

A photograph of a very muscular man from the back, performing a pull-up on a dark metal bar. He is shirtless, showing his well-defined back muscles, including the trapezius, latissimus dorsi, and erector spinae. He is wearing dark cargo pants with a black belt. The background is a blurred gym setting with a blue vertical post on the left.

WHAT TO EXPECT

1. Introduction
2. Old School Calisthenic principles
3. What to expect from this program
4. Proper Warm Up
5. Chart terminology
6. Beginner Workouts
7. Training Journal
8. Recovery
9. Progression
10. HIIT
11. Transition
12. Closing thoughts

WHAT MEANS CALISTHENIC?

Calisthenic is the sport that encompasses a variety of basic exercises using only the bodyweight as resistance. They are intended to increase body strength, coordination, speed, and flexibility through movements such as pulling, pushing, jumping, running and so on. If performed consistently and vigorously, calisthenics can provide the benefits of muscular and athletic body. The word calisthenic comes from the ancient Greek which means beauty and strength.



WHY CHOOSE CALISTHENICS OVER OTHER TRAINING APPROACHES?

People still buy into the stereotype that bodyweight training is inferior and not an effective way to build strength and big muscles. They believe that calisthenics bring only good athleticism and endurance. They are wrong! The Greeks, Spartans and Gladiators practiced calisthenics, and for good reason. We all know their remarkable statues of the athletic warriors. Bodyweight training methods are still used today rigorously by army, street workout enthusiasts, martial artists and so on, for the same reason.

There isn't a champion or elite athlete that don't do bodyweight training. Do you want to know why? Technically, calisthenic builds the foundation for all the other sports due to fundamental exercises that entail a family of compound moves similar to the inertia that comes natural to our body. This moves are: pushups, pull ups, dips, leg raises, squats, running, twisting, jumping... All of these will teach your body to control itself better no matter of the difficulty of activities you must do.

WE PUT OUR MONEY WHERE OUR MOUTH IS!!! See for yourself here



IT'S A SLOW PROCESS, BUT QUITTING WON'T SPEED UP

We came from almost nothing but our enormous will. A group of skinny guys with difficulties of pulling ourselves from a pull-up bar, but with goals to becoming very strong, muscular and functional. We haven't followed the two clichés in which almost everybody believes:

1. You can't have real results training with your own bodyweight. ~~RIGHT! Only weight training gets the job done!~~
2. You need supplements, powders or steroids, ~~BECAUSE EATING PROPERLY IS NOT ENOUGH AND SUSTAINABLE.~~

We have done exactly the opposite of what a lot of fitness gurus teach.

Since the beginning we wanted to do advanced exercises like one arm pull-ups, muscle ups, levers and handstand pushups. Back then, it just seemed an impossible goal to achieve. We could have only pictured us at that level in years to come.

We've avoided the gym. Thus, the nearest approach was **Street Workout!** We loved working out in open spaces. It felt the most natural thing for the body, mind and soul. As opposed to the gym, our approach is free of charge and has no schedule, as well as increasing creativity by having to use the tools that we find in nature.

