

HIGH VOLUME CALISTHENICS WORKOUTS

LEARN HOW TO BUILD A GREEK GOD PHYSIQUE

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CALISTHENIC
— OLD SCHOOL —



HIGH VOLUME CALISTHENICS WORKOUTS

LEARN HOW TO BUILD A GREEK GOD PHYSIQUE

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From the Old School Calisthenic pioneers: [Alex](#) and [Adorian](#)

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The author and writer of this eBook is [Adorian Moldovan](#), who is also the founder and athlete of [Old School Calisthenic](#).

Special thanks go also to [Alex](#) (co-founder of OSC) who created the workouts you'll see later on and for [Winner Nehra](#) (our proud member) who helped us proof read and help make this eBook error free.

FOREWORD

A lot of new concepts appeared in the fitness industry in the last two decades. Old fashion training methods have been often replaced with new approaches, methodologies and machines – backed up by latest studies and thesis, only for people to believe in them and discard the old, proven methods. And it's working. Most people get impressed when I tell them that I have built my mass and strength using only my bodyweight as resistance for my workouts. They think it cannot be done this way.

FEAR NOT! It's possible and you can do the same!

High Volume Calisthenics Workouts is an eBook housing a collection of all the workouts we did and are doing to attain the level of strength, endurance and aesthetics we possess now.

This program is for intermediate and experienced athletes. If you are a beginner in calisthenics, then we suggest you to get a FREE copy of our beginner-intermediate pdf guide, available on the website: [click](#).

The eBook contains dozens of routines. The workouts have been split according to the needs of each individual, with higher or lower fitness level and are easily comprehensible. When sensibly followed these will get you to your goal of mastery in calisthenics.

The program contains all types of workouts: classic sets and reps, pyramids, circuit workouts etc. This gives you the best tools to forge a physique with the perfect mixture of strength, endurance and hypertrophy.

Plus, there is a sizeable number of high quality pictures to help you grasp the concepts correctly all by yourselves.

You will need nothing more for the rest of your life, because this eBook is not a program with a limited training duration. You will need a couple of months only to go through each routine.

This eBook reveals the simplest, most efficient and compound workouts ever. These were invented thousands of years ago, by our Greek ancestors, way before any machines or any new fitness theory had arrived on the scene.

We created it using all our experience and wisdom accumulated over the past several years. We have gathered everything we know and put them here for you. This is the revival of real fitness.

Use it wisely and you will develop a nice athletic, muscular and strong physique that performs as well as it looks.

I am not selling you crappy and fake illusions. I can assure you that our training routines will transform your body into a real beast of nature, but only through years of hard work and patience. We have not done it quick and easy either!

You will have to embrace pain, failure and execute lots of reps while your muscles will be screaming for mercy. If you are not willing to dedicate yourself, you may just as well close this book and go do something else. This program is for the most serious and ambitious persons only.

“THE ONLY KEY TO DO WHAT WE HAVE DONE IS THROUGH SERIOUS COMMITMENT”

We put a lot of thought in finding a suitable name for this eBook. We wanted something to comprehend exactly what we do and what we have done since the beginning of our calisthenics journey, hence we chose the name **“High Volume Calisthenics Workouts”**.

This title explains perfectly our way of training and philosophies which are based on exercising almost daily with the purpose of exhausting the muscles up to failure as much and as often as possible.

You’ll understand a lot more by reading the following chapters.



We are living proof that bodyweight training merged with proper nutrition can transform you into the ultimate athlete – brutally strong, damn muscular, functional and athletic at the same time. All without the consumption of any supplement, steroids or using fancy modern machines.

These days when someone tells you things like these it sounds like bullshit.

It is up to you whom you choose as role model or what your beliefs are. But a lot of athletes around the world are still righteous, honest and humble. Be one of them!

From [Adorian Moldovan](#)

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1. GET TO KNOW YOUR EXERCISES

We were old school athletes even before we could do a single muscle up as we have always been attracted by simple and basic exercise methods and philosophies. However, that does not mean we didn't try everything we could, at least for the sake of experience, knowledge and pleasure of trying new things, and we came up with some conclusions for ourselves.

At the end, it didn't matter how much or how many new approaches we tried, we always got back to basic, simple moves and methods.

Therefore, after years of training and experimenting, I present before you the most effective, fundamental, compound and natural exercises to the human body. The exercises listed below are the best when it comes to build muscle, strength, power, stamina and endurance:

- Pullups
- Pushups
- Squats
- Leg raises
- Skipping rope
- Sprints/runs/jogging

Pullups

These are the most basic pull-up variations we have been doing since the beginning:

Pullup Variations	Demo
Regular Pull-ups	Watch demo
Wide Pull-ups	Watch demo
Close Grip Pull-ups	Watch demo
Commando Pull-ups	Watch demo
Australian or Horizontal Pull-ups / Body Rows	Watch demo
Chin-ups	Watch demo
Close chin-ups	Watch demo

A lot of people ask me how they can work the biceps more than their backs with pull-ups. My answer is that you cannot get one without the other. Some pull-up variations such as chin-ups emphasize more on the biceps than the regular pull-ups for instance, but it is minimal. That is the reason why pull-ups are known to be compound moves because they all involve all of the back muscles, forearms and biceps working together and at the same time with slight differences depending on the grip and angles.

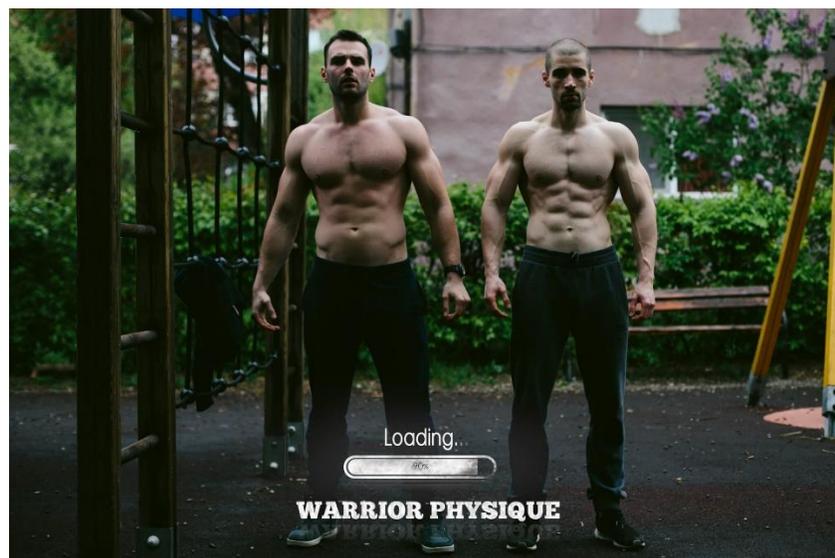
With that being said, I think and believe that nothing works better for building great arms and back than pull-ups and its variations mentioned above. Anyone who doubts it should look at me as proof of my statement. Besides what this eBook will teach you, you'll only need a whole lot of patience to get the desired results.



Pushups

The most basic push variations:

Pushup Variations	Demo
Dips	Watch
Straight Bar Dips	Watch
Bench Dips	Watch
Wall Handstand Push-ups	Watch
Regular Push-ups	Watch
Diamond Push-ups	Watch
Wide Push-ups	Watch
Inner Push-ups	Watch
Decline Push-ups	Watch
Incline Push-ups	Watch
Pike Push-ups	Watch
Skull Crushers	Watch
Triceps Extensions	Watch
Clap Push-ups	Same as regular pushups only with clapping



Pushups are one of the most underestimated exercises. Bodybuilders never see push-ups as perfect tools to build big chest, triceps and shoulders.

Of course, they are wrong. As you can see, we have built our chest, triceps and shoulders mostly from push-ups, dips, handstand pushups and pull-ups (they also work your shoulders).

Pushups and its variations are compound exercises. They all engage the chest, triceps, shoulders, back and abs. You only have to know how to organize the routines to fit in with your fitness goals. Do not worry as we got you covered!

You may notice a lot of basic variations mentioned here but have you need not worry as you do not have to train them all in the same workout or within the same week. Everything needs to be organized flawlessly over the course of months and in accordance to your fitness goals.

For instance, if your goal is to train your shoulders more than your chest then you will have to choose the proper variations which emphasize slightly more on the shoulders, like: handstand pushups, pike pushups etc. You will understand about it a lot better by reading the following:

The best pushing exercises for shoulders are:

- Handstand pushups
- Pike pushups
- Diamond pushups
- Skull crushers
- Dips

The best pushing exercises for chest are:

- Dips
- Straight bar dips
- Regular pushups
- Wide pushups
- Incline pushups
- Inner pushups
- Decline pushups

The best pushing exercises for triceps are:

- Diamonds pushups
- Dips
- Handstand pushups
- Inner pushups
- Bench dips
- Skull crushers

Squats

The most fundamental variations are:

Squat Variation	Demo
Regular Squats	Watch
Closed feet Squats (the legs are staying very close to each other)	Watch
Sumo Squats (like the regular squats only that the feet are more spread out)	Watch
Walking Lunges	Watch
Jump Squats	Watch
Pistol Squats	Watch
Burpees	Watch
Frog Jumps	Watch
Bulgarian Splits	Watch
Wall Squat Isometric Sits	Watch
Short Bridges	Watch

These exercises can be included into a single workout routine alongside sprints, hill sprints and [jump rope](#). This will make for a perfect [FUNCTIONAL workout](#).

