

CALISTHENICS

- No Equipment Training Program - At Home



4 Seperate Programs • 3x Full Body • 4x Upper/Lower Body • 5x Split • 6x Push/Pull/Legs

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- ▶ **4x Upper/Lower Body Program**
- ▶ **5x Split Program**
- ▶ **6x Push/Pull/Legs Program**



Program Introduction

Welcome to the Calisthenics at Home Training Program! As the title already says; you don't need any training equipment to follow this program. So no pull-up bars, no push up bars or parallettes, no resistance bands and not even extra weights! This is because you will train with your own bodyweight. During this program you will mostly be using the floor and also the standard furniture that is present in every home. Now you might think; how can I train all different muscle groups? Well, as calisthenics experts we have many solutions and experiences in this. It is definitely possible to work on a solid strong foundation without training equipment. Actually by being creative with the space and different exercises, it is more than possible and also very challenging to train with your own body weight without materials and external weights. How this exactly works, is what you going to find out in this program!

Program Structure

The program is built up in 4 different training routines. So it does not consist out of one single training routine that you are forced to do, but it consists out of different routines that suits best to your personal goals and training habits. We can imagine that everyone has different needs. One person likes to train a few times a week to stay fit and strong, while the other person prefers to train every day to achieve the fastest result. So that's why this program consists out of the next 4 different routines:

- ▶ 3 times per week full body routine
- ▶ 4 times per week upper / lower routine
- ▶ 5 times per week split routine
- ▶ 6 times per week push / pull / legs routine

Short in time and staying or getting fit and strong	3x Full Body Routine
A bit more time and a good balance in upper and lower body	4x Upper/Lower Body Routine
Training almost every day & focus on muscle growth	5x Split Routine
Train every day & focus on maximum progression in strength	6x Push/Pull/Legs Routine

The training method that suits best to you depends on your goals and the time you are able / willing to train. The individual training methods will be explained later in the program per routine. Above is a short summary to give you an idea of what suits you best. By giving you the option to choose from a routine, everyone can use this complete home workout program at his or her own level and training goals. So actually, this entire document is not one program, but an entire training package!

Program Requirements

This program has no training requirements. Everyone can participate at his or her own training level. The exercises are all performed with your own body weight. This means that the difficulty of the exercises can always be adjusted by, for example, doing the exercise on the knees or changing the angle of the body. To help you with this, short notes are indicated on the workout sheets on how the exercise can be made easier or more difficult. However, we recommend that you look at your current training experience. If you have little to no training experience, we recommend that you start training 3 times a week with the full body training routine. If you already have more experience with training, you can follow the 5x a week split routine or follow the 6x a week push, pull, legs routine.

Program Goals

The main goal of this program is to get fit and strong by exercising at home. It is the ideal program to start training without investing in materials or a subscription to the gym. You can measure your progress by using the logs. The goal is to keep track of your repetitions and sets every workout so you can measure your progress. This way you know what your current level is and you have an idea what you can improve during the next training. The goal with each workout is to become better at least with one exercise. A common mistake is that people want to move forward with everything. We know better than anyone from experience that this does not work. So strive for continuous progress and do not blindly focus on wanting to improve in everything at the same time.

Training Methods

As we have just introduced, you will be training and improving by logging the number of repetitions and sets. This is called reps & sets style of training. This training method is suitable for muscle growth and strength gain. Another example is circuit style training in which different exercises are done consecutively in a specific set time. This training method is more suitable for burning calories and losing weight. We have already made such a program. That is called: [The 30 day Fat-Burn Program](#). However, with this home workout program, the reps and sets training method is chosen.

Resting Times

We would recommend to have a rest time of **90 seconds** between sets and between exercises. If you feel like you need more or less rest, feel free to adjust your rest time.



Tips for training at home

Since training at home is slightly different than, for example, training outside or in the gym, we would like to give you some important tips. We ourselves have trained a lot at home and we still do this regularly. In fact, it all started in the bedroom and then in our backyard! So here are some tips, so you get the most out of your home workouts.

Tip 1: Prepare before your workout

Just like any other training, it is essential that you prepare well for your training. This applies to before the training, during the training and after the training. A mistake with training at home is that you tend to just quickly fit your training in, between other day to day tasks.