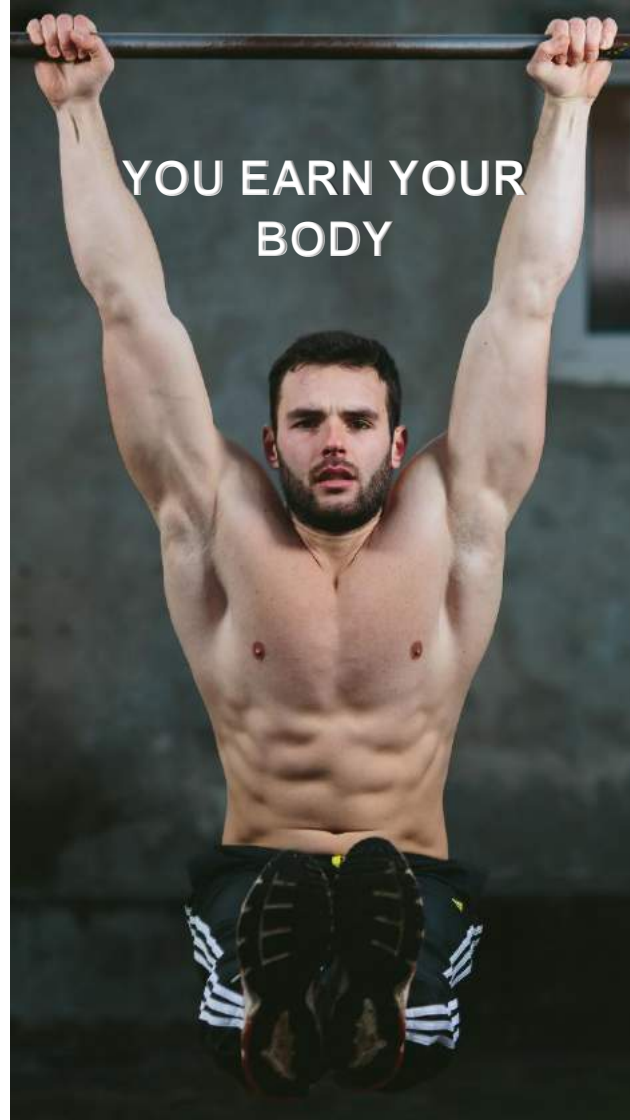
Without discipline, perseverance, patience and surpassing the frustrations you achieve nothing! Remember this: *push yourself beyond the physical and mental limitation. Do not stop if you feel bad at the moment!* It will make you stronger than ever. No matter the state of mind or weather conditions! At the end of the week the training journal needs to be complete.

FREQUENT CONCERNS:

- What routine is the best? **Don't search the perfect routine. If a program seems to get you results, stick with it.**
- Too many exercises. **Generally, you don't need more than 4 variations from the fundamental exercises.**
- When to jump into another type of workout? **When you feel a workout seems too easy or you get bored of it.**
- Do you need to train each muscle group separately? **No. The compound exercises work every aspect of the body** (e.g. pull-ups work the back, biceps, forearms, shoulders and trapezes).
- What routine builds muscles? **Any routine that put the muscles on stress for long enough, by definition.**

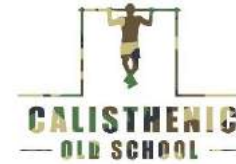


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WE DON'T MAKE EXCUSES

WE MAKE RESULTS



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TIPS: We always start a routine with the hardest exercises and progressively move to the lighter ones. You have seen us doing weighted calisthenics. YES! This is exactly the reason why calisthenic is a complete sport. You can always progress somehow, like using a training partner as external weight.

CONDITIONING: The higher your fitness level, the better you can train. Be disciplined. Respect the schedule of your workouts and diet. This is the only way to success for good athletes.



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TIPS:

IT NEVER GETS EASIER, YOU JUST GET BETTER

- **ACT NOW!** Practice often! Three times a week and half an hour a session may not be enough.
- Embrace muscular pain. Muscle fatigue is good if you want to build an aesthetic physique.
- Eat cooked food. Try to consume more vegetables and fruits. Drink water, not juice!
- **DO MORE!** Increase the number of sets and repetitions.
- Do not get frustrated. Your body is not a machine. It takes time to adapt.



WHAT TO EXPECT FROM THIS PROGRAM?

We have had students that weren't able to do basic exercises, such as pull-ups or pushups. We have dedicated our time in observing and helping them. We have realized that most people are at that stage, hence we have come up with this **FREE** workout program. **Now you can act** based on our methods and succeed.

Beginner Calisthenic is designed to take you to a path of good health and strong endurance, with a very nice looking body as a by product.


Some of you may find some workouts easy. Go through each one of them, as they gradually become tougher and more challenging.




BEFORE EACH WORKOUT!

Everyone needs proper warm up before any practice or workout. It increases blood circulation and gets your muscles and joints ready to function properly.

Stay safe! Injuries can easily be avoided. For instance, a very common problem for an athlete is improper warm up of the elbow and shoulders and that can keep you out of training for months.