Believe or not, bodyweight squats and its variations stated above are perfect for building athletic and muscular legs:



Leg Raises

Leg raises are very efficient when it comes to building core strength and well-shaped abs. However, you must understand that abs are only visible on a flat belly and at low body fat. If you're skinny-fat or fat then you must begin training using [cardio type of workouts](#).

I know many athletes train only for CARDIO and yet have great visible abs. Although they lack in many other body parts, but you can achieve both.

After you reach the point where ABS can pop-up then start using with the following exercises to build a rock-solid six-pack:

Leg Raises Variations	Demo
Leg Raises	Watch
Toes to Bar	Watch
V raises	Watch
Knees to chest	Watch
Parallel bars Leg Raises	Watch
Parallel bars Knees to Chest	Watch
Windshield Wipers	Watch
Floor Leg Raises	Watch
Floor Knees Raises	Watch
Plank	Watch
Sit Ups	Watch
Mountain Climbers	Watch
Flutter Kicks	Watch

Skipping Rope – Sprints – Runs – Jumping Jacks

These types of exercises are extremely beneficial for fat loss, building stamina, core strength, diamond calves, building athleticism and muscular/powerful legs. They fit perfectly with any functional workout or even with circuit type of training.

The following exercises are the ones we use:

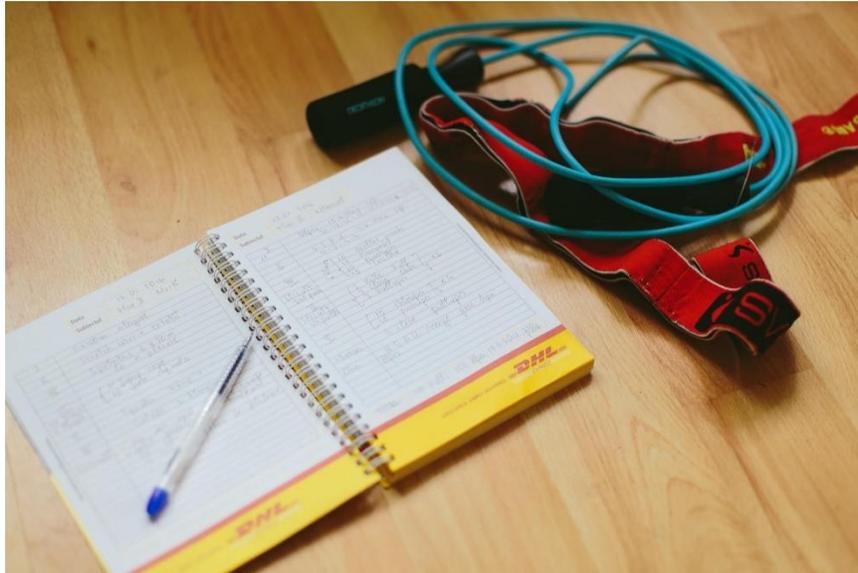
- Skipping Rope/Jump Rope variations (great for overall conditioning and for building calves)
- Jogging and Long-Distance Runs at small pace (perfect for fat loss)
- 50 – 100 – 200 – 400 meters Sprints (great for endurance, strength and muscles)
- 50 – 100 meters Hill sprints (great for strength and muscles)
- 40 minutes – 1 hour running at different intensities (great for stamina, calves and fat loss).

These exercises improve cardio vascular fitness and this is the reason why you should use them to lose fat and build stamina. These are one of the healthier exercises in fitness industry or sports in general. In the following chapters, you will learn how to integrate these in your workouts.

2. OSC Philosophy and Training Principles

In this chapter, you will read about the Old School Calisthenics' most important principles and philosophies, that you will have to apply if you want results similar to our own.

Having a Training Journal



Everyone needs a workout plan. So, grab a notebook and a pen, and not a smart phone app. We recommend it because it is important as:

- Helps you stick to the plan.
- Helps you measure progress.
- You can write the total reps and sets performed.
- You can set goals for the next week. Maybe try to get even higher than the previous one.
- You can write down nutrition facts or even your conclusions.
- There is no way you will ever lose or *format/delete* a real journal.

We all have the tendency to forget things and a good training journal can keep us updated with our progress and help us see how workouts change over the course of several months.

For instance, you can write your current weight and other physical observations and then compare it again later on with the new stats and see how you stand.

Frequency

Frequency determines the total volume of your workouts in a week, month and ultimately in a whole year. The same person would attain different results by working out 3 times a week instead of 5 times a week during a year.

Just gather the workouts for a full year of a person that trains 5 times a week and then do the same for the other person that trains 3 times a week. The number is almost twice as much, and the same will be the case with their fitness results.

In fitness, more is better. We have been training 5 times a week since the beginning of our calisthenics journey. One or two extra routines per week will give you the possibilities to integrate some other type of workouts such as sprinting and skipping rope. Or for instance, why not train the core individually on a single day? Got it?

However, this doesn't mean you cannot develop a nicely chiseled physique by training 3 times a week for a full year. Many people have done this and got great results, but if your body does not respond to it than some changes in frequency are desired. Not to mention that nutrition, lifestyle, hours you sleep, stress and how much work you choose to put in each routine are also very important. Are you a hard gainer? This means you'll have to work twice as much as the genetically gifted one. Everyone can achieve a certain level of physical condition regardless of their genetics.

Also know that 3 hard workouts are way better than 5 poor workouts. It depends to you how much work you put in a single workout after all. And this leads us to the next key:

Volume

Let's consider that for the next week I'll train this pull routine:

- Wide pullups 4 sets of 8 reps
- Chinups 4 sets of 8 reps
- Commando pullups 4 sets of 6 reps
- Australian pullups 5 sets of 10 reps

Then this means I can count a total VOLUME of 138 pull-ups for the whole week. I will write this down in the training journal so that the next time I want to do the same routine I know how much I can handle or how to progress with this routine by adding more reps, or sets, or even another variation.

Progress is not something we can decide for ourselves and complicated does not mean advanced and simple does not always mean easy. So, what I mean is that you don't need to add any other complicated variations like *archer pull-ups* to progress, build up slowly and steadily. It's enough to add some more sets in the next few weeks and you will progress in terms of 1-2 years, both aesthetically and in strength. We did it like this!

The ability to perform advanced feats such as human flags and levers does not make you more advanced than a guy training hard but with simple moves for high sets and reps.

The main point here is to stick to basics only and to progress upon them, not to learn skills and then to refocus yourself on something else. This could compromise your results aesthetically.

VOLUME is extremely important when it comes down to attaining a shredded physique and having a great strength-endurance. And the only way you can do that pretty fast is by integrating as much volume as you can for each workout and to accumulate hundreds of reps each week.

Muscles react when you stress them, so more than 1 workout per week for the same muscle groups and doing the highest amount of reps possible for each routine means HIGH VOLUME WORKOUTS. This book is about encouraging you to work more.

Now you may ask yourself about the days when you'll feel tired and unable to keep the pace with what you have established by the training journal. No worries my friend, because you are not a machine. When such a time comes and fatigue installs itself just lower the volume to a point where it gets easy and build again, or you can train for maintenance or even take a few days off.

When we are completely bored and exhausted we either change the routines from high volume bodyweight workouts to weighted stuff (because here the volume will be lesser), or by doing lots of functional exercises which is more for cardio, not strength and muscle. If that is not sufficient then a total rest for 2-3 days is a MUST DO.

You have to keep in mind some other factors as well. The volume will always be sinusoidal depending upon the mood, season, temperature, humidity, air pressure and amount of free time. Your workouts will be a lot weaker and less volume during winter and hot summers than during springs and autumns. Especially if you are training only outside, like we do all year around.

If your workouts will go down a bit, that doesn't mean you are not progressing. Remember that the only ones getting results are the ones surpassing these kinds of external/internal influences.

I have had workouts in which I did 300 pull-ups in an hour and then I had workouts in which could barely do 60 pull-ups in one hour. Are you getting my idea? Do not get frustrated because it's normal to have bad days. And from experience I have to admit that there are more bad workouts than good workouts. Be strong my brother!

All our friends that chose this path are now enjoying themselves having a great body:







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These guys are all training either with us or by themselves, but they all have been training following the same principles I talked about here: high frequency, high volume and lots of patience.

The myth that you can't achieve a massive and muscular physique training with calisthenics is 100% false. We all are proving that it is possible.

I currently weigh 200 lbs at a height of 6 foot. I am lean and ripped and achieved this mass without consumption of any supplement whatsoever. Balanced nutrition and healthy lifestyle on the other hand played a very important role.

Besides volume, frequency, the exercises and the way you structure them leads you to the training methods. As I have told you, basics are most important and if you'll train around exercises like *front/back levers* and *planche* progressions then you will never look ripped and massive. They are important as well, but this eBook is not about the *human flag* or any *levers*. I want to show you the path to attain a real Greek God Physique instead.

Training methods

Our training methods are simple and effective. We always pick the exercises with all the variations you have already seen above and structure in routines like:

- Pyramid method
- Classic sets & reps
- Circuits
- Full body workouts
- Split routines
- Ladder methods
- Weighted calisthenics or just calisthenics. If not, merged.

The exercises are and will always be the same. The only things changing are the style with which we do them and the volume or frequency.

For instance, when we workout with weights on push-ups by putting a training partner on our back or with pull-ups by using a 40 lb weighted vest, the volume is lesser. The rest time between sets is higher and the reps are a bit lower. But we still put in the highest number of sets possible (like at least 4-5 per each variation). After we finish with the weights we simply continue our workout with pure calisthenics doing the highest volume possible again.