But what you will soon find out is that the training often takes a little more time than you planned. So because of that you might become late for an appointment or that you have to stop the training halfway through. We want to prevent this at all times. So make sure you schedule enough time for your training. For example, agree with yourself that you will exercise after dinner on Monday, Wednesday and Friday evening. When you have planned this, make sure that you have arranged the space where you want to exercise in such a way that you can carry out the full training. Also make sure to clean up your room before hand because you don't want to find out that you don't have enough space during your training.

Also make sure to put on your sports clothes before training! This of course trains a lot more comfortable. Make sure that everything you need is

ready and at hand during training, such as: water, a mat, music and a towel. Finally, make sure to schedule some extra time to clean up the room after the workout.

2. Avoid distractions

Your home situation is probably the environment with the most number of distracting factors. Some examples: family members who need you, a phone that always sends notifications, a room that is cluttered and has to be cleaned up, the dishwasher that has to be cleaned up and so on. Try to avoid all these distractions. For example, tell your family members that you are going to exercise and that they cannot disturb you for a moment. Preferably put your phone in another room or put it on airplane mode so you don't constantly look at your phone while training!

3. Put music on

Good music is a must for a good home workout. It has been proven that you get extra energy from your favorite music. So that would be a perfect way to create energy for your home workouts. Therefore, always have your speaker or music ears at hand during your training!

Words of Encouragement

We hope that this home workout program will help you achieve your training goals and perhaps even be a first step towards much bigger goals in life!

The most important thing is that you are consistent with performing the training and following your chosen routine. We have learned from experience that it is not about the ultimate goal but about continuous progress. When you have achieved one goal, you are already busy with the next one!

However, to continue to progress, it is essential that you keep track of your progress by using the logs. Always try to do one exercise better than the previous training and in this way we can guarantee that you will achieve the great results.

Make sure that you take enough rest between training sessions. Listen carefully to your body. If you notice that the workouts are too stressful, take a step back or take an extra rest day if necessary.

Finally, we would like to inform you that there are no limits when training with your own body weight (calisthenics training). The small improvements are the ones that ensure the big long-term results. Always keep this mentality in mind and never give up! We are proud that you are officially part of the Calisthenics Family.

We wish you all the best during your journey!

Michael & Yannick
Calisthenics Family



WARMING UP

- 1 **Jumping / Jogging** | 5 minutes
- 2 **Arm Swings** | 20 each arm
- 3 **Arm Circles** | 20 each arm
- 4 **Forearm Rotations** | 20 each direction
- 5 **Wrist Rotations** | 20 each direction
- 6 **Wrist Stretches** | 30 sec. each variation
- 7 **Cat to Cow** | 10 reps
- 8 **Scapula Rows** | 10 reps
- 9 **Side Lunge** | 10 reps each leg

Follow Along Video



CALISTHENICS

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• *3x Full Body Program* •

Program Defined

Welcome to the 3x full body workout routine. During this routine, training takes place 3 times a week. All muscle groups are trained with every workout. Therefore it's called: Full Body. With full body we mean: the upper body and the lower body. The upper and lower body has many different muscle groups such as the chest, the back, the shoulders, the arms, the core, the upper legs (quadriceps) and the hamstrings. At least 1 exercise is done for each muscle group with each workout. A full week routine is shown in the table.

Monday	Full Body Workout
Tuesday	Rest
Wednesday	Full Body Workout
Thursday	Rest
Friday	Full Body Workout
Saturday & Sunday	Rest



Why a full body routine of 3x training per week?

With a full body workout you target all muscles in one workout. Usually, a beginner athlete starts with a full body schedule that trains the entire body 2 to 3 times per week. Beginner athletes are not yet used to the stress and lot of volume on a single or a few muscle groups. It is therefore better to spread the load over the entire body.


Benefits of a full-body training routine

- ▶ This way you can train a muscle group more often
- ▶ Ideally suited for beginner athletes
- ▶ Suitable for people who can train less often
- ▶ This way you can spread the load per muscle group

We recommend starting as a beginner with this routine. After this you can choose a new upper / lower routine or a multi-day split training routine. These training routines are also explained further in this program.