Watch this YouTube video and see how a complete warm up should look like and apply it at the beginning of any training session 

In case you don't have any skill in Jumping the Rope yet, replace it with Jumping Jacks. 



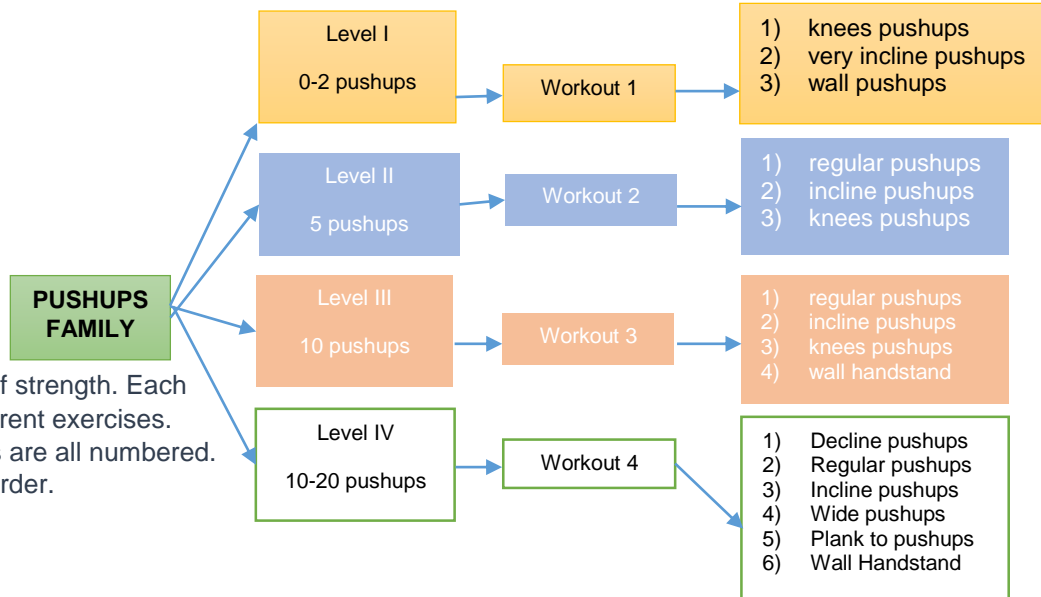


- TESTS:** Firstly, you need to do a couple of different strength tests on: pushups, dips, pull ups and squats, to determine the level of strength. Aim for a single set of maximum repetitions on each one of them. Once the test is complete, you will know what level you fit in and begin there. Respect the color pattern, because that is the workout level you are at. Click on the PLAY™ Icon or on the exercise name and a YouTube™ Demo will show you which exercise to do and how. These tests are valid only for Beginner Workouts Chapters.