There is no point in explaining it right now because it would mean a lot of theory and you will understand it exactly in the following chapters when I will present the exact routines.

By always changing the methods between themselves, week after week, your body can never adapt properly. This mixture between methods, intensities, volumes is the one thing responsible for getting you great results. *Hypertrophy* (muscle building terminology) is a concept invented by bodybuilders and this method is considered to be contrary to what *hypertrophy* really means. I can agree with their theory as well, but that doesn't mean our theory is not efficient as well. We have proved it be. Calisthenics must be played by different rules than any other sport and the only one knowing these things is an athlete that has tried them both for years, and I am that kind of athlete.

The main reason why lots of calisthenics athletes have great aesthetic results using different approaches is that they stick to basic exercises and truly work hard with their own method. That is why I don't consider that this way is the only way. But if something isn't working then some changes must be done immediately.

The reason why I don't explain and elaborate definitions like the ones for HYPERTROPHY is not that I am unaware of the scientific part behind it, but only because things in reality are a lot simpler than coaches try to explain. I do not have the tendency to complicate things. Less is more and the more practical my presentation to you will be the better you will understand and it will be way easier to implement them in real life.

Rest times – Broken Sets

In terms of rest we always go for the shortest possible rest intervals. We rest 2 days a week during weekends and occasionally we take a week off, but never more than one whole week.

When working out we rest between sets for no longer than 1-2 minutes. Between different exercises we rest for no more than 2-3 minutes. But rest times will be written accordingly when we present the exact workouts.

As a beginner, you may need to rest for 90-120 seconds. And you must do so because with experience comes the capacity to train at the same intensity while resting for shorter intervals.

According to my definition, being advanced or experienced means having the capability to train at high intensity while resting for extremely short intervals and having the strength to add external weight as resistance while still performing well. Be patient because I am talking about at least 1-2 years of consistent training to be able to do that.

For me, being able to perform couple of complicated feats like *back lever* and *muscle ups* does not mean being advanced.

But how do you know that you're still progressing? Very simple, your strength and endurance increases when you progress. If you added more volume, decreased the rest intervals, started to train with some external weights and had some visible aesthetical improvements then it means you clearly progressed from being a beginner to a more experienced level. It's only a matter of time till you are able to add some more pounds of clean mass as well.

Building muscle with calisthenics means you have to progress with your strength and endurance. The more you'll be able to train, the more your muscle will get exhausted. This reaction will trigger the hypertrophy response from your body and it will get bigger.

Nothing great comes easy and you must be willing to pay the price. Usually that price is patience, perseverance, some occasional incidents and a lot of muscle/tendons pain.

What is a **Broken Set**? It is a set, broken in two sets with very little seconds rest between (like 5-10 seconds). This technique allows you to add more volume in a workout and it is better for getting a hypertrophy response as it helps to build muscle endurance.

For instance, if you aim for 10 reps but you can only do 6-8. Take a break of 5-10 seconds then complete the set by doing the remaining 4-2 reps.

Imagine if you'll stop at 8 reps instead of 10 for more than 8 sets. Now picture yourself doing this technique for more than several months. This difference can affect the way your body will develop. My recommendation would be for you to follow this principle every time.

Psychological boundaries

The toughest thing ever is not to begin something, but rather to stick to it. Why? Because when something turns out to be extremely difficult then you need to have the right mindset to stick to the initial plan. Otherwise everything gets compromised.

I never considered that motivation is important. Actually, motivation is one of the most volatile physiological force because motivation is engaging us into an action we have planned but disciplined and perseverant mind are the ones that maintain the focus to complete the action you have planned.

Motivation could be an external influence from environment or from persons around us and the next time these influences disappears so can our will to act accordingly disappear.

As I have said before weather, air pressure, temperature etc. can affect our mood. The main thing here is to stay focused and to always remember the reasons why we are doing it. From experience, I know that all the pain that I was put to suffer ultimately turned into something worthwhile.

I can now go to the beach having the physique I desired, feeling healthy and functional, and staying in the company of a beautiful woman. And besides all that, why not impress her with some strength feats like in the picture below?

To be honest with you, I always pictured myself in a situation like this. This was my motivation since the beginning and one of my main reasons why I started it this way. I just kept faithful to my own promises and proved to myself that I am worthy of something great even when this point seemed so far away when I started 4-5 years ago. Somehow, I knew that I will get there. Find your own reasons my brother!



I can assure you that I am a different person now with different values than before. My character and attitude changed a lot and now I am able to offer my positive energy to everyone, to help them and inspire. This sort of values are like a magnet to other people and they start to react in a good way to your actions.

This is one of the reasons why my life improved very much beyond the playground. I attracted respect from others besides the appreciations of good looking women. Why wouldn't you want to experience these things in life?

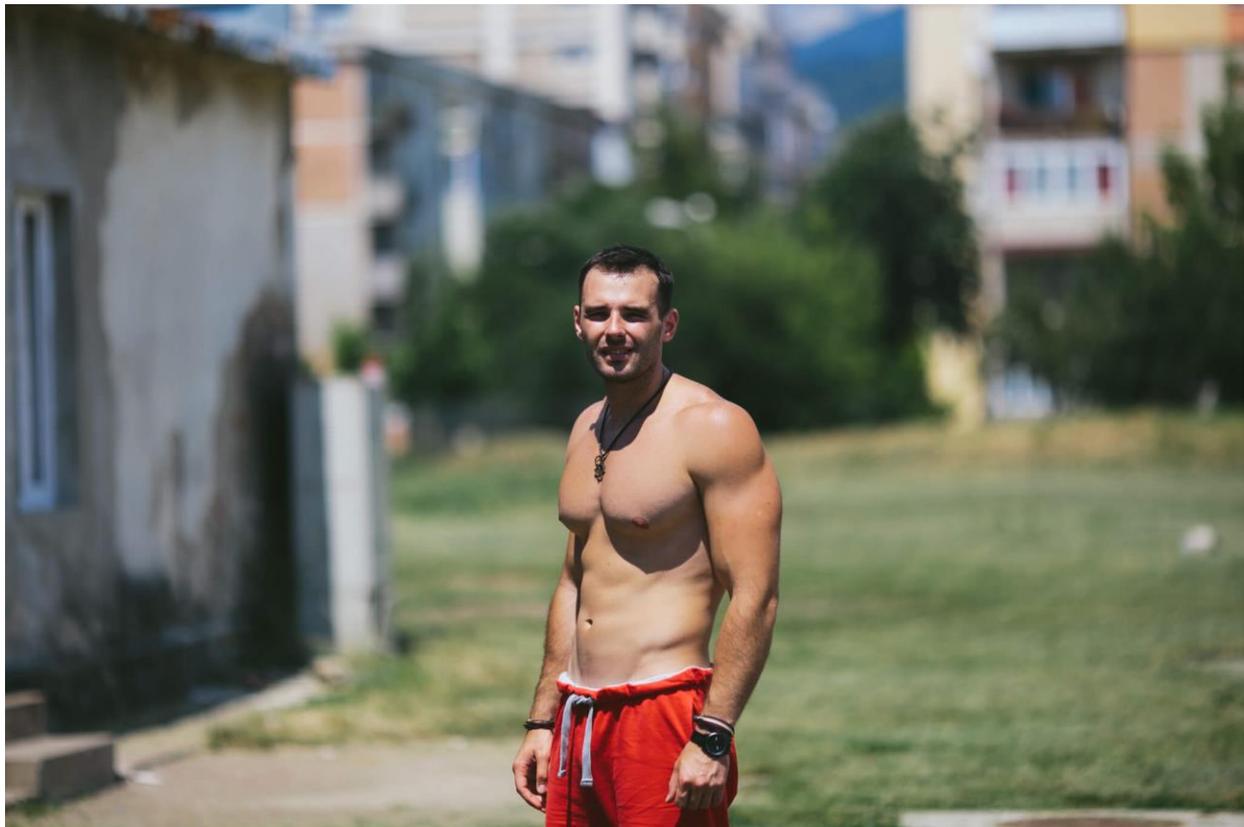
What you offer is exactly what you will receive from universe in the future. But to reach that point you must understand that sacrifice is required and the prospects will look bad most of the time. You must shake these beliefs because there is an end to everything and you will reach your goals in due time.

Before getting there, you must act like you are already there. Start to think and implement good habits into your daily routine. Think how a successful mind thinks.

The amount of small daily good habits is the one responsible for shaping a great character later on. Bad habits will guide you to a bad character. Begin by being disciplined with nutrition, sports, sleep. Cut as much of your TV shows, internet surfing or anything else that doesn't get you closer to your goals as possible. Trust me when I say that I've changed almost everything I did in my daily routine till I got used to the new life.

Our mind is always tricking us, because our mind doesn't want to get hurt. So, it is constantly asking us to quit what you're doing because it is harmful. Weak people react to that instantly. Strong people don't care. They don't get frustrated nor angry or upset. They continue to pursue their goals till they're done. That's the mindset of a successful person or athlete and the one you want to have.

Training outside, like we do, during winter when temperature is below -15 Celsius it's very challenging. Of course, we are fragile but we have to deal with harsh conditions. We don't stop there and instead move forward because we know that spring and summer will come. Summer bodies are built during winters.



3. Workouts

Now it's time to move to more practical things, like the actual workouts you will have to do for the rest of your calisthenics journey, and you will need nothing more than what is given below.

We have designed the following workouts in an adaptable and easy to follow way. However, you must understand that these workouts are not for beginners. If you cannot currently do 8-10 strict pull-ups, 15-20 push-ups, 15 dips and 25 squats then you might find them extremely difficult.