WORKOUT 1

Full Body Workout

- | | | | |
|---|--|-----------------------|---|
|  | Push
1 Pushups | 4 x 8-12 reps | Easier Progression: Knee Pushups
Harder Progression: Archer/One arm Pushups |
|  | 2 Pike Walks | 4 x 8-12 reps | Easier Progression: Feet on Floor
Harder Progression: Higher Elevation |
|  | 3 Tricep Extensions | 4 x 8-12 reps | Easier Progression: Knee extensions
Harder Progression: Feet more backwards |
|  | Pull
4 Australian Pullups | 4 x 8-12 reps | Easier Progression: Higher bar/table
Harder Progression: Lower bar/Table |
|  | Legs
5 Squats | 4 x 15-20 reps | Easier Progression: Assisted by grabbing object
Harder Progression: Jumping Squats |
|  | Core
6 Leg Raises | 4 x 15-20 reps | Easier Progression: Hands under hips
Harder Progression: Hands behind head |

WORKOUT 2

Full Body Workout

- | | | | | |
|---|-------------|-----------------------------|-----------------------|--|
|  | Pull | 1 Australian Chinups | 4 x 8-12 reps | Easier Progression: Higher bar/table
Harder Progression: Lower bar/Table |
|  | | 2 Lat Slides | 4 x 8-12 reps | Easier Progression: Knee slides
Harder Progression: Bigger Range of motion |
|  | | 3 Bicep Dips | 4 x 8-12 reps | Easier Progression: Higher couch/table
Harder Progression: Leg Elevation |
|  | Push | 4 Diamond Pushups | 4 x 8-12 reps | Easier Progression: Knee Pushups
Harder Progression: Feet Elevation |
|  | Legs | 5 Lunges | 4 x 15-20 reps | Easier Progression: Half Reps
Harder Progression: Jumping Lunges |
|  | Core | 6 Crunches | 4 x 15-20 reps | Easier Progression: Clamp feet under object
Harder Progression: Full situps |

WORKOUT 3

Full Body Workout

Legs



1 Pistol Squats

4 x 15-20 reps

Easier Progression: Assisted by grabbing object
Harder Progression: No Elevation



2 Side Lunges

4 x 15-20 reps

Easier Progression: Assisted by grabbing object
Harder Progression: Deep Reps

Core



3 Windshield Wipes

4 x 15-20 reps

Easier Progression: Tucked Legs
Harder Progression: Hands behind head



4 Hollow Body Hold

4 x 40-60 sec

Easier Progression: Tucked Legs
Harder Progression: Hold Longer

Push



5 Pike Pushups

4 x 8-12 reps

Easier Progression: Half Reps
Harder Progression: Elevated Legs

Pull



6 Bicep Rows

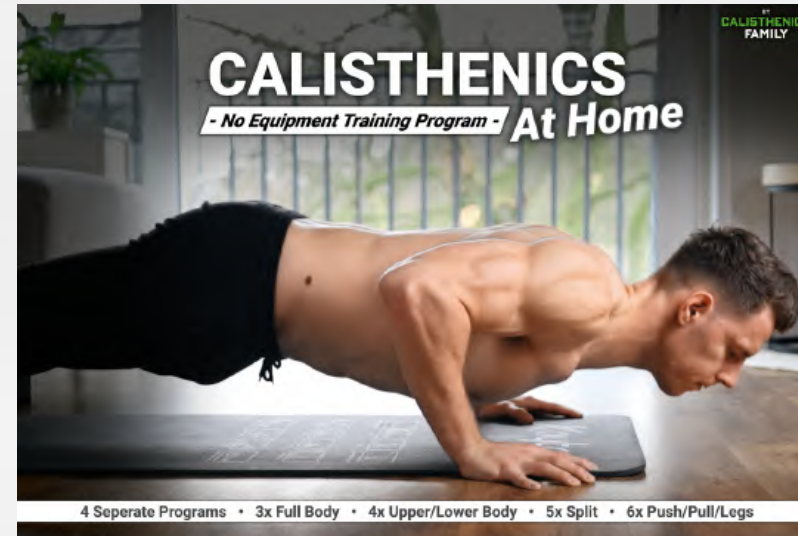
4 x 8-12 reps

Easier Progression: Higher bar/Table
Harder Progression: Lower bar/Table



Get Access to the Full Program

- ▶ 4 different plans of 8 weeks:
 - 3x Full Body | *Staying Fit*
 - 4x Upper/Lower Body | *Balanced Upper/Lower Body*
 - 5x Split Routine | *Muscle Growth*
 - 6x Push/Pull/Legs | *Increase Strength & Muscle Growth*
- ▶ Logbooks with each program
- ▶ No training equipment needed
- ▶ Example video's for each exercise
- ▶ Exercise variations for higher/lower progressions
- ▶ Accessible for any level



