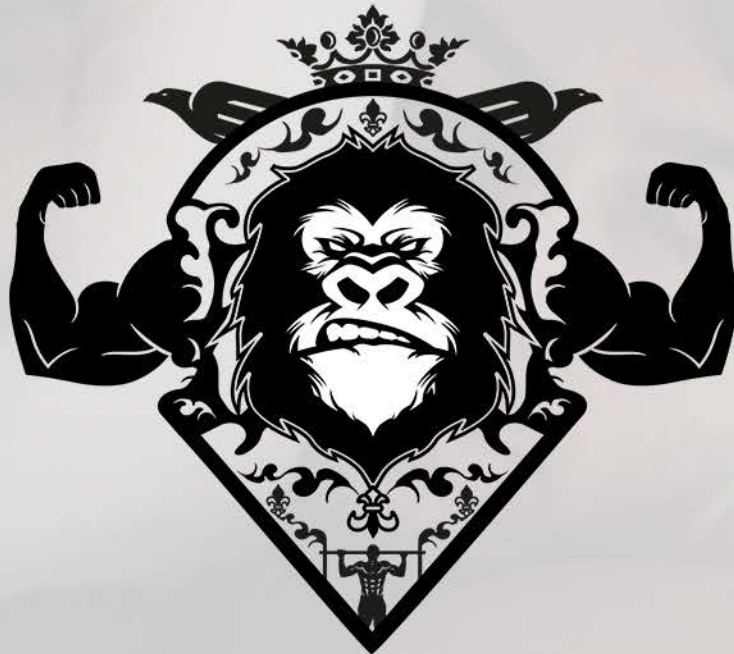
**!STRETCH!**



# 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

## LEVEL UP NOW

Don't stop now! Keep on improving and get the next program. In the intermediate program, we will improve your base skills and techniques even more!



Congrats, you did it! 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*