We didn't want this eBook to be a program, so we thought to give you the routines structured into training methods. This way you can experiment and find what's better for you. You do everything you find here for a very long time. Although we have given dozens of routines, you do not have to do them all at once.

Just experiment and analyze results after completing the workout. Then make a training journal upon the workouts you found better. I'll explain more about this in the next [CHAPTER](#).

The training methods are:

- Push & Pull ROUTINES.
- Pullups ROUTINES.
- Pushup ROUTINES.
- Leg ROUTINES using mostly Squats Variations.
- FULL BODY & Functional ROUTINES for CARDIO.
- ABS ROUTINES using mostly Leg Raises Variations.

Push & Pull ROUTINES

These types of PUSH & PULL routines are perfect to work the entire upper body: biceps, forearms, shoulders, back, pecs, abs, tendons. They all increase strength and tone the muscles properly.

Adjust the sets and reps according to your own fitness level if they prove too difficult. Another method of adaption could be to slightly change the exercise with another easier and basic variation to make it easier for reaching higher sets & reps.

Workout 1: Ladder Type of Training

Higher fitness level:

2-4-6-8-10-8-6-4-2 Pullups (rest 15 sec. to 1 minute between pullups)
50 pushups

2-4-6-8-10-8-6-4-2 Pullups
50 pushups

2-4-6-8-10-8-6-4-2 Pullups
50 pushups

2-4-6-8-10-8-6-4-2 Pullups
50 pushups

Lower fitness level:

2-4-6-8-6-4-2 Pullups
25 pushups

2-4-6-8-6-4-2 Pullups
25 pushups

2-4-6-8-6-4-2 Pullups
25 pushups

2-4-6-8-6-4-2 Pullups
25 pushups

Go up to 6 if 8 is near to impossible! Rest as minimum as you can!

Workout 2: Ladder Type

Higher fitness level:

2-4-6-8-10-8-6-4-2 Dips (Minimum Rest – like 20-30 sec. between) followed by

10-20 Pullups

2-4-6-8-10-8-6-4-2 Dips

10-20 Pullups

2-4-6-8-10-8-6-4-2 Dips

10-20 Pullups

2-4-6-8-10-8-6-4-2 Dips

10-20 Pullups

5 regular pushups followed by 10 inclined pushups followed by

10-20 Chin Ups

(Repeat this superset 4 times. Rest as minimum as you can)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

Lower fitness level:

2-4-6-8-6-4-2 Dips (Minimum Rest – like 20-30 sec. between) followed by

5-10 Pullups

2-4-6-8-6-4-2 Dips

5-10 Pullups

2-4-6-8-6-4-2 Dips

5-10 Pullups

2-4-6-8-6-4-2 Dips

5-10 Pullups

5 regular pushups followed by 10 inclined pushups followed by

10-20 Chin Ups

(Repeat this superset 2 times. Rest as minimum as you can)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

5 regular pushups followed by 10 inclined pushups

10-20 Chin Ups

(Repeat this superset 4 times)

Workout 3: Circuit of 7 exercises

Higher fitness level:

7-10 Chin Ups followed by

7-10 Pull Ups followed by

12-15 Dips

10 Hanging Leg Raises

10 Diamond Pushups

10 Regular Pushups

10 Wide Pushups

(This is a superset. Complete 10 sets. Minimum rest between exercises. 1-2 min rest time between the supersets.)

Lower fitness level:

5-7 Chin Ups followed by

5-7 Pull Ups followed by

10-12 Dips

7-10 Hanging Leg Raises

8-10 Diamond Pushups

8-10 Regular Pushups

8-10 Wide Pushups

(This is a superset. Complete 5-10 sets. Minimum rest between exercises. 1-2 min rest time between the supersets.)

Workout 4: Ladder Type with Isometric Holds

Higher fitness level:

1-2-3-4-5-6-7-8-9-10 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

10-20 Pullups (rest 1-2 minutes)

1-2-3-4-5-6-7-8-9-10 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

10-20 Pullups

1-2-3-4-5-6-7-8-9-10 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

10-20 Pullups

1-2-3-4-5-6-7-8-9-10 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

10-20 Pullups

20 Decline Pushups followed by 5 - 10 Chin Ups x 5 sets (rest 1-2 minutes between sets)

Lower fitness level:

1-2-3-4-5-6-7 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

5-10 Pullups (rest 1-2 minutes)

1-2-3-4-5-6-7 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

5-10 Pullups

1-2-3-4-5-6-7 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

5-10 Pullups

1-2-3-4-5-6-7 Pushups (You do 1 pushup and hold 3 secs on top, then 2 pushups and hold 3 secs on top, 3 pushups and so on...)

5-10 Pullups

10-15 Decline Pushups followed by 4 - 7 Chin Ups x 5 sets (rest 1-2 minutes between sets)

Workout 5: A Ladder Circuit Routine

Higher fitness level:

- 1 Pullup - 2 Diamond Pushups - 2 Dips - 5 Sit Ups (this is a full set)
- 2 Pullups - 4 Diamond Pushups - 4 Dips - 10 Floor Leg Raises
- 3 Pullups - 6 Diamond Pushups - 6 Dips - 15 Sit Ups
- 4 Pullups - 8 Diamond Pushups - 8 Dips - 20 Floor Leg Raises
- 5 Pullups - 10 Diamond Pushups - 10 Dips - 25 Sit Ups
- 6 Pullups - 12 Diamond Pushups - 12 Dips - 30 Floor Leg Raises
- 7 Pullups - 14 Diamond Pushups - 14 Dips - 35 Sit Ups
- 8 Pullups - 16 Diamond Pushups - 16 Dips - 40 Floor Leg Raises
- 9 Pullups - 18 Diamond Pushups - 18 Dips - 45 Sit Ups
- 10 Pullups - 20 Diamond Pushups - 20 Dips - 50 Floor Leg Raises

Rest as minimum as you can between exercises and do at least 2 min. after completing a full set

Lower fitness level:

- 1 Pullup - 2 Diamond Pushups - 2 Dips - 5 Sit Ups
- 2 Pullups - 4 Diamond Pushups - 4 Dips - 10 Floor Leg Raises
- 3 Pullups - 6 Diamond Pushups - 6 Dips - 15 Sit Ups
- 4 Pullups - 8 Diamond Pushups - 8 Dips - 20 Floor Leg Raises
- 5 Pullups - 10 Diamond Pushups - 10 Dips - 25 Sit Ups
- 6 Pullups - 12 Diamond Pushups - 12 Dips - 30 Floor Leg Raises
- 7 Pullups - 14 Diamond Pushups - 14 Dips - 35 Sit Ups

Workout 6: Circuit Type

Higher fitness level:

- 10 Chinups - 10 Triceps Extensions - 20 Bench Dips x 4 sets
- 5 Pullups - 5 Pushups (Repeat these 10 times with minimum to no rest)
- 10 Australian Pullups - 20 Incline Pushups - 10 Decline Push Ups x 4 sets

Lower fitness level:

- 5/7 Chinups – 8/10 Triceps Extensions – 15/20 Bench Dips x 4 sets

5 Pullups – 5 Pushups (Repeat these 10 times with minimum to no rest)

8/10 Australian Pullups – 10/15 Incline Pushups – 7-10 Decline Push Ups x 4 sets

Workout 7: Circuit

Higher fitness level:

10 Close Grip Pullups or Chinups

15 Dips

20 Diamond Pushups

10 Leg Raises

This is one set. Repeat 10-15 times. Rest as minimum as you can in-between

Lower fitness level:

5-7 Close Grip Pullups or Chinups

10-13 Dips

12-15 Diamond Pushups

7-10 Leg Raises

Workout 8:

Higher fitness level:

If it's extremely hard to do 20 pushups then work with 15 reps

10 pullups - 20 diamond pushups

9 pullups - 20 pushups

8 pullups - 20 wide pushups

7 pullups - 20 diamond pushups

6 pullups - 20 pushups

5 pullups - 20 wide pushups

4 pullups - 20 diamond pushups

3 pullups - 20 pushups

2 pullups - 20 wide pushups

1 pullup – max. reps. pushups

2 chinups - 20 incline push

3 chinups - 20 decline push

4 chinups - 20 incline push
5 chinups - 20 decline push
6 chinups - 20 incline push
7 chinups - 20 decline push
8 chinups - 20 incline push
9 chinups - 20 decline push
10 chinups - 20 incline push

Lower fitness level:

8 pullups - 10 wide pushups
7 pullups - 10 diamond pushups
6 pullups - 10 pushups
5 pullups - 10 wide pushups
4 pullups - 10 diamond pushups
3 pullups - 10 pushups
2 pullups - 10 wide pushups
1 pullup – max. reps. pushups
2 chinups - 10 incline push
3 chinups - 10 decline push
4 chinups - 10 incline push
5 chinups - 10 decline push
6 chinups - 10 incline push
7 chinups - 10 decline push
8 chinups - 10 incline push

Workout 9:

Higher fitness level:

5-10 Handstand Pushups x 5 sets (1 min. break)
15-25 Dips x 5 sets (1 min. break)
10 Pullups or Chinups x 10 sets (1 min. – 90 sec. break)
10 Leg Raises x 5 sets (30 sec. break)
10 Knee Raises x 5 sets (30 sec. break)

You can notice some CORE exercises into a PUSH & PULL routine. That is because we did the exact routine as it is here.