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CALISTHENICS

- No Equipment Training Program - **At Home**



• *4x Upper/Lower Body Program* •

THE HISTORY OF THE UNITED STATES

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1800	The first year of the century was marked by the Napoleonic Wars, which had a profound impact on the continent of Europe.	The French Revolution had led to the rise of Napoleon Bonaparte, who sought to spread the ideals of the revolution across Europe.	The British Empire was at its height, with territories spanning across the globe, from North America to India.
1850	The Industrial Revolution was in full swing, with the invention of the steam engine and the factory system.	The United States was still a young nation, but it was beginning to assert its power on the world stage.	The Crimean War (1853-1856) was fought between the Russian Empire and an alliance of France, the United Kingdom, and the Ottoman Empire.



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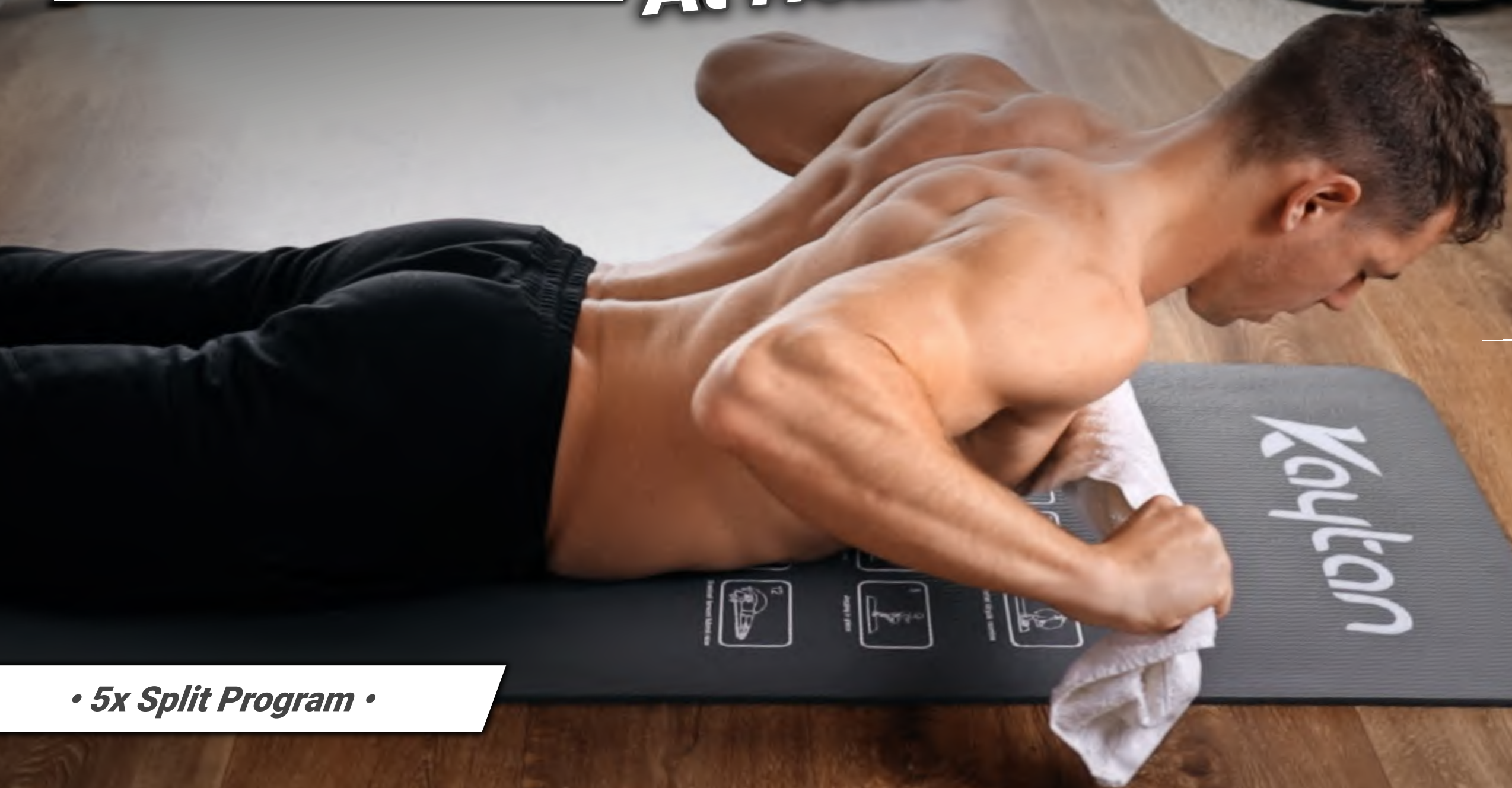
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CALISTHENICS