TEST	PUSHUPS	DIPS	PULL UPS	SQUATS
RESULTS				

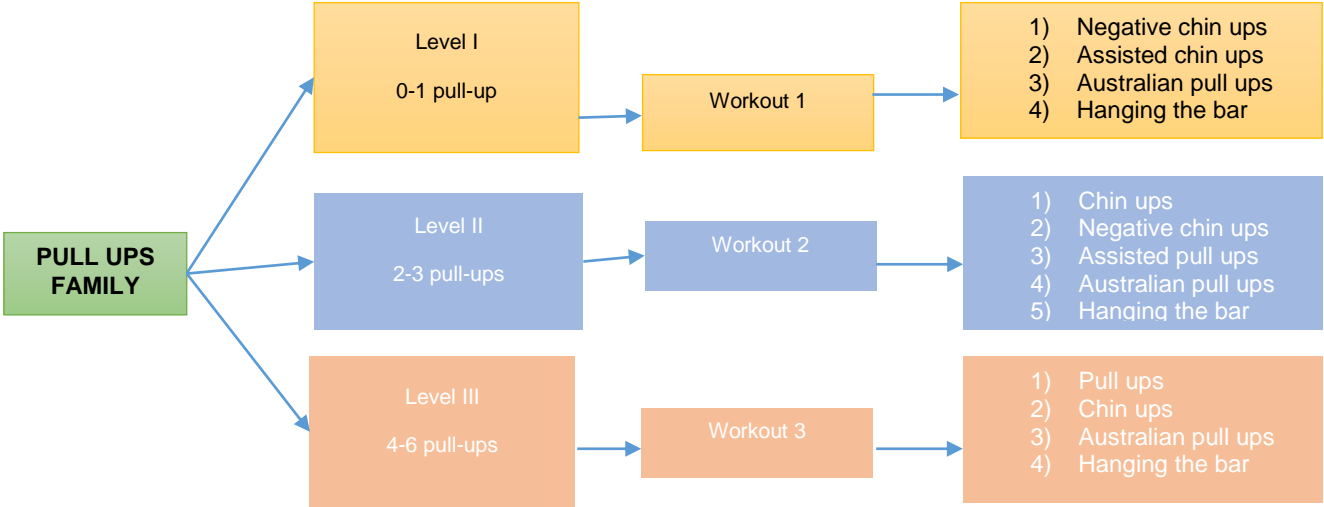
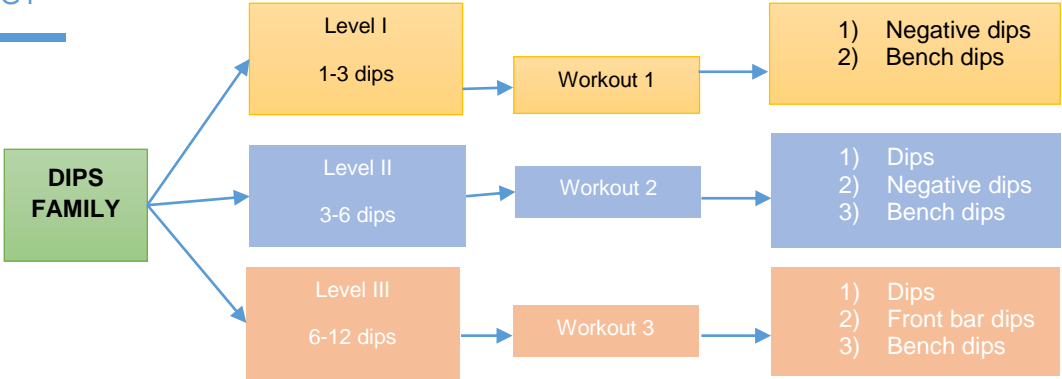
- LEVELS:** Relate the tests with the strength level boxes (In the workout charts they are on the same column).

Examples:



- 3 to 4 levels of strength. Each level has different exercises.
- The exercises are all numbered. Respect the order.

CHART TERMINOLOGY



DON'T BE AFRAID TO PUSH YOURSELF!

- 3. EXERCISE VARIATIONS:** Here you find your workout. Now watch your results from the tests and relate the level with the exercises according to the color pattern. Start with the top exercise and continue with the ones below.
- 4. Sets:** are a series of repetitions of the same exercise. You find a minimum and maximum number. Add more if you want, but not less!
- 5. Reps:** defines the number of times to perform a single exercise within one set. Choose between minimum and maximum. Play with those numbers, but remember, more is better! So, push yourself if want to achieve something good!
- 6. BREAKS:** Play with the interval given. Brake time makes a huge difference, because your muscles respond well when you put them to stress. Here, less is more!
- 7. How many times a week?** Practice often! Strength is skill. Make a practice of working hard. You'll gain not only strength, but muscles too. In the 8th column you'll understand how many workouts of the same exercises we recommend.



8. CONCLUSIONS:

BE THE BEST VERSION OF YOU!