Lower fitness level:

- 7-10 Pike Pushups x 5 sets (1 min. break)
- 10-15 Dips x 5 sets (1 min. break)
- 5-7 Pullups or Chinups x 10 sets (1 min. – 90 sec. break)
- 8-10 Leg Raises x 5 sets (30 sec. Break)
- 10 Knee Raises x 5 sets (30 sec. break)

Workout 10:

Higher fitness level:

- 7-10 Pullups or Chinups x 10 sets
- 15-20 Dips x 10 sets
- 15-25 Pushups x 10 sets
- Rest around 60 sec. between sets

Lower fitness level:

- 5-7 Pullups or Chinups x 10 sets
- 10-15 Dips x 10 sets
- 10-15 Pushups x 10 sets

Pullup ROUTINES

The PULLUP routines are specifically good for back, bicep, forearm and shoulder muscles.

Workout 1:

Higher fitness level:

- 7 Close Pullups - 7 Chinups - 7 Wide Pullups
- 6 Close Pullups - 6 Chinups - 6 Wide Pullups
- 5 Close Pullups - 5 Chinups - 5 Wide Pullups
- 4 Close Pullups - 4 Chinups - 4 Wide Pullups
- 3 Close Pullups - 3 Chinups - 3 Wide Pullups
- 2 Close Pullups - 2 Chinups - 2 Wide Pullups

1 Close Pullups - 1 Chinups - 1 Wide Pullups

Rest 3-4 minutes, then:

5 Chinups - 5 Close Pullups - 5 Wide Pullups x 4 sets

20 Floor Leg Raises x 4 sets

15 Sit Ups x 4 sets

45 Sec. Flutter Kicks x 4 sets

Rest around 1 min between reps. and sets if needed

Lower fitness level:

4 Close Pullups - 4 Chinups - 4 Wide Pullups

3 Close Pullups - 3 Chinups - 3 Wide Pullups

2 Close Pullups - 2 Chinups - 2 Wide Pullups

1 Close Pullups - 1 Chinups - 1 Wide Pullups

Rest 3-4 minutes, then:

4 Chinups - 4 Close Pullups - 4 Wide Pullups x 4 sets

15 Floor Leg Raises x 4 sets

10 Sit Ups x 4 sets

30 Sec. Flutter Kicks x 4 sets

Workout 2:

Higher fitness level:

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups (30-45 sec rest between)

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups

You can mix with other grips if needed

Lower fitness level:

8 pullups - 6 pullups - 4 pullups - 2 pullups

8 pullups - 6 pullups - 4 pullups - 2 pullups

8 pullups - 6 pullups - 4 pullups - 2 pullups

8 pullups - 6 pullups - 4 pullups - 2 pullups

8 pullups - 6 pullups - 4 pullups - 2 pullups

You can mix with other grips if needed. Add as many sets as you want

Workout 3:

Higher fitness level:

8-10 Wide Pullups x 4-5 sets

8-10 Pullups x 4-5 sets

8-10 Chinups x 4 sets

6-10 Close Chinups x 4 sets

Rest 1 minute between sets

Lower fitness level:

5-8 Wide Pullups x 4 sets

5-8 Pullups x 4 sets

5-7 Chinups x 4 sets

4-6 Close Chinups x 4 sets

Workout 4:

Higher fitness level:

8-10 Wide Pullups x 4 sets

8-10 Close Pullups x 4 sets

8-10 Chinups x 4 sets

8-10 Commando Pullups x 4 sets

9-10 Australian Pullups x 4 sets

Rest 1 minute between sets

Lower fitness level:

5-7 Wide Pullups x 4 sets

5-7 Close Pullups x 4 sets

5-7 Chinups x 4 sets

5-7 Commando Pullups x 4 sets

7-9 Australian Pullups x 4 sets

Workout 5: Weighted Workout

Higher fitness level:

Take 90 sec. break between sets and use an external weight from 30-60 lb.

7-10 Weighted Wide Pullups x 4 sets

7-10 Weighted Pullups x 4 sets

5-7 Weighted Chinups x 4 sets

5-7 Bodyweight Pullups x 4 sets

Max. Reps. Bodyweight Australian Pullups x 4 sets

Lower fitness level:

3-6 Weighted Wide Pullups x 4 sets

3-6 Weighted Pullups x 4 sets

4-5 Weighted Chinups x 4 sets

5 Bodyweight Pullups x 4 sets

Max. Reps. Bodyweight Australian Pullups x 4 sets

Workout 6:

Higher fitness level:

Rest 15 – 30 sec. between reps and 2 minutes between sets

2-4-6-8-10-8-6-4-2 Pullups (1 set)

2-4-6-8-10-8-6-4-2 Pullups

2-4-6-8-10-8-6-4-2 Chinups

2-4-6-8-10-8-6-4-2 Chinups

Lower fitness level:

2-4-6-8-6-4-2 Pullups

2-4-6-8-6-4-2 Chinups

2-4-6-8-6-4-2 Chinups

Or just go up to 6 reps if 8 is impossible to reach

Workout 7:

Higher fitness level:

1 Chinup and Hold 5 sec. on TOP
and again for 5 times

7/10 Pullups – 7/10 Close Pullups – 7/10 Wide Pullups

10 sec. hold (chin above the bar) followed by 10 sec. (head touching the bar) followed by 10 sec. hanging

THIS IS 1 SUPERSET. Complete 4-5 supersets. Rest 1 min. between exercises and 2 min. between supersets.

10 Australian Pullups X 4-5 SETS (rest 30 sec. – 1 min.)

Lower fitness level:

1 Chinup and Hold 3 sec. on TOP
and again for 4 times

4/5 Pullups – 4/5 Close Pullups – 4/5 Wide Pullups

5 sec. hold (chin above the bar) followed by 5 sec. (head touching the bar) followed by 5 sec. hanging

THIS IS 1 SUPERSET. Complete 4 supersets. Rest 1-2 min. between exercises and 2-3 min. between supersets.

5-7 Australian Pullups X 4 SETS (rest 30 sec. – 1 min.)

Workout 8:

Higher fitness level:

1 pullup - hang 5 sec. - 2 pullups - hang 5 sec. - 3 pullups - hang 5 sec. - 4 pullups - hang 5 sec. - 5 pullups – hang 5 sec. x 3-5 sets (1 min and 30 sec. rest between sets)

5 Commando Pullups x 4 sets (45 sec. break)

5 Close Grip Pullups x 4 sets (45 sec. break)

5 Close Chinups x 4 sets (45 sec.)

5 Pullups x 4 sets (45 sec.)

Rest 1-2 minutes between exercises

Lower fitness level:

1 pullup - hang 3 sec. - 2 pullups - hang 3 sec. - 3 pullups - hang 3 sec. - 4 pullups - hang 3 sec. x 3-5 sets (1 min and 30 sec. rest between sets)

4-5 Commando Pullups x 4 sets (60 sec. break)

4-5 Close Grip Pullups x 4 sets (60 sec. break)

4-5 Close Chinups x 4 sets (60 sec.)

4-5 Pullups x 4 sets (60 sec.)

Workout 9:

Higher fitness level:

5 muscle ups – 5/10 pullups x 5 sets (rest 2-3 min. between sets)

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups x 3-4 sets (rest 30 sec. - 1 min.)

10 Australian pullups x 4-5 sets (rest 30 sec - 1 min.)

For those unable to do muscle ups, here is a routine to supply:

7/10 pullups superseted with 15 straight bar dips x 5 sets (rest 1-2 min. between sets)

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups x 3-4 sets (rest 30 sec. - 1 min.)

10 Australian pullups x 4-5 sets (rest 30 sec - 1 min.)

Lower fitness level:

5 pullups superseted with 10-15 straight bar dips x 5 sets (rest 1-2 min. between sets)

10 pullups - 8 pullups - 6 pullups - 4 pullups - 2 pullups x 3-4 sets (rest 30 sec. - 1 min.)

10 Australian pullups x 4-5 sets (rest 30 sec - 1 min.)

Workout 10:

Higher fitness level:

4-7 muscle ups x 5 sets (1-2 min. rest)

7-10 close chinups x 4 sets (1-2 min. rest)

7-10 chinups x 4 sets (1 – 2 min.)

15 Australian pullups x 5 sets (1 min. break time)

Lower fitness level:

5 pullups superseted with 15 straight bar dips (90 sec. rest)

4-6 close chinups x 4 sets (1-2 min. rest)

4-6 chinups x 4 sets (1 – 2 min.)

10 Australian pullups x 5 sets (1 min. break time)

Pushup ROUTINES

Workout 1:

Higher fitness level:

15-20 Dips
15-20 Pushups
15-20 Diamond Pushups
15-20 Wide Pushups
5-10 Clap Pushups
10 Triceps Extensions

This is 1 superset (rest 1 min between exercises). Complete 5 sets.

Lower fitness level:

10-14 Dips
10-14 Pushups
10-13 Diamond Pushups
10-14 Wide Pushups
4-7 Clap Pushups
6-8 Triceps Extensions

This is 1 superset (rest 1 min between exercises). Complete 5 sets.