- No Equipment Training Program - **At Home**

BY
CALISTHENICS
FAMILY



• *5x Split Program* •

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1. Introduction

The first part of the document discusses the importance of maintaining accurate records and the role of the auditor in this process. It highlights the challenges faced by auditors in ensuring the integrity of the data and the need for a robust audit trail.

2. Methodology

This section describes the methodology used in the study, including the selection of the sample, the data collection process, and the analysis techniques. It details the steps taken to ensure the reliability and validity of the results.

The second part of the document focuses on the results of the study, presenting the findings and discussing their implications. It compares the results with previous research and provides a detailed analysis of the data.

The final part of the document concludes the study, summarizing the key findings and providing recommendations for future research. It also discusses the limitations of the study and the potential for further exploration.



THE
LIFE
OF
NAPOLÉON
BONAPARTE

BY
SIR
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CALISTHENICS

- No Equipment Training Program - **At Home**



• *6x Push/Pull/Legs Program* •

THE HISTORY OF THE UNITED STATES

The United States of America was founded on the 4th of July, 1776. It is a country of great size and resources, and has a population of over 300 million people. The country is divided into 50 states and a federal district. The capital is Washington, D.C.

The United States has a long and rich history, and has played a major role in world affairs. It is a country of freedom and democracy, and has a strong commitment to human rights. The United States is a member of the United Nations and other international organizations.

The United States has a diverse population, and is home to people of many different ethnicities and cultures. The country has a long history of immigration, and has been shaped by the contributions of many different groups of people. The United States is a country of opportunity, and has a strong commitment to equality and justice for all.



THE HISTORY OF THE UNITED STATES

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THE HISTORY OF THE UNITED STATES

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3	THE FEDERAL GOVERNMENT	1783-1789	1783-1789
4	THE WESTERN EXPANSION	1789-1848	1789-1848
5	THE CIVIL WAR	1848-1865	1848-1865
6	THE RECONSTRUCTION	1865-1877	1865-1877
7	THE Gilded Age	1877-1900	1877-1900
8	THE PROGRESSIVE ERA	1900-1914	1900-1914
9	THE WORLD WAR	1914-1918	1914-1918
10	THE INTERWAR PERIOD	1918-1933	1918-1933
11	THE NEW DEAL	1933-1945	1933-1945
12	THE COLD WAR	1945-1991	1945-1991
13	THE POST-COLD WAR	1991-2001	1991-2001
14	THE 21ST CENTURY	2001-PRESENT	2001-PRESENT

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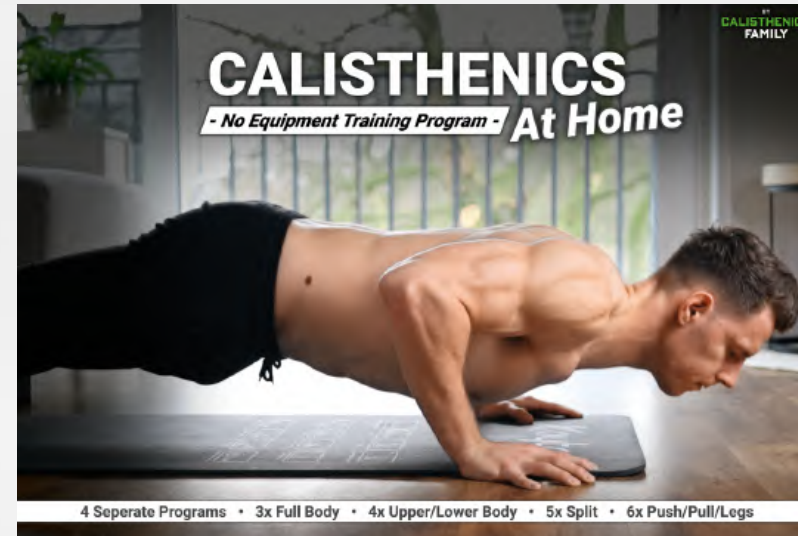
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