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- Do a workout till you find it easy or you get bored. Test yourself again, but with 2 sets this time. If you are stronger, then move forward to HIIT and Transition chapters. You will find them very challenging.
- You may find that you are on a different level of strength on pushups, as opposed to dips or pull ups. Have no fear! You just pick the level of each big family according to the results.
- For a complete workout session, you need to mix and match the big families of exercises. For instance, you can mix the workout for **dips** and **pushups** in the same routine. Start with **dips** if you find them more difficult, than continue with the **pushups**. If wanted, mix dips or pushups with pull ups. Be creative!
- Never mix **SQUATS** or **LEG ROUTINE** with upper body workouts (pushups, dips, pull ups). The reason behind this secret is: upper body muscle groups and leg muscle groups are unrelated to each other. Hence, the break for each of them while exercising the other is too big that neither will be worked on properly.



FAIL MEANS FIRST ATTEMPT IN LEARNING

- You'll see how to mix and match the workouts each day for a full week schedule.
- Try to respect the minimum number of sets and reps.
- Set a number of repetition. For instance, 10 reps. And if you can do only 8, then do a very short break and aim for the 2 remaining.
- The rest between sets and exercises is very important. Don't rest too long! Muscle growth happens when you expose them to constant stress.
- Train the same family of exercises 2-3 times a week. We know that not everybody has enough free time. Nevertheless, we gained our physic by working 4-6 times/week. This means 2-3 workouts on the same muscles.
- Every exercise has a demo on YouTube™. Click on the PLAY™ Icon.
- Each workout presented here starts with the most intensive exercise and progressively towards the easiest one. Respect the order gave by us. This method will bring you strength, muscular endurance and mass.








Table 1: Pushups Routines

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Pushups	Workout 1 Level I 0-2 regular pushups	Knees pushups	5-7	5-20	30" - 1'30"	2' – 3'	2-3	If you fall somewhere between these 4 levels, you should try each workout and see which is harder. If this is not enough then just mix the workouts between them. Pick the exercises you want and work on them. Another method is to try the other workouts in the following chapters.
		Incline pushups		10-20				
		Wall pushups		30-50				
	Workout 2 Level II 5 regular pushups	Regular pushups	6 - 10	1-3	1' – 1'30"			
		Incline pushups		4-8				
		Knees pushups		8-15				
	Workout 3 Level III 10 regular pushups	Regular pushups	6-10	4-6	1'-2'			
		Incline pushups		8-15				
		Knees pushups		15-20				
		Wall Hand Stand		3-5				
	Workout 4 Level IV 10-20 regular pushups	Decline pushups	4-5	8-15	1' - 1'30"			
		Regular pushups						
		Incline pushups						
		Wide pushups						
		Plank to pushups						
	Wall Hand Stand	40" – 1'						

SEE PROGRESSION CHAPTER IF THESE WORKOUTS ARE TOO EASY FOR YOU!

Table 2: Dips and Abs Routines

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Dips	Workout 1 Level I 1-3 dips	Negative dips 	6-10	Max. reps.	1' – 1'30"	1'30" – 3'	2-3	Two different types of bench dips are presented in the YouTube Demo. If you can't do full dips like in demo, then do half the distance. Click HERE .
		Bench dips 		6-20				
	Workout 2 Level II 3-6 dips	Dips 	10	2-4	1' – 2'	2' – 3'		
		Negative dips 	6-10	Max. reps.				
	Level III 6-12 dips	Bench dips 		10-20				
		Dips 	6-10	4-8	30" – 1'			
		Front bar dips 	5	Max. reps.	1' – 1'30"			
	Bench dips 	6-10	20-30					
Leg Raises CORE Routine	The routines are good especially for those who can't do strict and straight hanging leg raises or L sit holds	Knee raises (parallel bars) 	4-5	Max. reps.	30" – 45"	1'-2'	2	L holds: here Strict Hanging Leg Raises: here If you can do strict leg raises on ground, then do these variations: knees to chest and bent legs raises .
		Leg raises (on ground) 						
		Sit-ups 						
		Plank 	3-4	30" – 1'	1'			
		Side plank 						
		Mountain climbers 	5	20" – 30"	30" – 1'			
		Sit-ups 	4-5	Max. reps.				
		Leg raises (on ground) 	4-5					
Flutter kicks 	4-5	30" – 1'						

KEEP A TRAINING JOURNAL

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