Workout 2:

Higher fitness level:

5-10 Handstand Pushups x 4 sets (1 min. rest)
10 Dips – 10 sec. hold on top - 8 dips – 8 s. hold on top - 6 dips... 2 dips - 2 sec. hold x 4 sets
(you can start from 8 or 6 if starting with 10 dips is impossible)
10 Weighted Pushups x 4 sets (rest 90 sec. between sets)
(use either a weighted vest or a training partner on your back)
4-5 Muscle ups superseted with 10 Straight Bar Dips x 4 sets (90 sec. rest)
8-15 Clap Pushups x 4 sets

7-10 Skull Crushers superseted with 10-15 Diamonds Pushups superseted with 20 Bench Dips x 4 sets

Lower fitness level:

5-10 Pike Pushups x 4 sets (1 min. rest)

8 dips – 8 sec. hold on top - 6 dips – 6 sec. hold ... 2 dips - 2 sec. hold x 4 sets

5-7 Weighted Pushups x 4 sets (rest 90 sec. between sets)
(use either a weighted vest or a training partner on your back)

10-15 Straight Bar Dips x 4 sets (90 sec. rest)

5-7 Clap Pushups x 4 sets (90 sec. rest)

5-7 Skull Crushers superseted with 10-12 Diamonds Pushups superseted with 15-20 Bench Dips x 4 sets

Workout 3:

Higher fitness level:

7-10 Pike Pushups x 10 sets

15-25 Pushups x 10 sets

10-15 Diamond Pushups x 10 sets

15-20 Dips x 5 sets

10-15 Straight Bar dips x 5 sets
(rest 1 min. between sets and 2-3 min. between exercises)

Lower fitness level:

5-6 Pike Pushups x 10 sets

12-15 Pushups x 10 sets

10-12 Diamond Pushups x 10 sets

10-12 Dips x 5 sets

8-10 Straight Bar dips x 5 sets

Workout 4: Circuit

Higher fitness level:

12-20 Diamond Pushups with a 20-40 lb. Weighted Vest

15-20 Pushups with the same Weighted Vest

15-20 Wide Pushups with the same Weighted Vest

10-15 Bodyweight Clap Pushups

Finish the first 15-20 Diamonds then rest for 60 sec. and move to 15-20 Pushups, and so on.

Rest 2-3 minutes after you finish the whole superset and then do another 4 sets.

10-18 Dips with a Weight Vest x 5 sets (rest 60-90 sec. between sets).

Lower fitness level:

8-12 Diamond Pushups with a 20-40 lb. Weighted Vest

8-14 Pushups with the same Weighted Vest

8-14 Wide Pushups with the same Weighted Vest

6-10 Bodyweight Clap Pushups

Finish the first 8-12 Diamonds then rest for 60 sec. and move to 8-14 Pushups, and so on.

Rest 2-3 minutes after you finish the whole superset and then do another 4 sets.

7-10 Dips with a Weight Vest x 5 sets (rest 60-90 sec. between sets).

Workout 5:

Higher fitness level:

15-25 dips x 4 sets (rest 30 sec - 1 min)

10-15 clap pushups x 4 sets (rest 30 sec - 1 min)

5-10 weighted pushups x 4 sets (rest 30 sec - 1 min)
use a weigh vest or a training partner on your back

15-20 pushups x 4 sets (rest 30 sec - 1 min)

12-20 diamond pushups x 4 sets (rest 30 sec - 1 min)

15 wide pushups x 4 sets (rest 30 sec - 1 min)

10-15 decline pushups x 4 sets (rest 30 sec - 1 min)

15-25 incline pushups x 4 sets (rest 30 sec - 1 min)

Lower fitness level:

10-14 dips x 4 sets (rest 30 sec - 1 min)

6-10 clap pushups x 4 sets (rest 30 sec - 1 min)

4-5 weighted pushups x 4 sets (rest 30 sec - 1 min)
use a weigh vest or a training partner on your back

10-15 pushups x 4 sets (rest 30 sec - 1 min)

8-12 diamond pushups x 4 sets (rest 30 sec - 1 min)

10-12 wide pushups x 4 sets (rest 30 sec - 1 min)

8-12 decline pushups x 4 sets (rest 30 sec - 1 min)

10-20 incline pushups x 4 sets (rest 30 sec - 1 min)

Workout 6:

Higher fitness level:

10-15 pike pushups x 6-10 sets (rest 30 sec - 1 min)

15-20 dips x 6-10 sets (rest 30 sec - 1 min)

20-30 pushups x 6-10 sets (rest 30 sec - 1 min)

20-30 bench dips x 5 sets (rest 30 sec - 1 min)

Lower fitness level:

7-10 pike pushups x 6-10 sets (rest 30 sec - 1 min)

10-15 dips x 6-10 sets (rest 30 sec - 1 min)

12-20 pushups x 6-10 sets (rest 30 sec - 1 min)

15-25 bench dips x 5 sets (rest 30 sec - 1 min)

Workout 7:

Higher fitness level:

5 wall handstand pushups x 6-10 sets (rest 30 sec - 1 min)

15-25 dips x 5 sets (rest 30 sec - 1 min)

20 pushups x 6-10 sets (rest 30 sec - 1 min)

15 diamond pushups x 6-10 sets (rest 30 sec - 1 min)

Lower fitness level:

5-10 pike pushups x 6-10 sets (rest 30 sec - 1 min)

10-15 dips x 5 sets (rest 30 sec - 1 min)

15-20 pushups x 6-10 sets (rest 30 sec - 1 min)

10-15 diamond pushups x 6-10 sets (rest 30 sec - 1 min)

Workout 8: Ladder Circuit

Higher fitness level:

2 pushups – 2 decline pushups

4 pushups – 4 decline pushups

6 pushups – 6 decline pushups

8 pushups – 8 decline pushups

10 pushups – 10 decline pushups

8 pushups – 8 decline pushups

6 pushups – 6 decline pushups

4 pushups – 4 decline pushups

2 pushups – 2 decline pushups

Rest as minimum as you can between reps. All this ladder circuit represent a superset.

Do 3-5 sets of the same superset.

Lower fitness level:

2 pushups – 2 decline pushups

4 pushups – 4 decline pushups

6 pushups – 6 decline pushups

8 pushups – 8 decline pushups

6 pushups – 6 decline pushups

4 pushups – 4 decline pushups

2 pushups – 2 decline pushups

Rest as minimum as you can between reps. All this ladder circuit represent a superset.

Do 3-5 sets of the same superset.

Workout 9:

Higher fitness level:

Choose the Plates or a Weight Vest in order to reach the following reps

10-15 weighted dips x 5 sets (rest 1 min - 2 min)

10 weighted pushups x 4-5 sets (rest 1 min - 2 min)

15-20 bodyweight diamond pushups x 4-5 sets (rest 30 sec - 1 min)

10 weighted triceps extensions x 4-5 sets (rest 1 min - 2 min)

15-25 weighted bench dips x 4-5 sets (rest 1 min - 2 min)

Lower fitness level:

10-12 weighted dips x 5 sets (rest 1 min - 2 min)

6-10 weighted pushups x 4-5 sets (rest 1 min - 2 min)

12-15 bodyweight diamond pushups x 4-5 sets (rest 30 sec - 1 min)

6-8 weighted triceps extensions x 4-5 sets (rest 1 min - 2 min)

10-15 weighted bench dips x 4-5 sets (rest 1 min - 2 min)

Workout 10:

Higher fitness level:

- 25-30 Pushups x 10 sets (rest 60-90 sec.)
- 30-40 Incline Pushups x 10 sets (rest 60-90 sec.)
- 10-12 Diamond Pushups x 6 sets (rest 60-90 sec.)
- 7-10 Skull Crushers x 4 sets (rest 60-90 sec.)
- 12-15 Bench Dips x 4 sets (rest 60-90 sec.)

Lower fitness level:

- 15-25 Pushups x 10 sets (rest 60-90 sec.)
- 20-25 Incline Pushups x 10 sets (rest 60-90 sec.)
- 8-10 Diamond Pushups x 6 sets (rest 60-90 sec.)
- 5-7 Skull Crushers x 4 sets (rest 60-90 sec.)
- 10 Bench Dips x 4 sets (rest 60-90 sec.)

Leg ROUTINES

The leg muscles are bigger and larger than the upper body muscle groups. This is one of the reasons why when training for *cardio* it is best to choose exercises that involve the legs more than the arms.

Contrary to what many body-builders know, bodyweight squats, sprints, skipping the rope or simply jumping (box jumps, burpees, jump squats) works efficiently towards many other goals such as strength, fat-loss, agility, coordination, hypertrophy (muscle building), stamina and endurance all at once.

Just do 2 sets of 10 burpees and see how fast your heart starts to beat and how the bpm (beats per minute) raises immediately up to 100 which is the perfect spot to be when fat loss is the main purpose. Increased BPM means working on building stamina and increasing muscle endurance as well.

Bottom line, putting your legs at work using all the aforementioned variations is extremely beneficial for cardio vascularity, and is the best way to increase health and general athleticism.

I don't want to bore you with too many specific details so let's get to more practical things like your workout routines:

Workout 1: Sets & Reps

Higher fitness level:

10 Pistol Squats (10 right leg - 10 left leg) x 4 sets (rest 30 sec. - 1 min.)

15 Bulgarian Split Squats (15 right leg - 15 left leg) x 4 sets (rest 30 sec. - 1 min.)

20 Jump Squats x 4 sets (rest 30 sec. - 1 min.)

30-50 Squats x 4 sets (rest 30 sec. - 1 min.)

20 Slow Single Leg Calf Raises (20 right leg - 20 left leg) x 4 sets (rest 30 sec. - 1 min.)

10 Slow Regular Calf Raises - 10 Slow Inner Calf Raises - 10 Outer Slow Calf Raises x 4 sets (rest 30. sec - 1 min.)

Rest 2-3 minutes between exercises

Lower fitness level:

5-8 Pistol Squats (5/8 right leg – 5/8 left leg) x 4 sets (rest 30 sec. - 1 min.)
(If Pistol Squats are too hard then change them with [Assisted One Leg Squats](#))

10 Bulgarian Split Squats (10 right leg - 10 left leg) x 4 sets (rest 30 sec. - 1 min.)

10-15 Jump Squats x 4 sets (rest 30 sec. - 1 min.)

20-30 Squats x 4 sets (rest 30 sec. - 1 min.)

20 Slow Single Leg Calf Raises (20 right leg - 20 left leg) x 4 sets (rest 30 sec. - 1 min.)

10 Slow Regular Calf Raises - 10 Slow Inner Calf Raises - 10 Outer Slow Calf Raises x 4 sets (rest 30. sec - 1 min.)

Workout 2: Circuit

Higher fitness level:

50 walking lunges - 50 jump squats - 50 squats (1 min. rest between exercises)

40 walking lunges - 40 jump squats - 40 squats (1 min. rest between exercises)

30 walking lunges - 30 jump squats - 30 squats (1 min. rest between exercises)

20 walking lunges - 20 jump squats - 20 squats (30 sec. rest between exercises)

10 walking lunges - 10 jump squats - 10 squats (30 sec. rest between exercises)

100 calf raises - 80 calf raises - 60 calf raises - 40 calf raises - 20 calf raises (rest 30 sec - 1 min)

Lower fitness level:

30 walking lunges - 30 jump squats - 30 squats (1 min. rest between exercises)

20 walking lunges - 20 jump squats - 20 squats (30 sec. rest between exercises)

10 walking lunges - 10 jump squats - 10 squats (30 sec. rest between exercises)

30 sec. to 1 min. Wall Squat Isometric Sits x 4 sets (rest 1 min. between sets)

100 calf raises - 80 calf raises - 60 calf raises - 40 calf raises - 20 calf raises (rest 30 sec - 1 min)

Workout 3:

Higher fitness level:

40/50 squats – 35/50 calf raises x 10 sets (minimal rest between)

20 walking lunges x 5 sets (30 sec. rest between)

20 Short Bridges (one leg or both) x 5 sets (rest 30 sec. - 1 min.)

Lower fitness level:

30 squats – 25/30 calf raises x 10 sets (minimal rest between)

20 walking lunges x 5 sets (30 sec. rest between)

20 Short Bridges (one leg or both) x 5 sets (rest 30 sec. - 1 min.)

Workout 4: Circuit

Higher fitness level:

10 burpees

20 jump lunges

30 squats

40 calf raises

(this is 1 set. Complete 5-10 sets. Rest 30 sec. -1 min. after each exercise)

Lower fitness level:

8-10 burpees

15-20 jump lunges

20-30 squats

25-35 calf raises

Workout 5:

Higher fitness level:

8-10 pistol squats (10 right leg - 10 left leg) x 4 sets (rest 30 sec - 1 min)

40-50 squats x 4 sets (rest 30 sec - 1 min)

15-20 box jumps x 4 sets (rest 30 sec - 1 min)

20 walking lunges x 4 sets (rest 30 sec - 1 min)

55 calf raises x 4 sets (you do 1 slow rep, hold 5 sec. on top, 2 slow reps, hold 5 sec. on top, 3 slow reps, hold 5 sec. on top...up to 10 reps)
(rest 30 sec - 1 min)

Lower fitness level:

5-8 pistol squats (5/8 right leg – 5/8 left leg) x 4 sets (rest 30 sec - 1 min)

30-40 squats x 4 sets (rest 30 sec - 1 min)

10-14 box jumps x 4 sets (rest 30 sec - 1 min)

15-20 walking lunges x 4 sets (rest 30 sec - 1 min)

55 calf raises x 4 sets (you do 1 slow rep, hold 5 sec. on top, 2 slow reps, hold 5 sec. on top, 3 slow reps, hold 5 sec. on top...up to 10 reps)
(rest 30 sec - 1 min)

Workout 6:

Higher fitness level:

1 min. [Jumping Jacks](#)

45 sec. - 1 min. Burpees

1 min. Jump Squats

1-3 min. [Jump Rope](#)

1 min. Jump Lunges

1 min. Squats

1 min. Plank

(this is 1 superset. Complete 4-5 supersets with 30-60 sec. between exercises and 2 min between supersets).

Lower fitness level:

1 min. [Jumping Jacks](#)

25-30 sec. Burpees

45 sec. Jump Squats

1 min. [Jump Rope](#)

30 sec. Jump Lunges

30 sec. Squats

30-45 sec. Plank

Workout 7:

Higher fitness level:

2 - 3 min. Jump Rope x 10 sets (rest 30 sec. between)
35-40 Squats x 4 sets (rest 30 sec. - 1 min.)
15 Bulgarian Split Squats (15 right leg - 15 left leg) x 4 sets (rest 30 sec. - 1 min.)
20 Walking Lunges x 4 sets (rest 30 sec. - 1 min.)
8-10 Frog Jumps x 4 sets (rest 30 sec. - 1 min.)

Lower fitness level:

1 min. Jump Rope x 10 sets (rest 30 sec. between)
25-35 Squats x 4 sets (rest 30 sec. - 1 min.)
10 Bulgarian Split Squats (10 right leg - 10 left leg) x 4 sets (rest 30 sec. - 1 min.)
15-20 Walking Lunges x 4 sets (rest 30 sec. - 1 min.)
5-8 Frog Jumps x 4 sets (rest 30 sec. - 1 min.)

Workout 8: Circuit

Higher fitness level:

100 Squats
80 Walking Lunges
60 Sumo Squats
40 Jump Squats
20 Burpees

(this is 1 superset. Complete 2-3 supersets with 1 min. rest between exercises and 2 min. between supersets)

30 slow normal calf raises x 4 sets (rest 30 sec - 1 min)
30 slow inner calf raises x 4 sets (rest 30 sec - 1 min)
30 slow outer calf raises x 4 sets (rest 30 sec - 1 min)

Lower fitness level:

50-70 Squats
40-60 Walking Lunges
30-40 Sumo Squats
20 Jump Squats

10 Burpees

(this is 1 superset. Complete 2-3 supersets with 1 min. rest between exercises and 2 min. between supersets)

30 slow normal calf raises x 4 sets (rest 30 sec - 1 min)

30 slow inner calf raises x 4 sets (rest 30 sec - 1 min)

30 slow outer calf raises x 4 sets (rest 30 sec - 1 min)

Workout 9: Weighted Routine .

Higher fitness level:

20 Bodyweight Squats x 3 sets (rest 30 sec. between)

10-30 Weighted Squats (depending on how heavy the external weight is) x 5 sets (rest 90 sec. between)

10 Deadlifts x 5 sets (rest 1 min. between)

(This exercise is optional for those having a barbell available with some weight. Choose the intensity in order to perform those 10 clean and hard reps.)

8-10 Bodyweight Frog Jumps x 4 sets (rest 60 sec.)

30 Bodyweight Squats x 5 sets (rest 1 min.)

20 Weighted Walking Lunges x 4 sets (rest 1 min.)
(grab a set of dumbbells)

35-50 Calf Raises x 5 sets (1 min. rest)

You can easily replace DEADLIFTS with Short Bridges and then do 30 reps X 4 sets

Lower fitness level:

20 Bodyweight Squats x 3 sets (rest 30 sec. between)

20 Weighted Squats (use a 20-40 lb. weight vest) x 5 sets (rest 90 sec. between)

10 Deadlifts x 5 sets. If not then Short Bridges 20 reps X 4 sets (rest 1 min. between)

10-15 Jump Squats x 4 sets (30 sec. rest)

20 Bodyweight Squats x 5 sets (60 sec. rest)

20 Bodyweight Walking Lunges x 4 sets (1 min. rest)

35-50 Calf Raises x 5 sets (1 min. rest)

Choose an intensity balanced enough for you to do 10 deadlifts.

Workout 10:

Use a weight vest of 20 lbs. and do:

Higher fitness level:

8-10 Weighted Pistol Squats x 4 sets (90 sec. rest)

35-50 Weighted Squats x 4 sets (90 sec. rest)

30 Bodyweight Squats x 4 sets (60 sec. rest)

10 Weighted Jump Squats x 4 sets (60 sec. rest)

20 Weighted Walking Lunges x 4 sets (60 sec. rest)

20-30 Weighted Calf Raises x 5 sets (30 sec. rest)

Lower fitness level:

8-10 Bodyweight Pistol/Assisted Pistol Squats x 4 sets (90 sec. rest)

20-25 Weighted Squats x 4 sets (90 sec. rest)

20-25 Bodyweight Squats x 4 sets (60 sec. rest)

10-12 Bodyweight Jump Squats x 4 sets (60 sec. rest)

20-30 Bodyweight Walking Lunges x 4 sets (60 sec. rest)

20-30 Weighted Calf Raises x 5 sets (30 sec. rest)

FULL BODY & Functional ROUTINES for CARDIO

Full Body workouts and FUNCTIONAL exercises (like in the pictures below) are great to improve stamina, coordination, strength, resistance and they're perfect for fat loss too. They also shred the muscles and improve capacity to train at a higher intensity.





You can easily observe and understand why these types of exercises are named **FUNCTIONAL**. However, terminologies are not at all relevant, they are only there to recognize and identify certain type of exercises.

If you have the specific gear at your disposal, the playground and the right team mate to help you then I recommend you try the workouts given below.

To be honest, I could have progressed as an athlete even without FUNCTIONAL workouts, using only the standard approaches from the previous chapters, but my body and mind, like yours as well, needs a back off from doing pullups, pushups, dips and squats all over again, thus FUNCTIONAL training may be a perfect supplement for them, although I rather see them as complementary.

FULL BODY training means putting the whole body to work at the same time. This kind of training can also be recognized as High Intensity Training (HIT) because you're doing compound moves for strength and cardio in circuit, without resting (or as little as possible), forcing the heart to beat at an extremely fast rate and the muscles to get extremely pumped. I find this kind of training very effective for shredding, cutting bodyfat and building serious endurance or stamina.

Workout 1: Functional + Cardio

Higher fitness level:

- Jog for 2 km. to warm up
- 100 meters sprint (60-80% intensity) with 100 meters backward running on peaks X 4 sets (no break)
As soon as you got back from backward running into the sprinting position again, without any break, sprint again. After you finish the 4 sets take a 2 minutes break.
- 50 meters sprint (80% intensity) x 5 sets (rest 1 min. between)
- Maximum Distance Sprint against resistance cables (Like in the picture above with my friend pulling against me with TRX suspension cables) X 5 sets (rest 1 min. between sets)
- 10-20 Box Jumps or High Jumps X 5 sets (rest 1 min. between sets)
Like in the picture above.
- 30 Squats x 5 sets (30 sec. rest between sets)
- Stretch after you finish everything.

Lower fitness level:

- Jog for 1 km. and then do 10 burpees to warm up
- 100 meters sprint (50-60% intensity) X 4 sets (rest 1 min. between sets)
- 50 meters sprint (60-70% intensity) x 5 sets (rest 1 min. between)
- Maximum Distance Sprint against resistance cables (Like in the picture above with my friend pulling against me with TRX suspension cables) X 4 sets (rest 1 min. between sets)
- 10-20 Box Jumps or High Jumps X 4 sets (rest 1 min. between sets)
Like in the picture above.
- 20 Squats x 5 sets (30 sec. rest between sets)
- 30 sec. to 1 min. Wall Squat Isometric Sits x 4 sets (rest 1 min. between sets)
- Stretch after you finish everything.

Workout 2: Functional + Cardio

Higher fitness level:

- 2-3 min. Skip Rope x 10 sets (20 sec. pause between sets)
- 50-100 meters Hill Sprint x 10 sets (1 min. pause between sets)
- 50 meters Sprint x 4 sets (1 min. pause between sets)

- 10-15 Burpees x 5 sets (1 min. break)
- 10-15 Box Jumps x 5 sets (1 min. break)
- 30 sec. to 1 min. Wall Squat Isometric Sits x 4 sets (rest 1 min. between sets)
- Stretch after you finish everything.
Take 2-3 minutes of rest after each exercise.

Lower fitness level:

- 1 min. Skip Rope x 10 sets (20 sec. pause between sets)
- 50 meters Hill Sprint x 5 sets (1 min. pause between sets)
- 50 meters Sprint x 4 sets (1 min. pause between sets)
- 7-10 Burpees x 5 sets (1 min. break)
- 10 Box Jumps x 5 sets (1 min. break)
- 30 sec. to 1 min. Wall Squat Isometric Sits x 4 sets (rest 1 min. between sets)
- Stretch after you finish everything.
Take 2-3 minutes of rest after each exercise.

Workout 3: Functional + Cardio

For this specific routine, you'll need to find a place with stairs, be it a stadium tribune, a highway passage, or the parking entrance to a big Mall etc. The main point is to find a stair station with at least 10 steps. Besides the stairs you'll also need to find a pretty heavy tractor tyre and to flip it.

This routine may not be suitable for you in absence of the proper gear and then you can skip it and try others from the same [CHAPTER](#).

- 10-20 Stairs Jumps x 5 sets (1 min. rest between sets)
Jump high, surpassing as many stairs as you can from an Isometrically Squat Position and land in the same Squat position. Go back and repeat till you finish the whole set.
- 1 min. Jump Rope followed by 50 Squats x 5 sets (no rest between sets)
- 10-15 Tyre Flips x 4 sets (depending on tyre's weight)
- 50 Walking Lunges x 4 sets (90 sec. break between)
- 30 sec. Mountain Climbers x 4 sets (30 sec. rest between).

Workout 4: Cardio Only

Higher fitness level:

- 45 min. – 1 hour Run (jogging merged with some higher intensity and higher pace)
- 100 meters Sprint X 3 sets (2 min. rest)
- 50 meters Sprint x 3 sets (2 min. rest)
- Jump Rope for 10 min. straight (do very short breaks when needed).

Lower fitness level:

- 20 min. – 40 min. Run (jogging merged with some higher intensity and higher pace)
- 50 meters Sprint x 4 sets (2 min. rest)
- 1 min. Jump Rope x 4 sets (30 sec. pause between)

Workout 5: Functional + Cardio

Higher fitness level:

- 2 km. Jogging to warm-up
- 400 meters Sprint x 3-4 sets (rest 3-4 minutes between). Run to an intensity of 60-70%
- 200 meters Sprint x 3-4 sets (rest 3-4 minutes between). Run to an intensity of 60-70%
- 40 meters Sprint x 5 sets (rest 2 min. between). Sprint at your fullest potential.

Lower fitness level:

- 2 km. Jogging to warm-up
- 200 meters Sprint x 3 sets (rest 3-4 minutes between). Run to an intensity of 50-60%
- 100 meters Sprint x 3 sets (rest 3-4 minutes between). Run to an intensity of 50-60%
- 40 meters Sprint x 3 sets (rest 2 min. between). Sprint at your fullest potential.

Workout 6: Full Body Circuit

Higher fitness level:

- 15/20 Burpees -> 7/10 Pullups -> 30/50 Mountain Climbers x 5 sets
Those 3 exercises represent a whole set. Do 5 sets and rest as minimum as you can.
- 20 Jumping Jacks -> 20 Jumping Lunges -> 20 Pushups (no rest)
- 30/40 Squats -> 7/10 Chinups -> 10/20 Floor Leg Raises x 5 sets (no rest)
- 15/20 Jump Squats -> 20 Pushups -> 10 Sit Ups x 5 sets (no rest)

Lower fitness level:

- 10 Burpees -> 5 Pullups -> 20/30 Mountain Climbers x 5 sets
Those 3 exercises represent a whole set. Do 5 sets and rest as minimum as you can.
- 20 Jumping Jacks -> 20 Jumping Lunges -> 15 Pushups (no rest)
- 20/30 Squats -> 5 Chinups -> 10/20 Floor Leg Raises x 5 sets (no rest)
- 10 Jump Squats -> 15 Pushups -> 10 Sit Ups x 5 sets (no rest)

Workout 7: Full Body Circuit

Higher fitness level:

- 1 min. Jump Rope -> 1 min. Burpees -> 1 min. Pushups -> 1 min. Jump Squats -> 1 min. Floor Leg Raises -> 1 min. Plank (This circuit is a superset. Do 5 sets of this superset)
No rest between exercises. Rest 2 minutes after each superset and as minimum as you can while working out.

Lower fitness level:

- 30 sec. Jump Rope -> 30 sec. Burpees -> 30 sec. Pushups -> 30 sec. Jump Squats -> 30 sec. Floor Leg Raises -> 30 sec. Plank (This circuit is a superset. Do 5 sets of this superset)

No rest between exercises. Rest 2 minutes after each superset and as minimum as you can while working out.

Workout 8: Full Body Circuit

Higher fitness level:

- 1 min. Jump Rope -> 40/50 Squats -> 5 Muscle Ups -> 20 Floor Leg Raises X 5 sets (no rest)
- 1 min. Jump Rope -> 15-20 Jump Squats -> 7/10 Pullups -> 10 Knees to Chest X 5 sets (no rest)
- 1 min. Jumping Jacks -> 50 Walking Lunges -> 7/10 Chinups -> 30/50 Pushups X 5 sets (no rest)

Lower fitness level:

- 1 min. Jump Rope -> 30 Squats -> 10-15 Dips -> 20 Floor Leg Raises X 5 sets (no rest)
- 1 min. Jump Rope -> 10 Jump Squats -> 5 Pullups -> 10 Knees to Chest X 5 sets (no rest)
- 1 min. Jumping Jacks -> 50 Walking Lunges -> 7/10 Chinups -> 30/50 Pushups X 5 sets (no rest)

ABS ROUTINES: Leg Raises

To have visible abs you mainly need to get rid of all of your excess body fat. To do that you can either train for cardio mostly or by simply training with calisthenics or doing both. Calisthenics facilitates fat burning more than you can ever imagine. Do them both and keep your nutrition clean and with the following CORE workouts your abs will get strong and toned.

Leg Raises is the most fundamental exercise to build core strength and to tone your 6 Pack. Because they engage all the core muscle layers as well as the lower back muscles which are an integral part of your core as well.

Workout 1:

Higher fitness level:

- 5/10 Toes to Bar x 4 sets
 - 6/10 Windshield Wipers x 4 sets
 - 8/10 Hanging Leg Raises x 4 sets
 - 10/15 Knees to Chest x 4 sets
 - 50 straight Sit Ups
- Rest 1 min. between

Lower fitness level:

- 8/10 Hanging Leg Raises x 5 sets
 - 8/10 Parallel Bars Leg Raises x 5 sets
 - 10/15 Knees to Chest x 4 sets
 - 20 straight Sit Ups
- Rest 1 min. between

Workout 2:

Higher fitness level:

- 8/10 V Raises x 4 sets
 - 8/10 Hanging Leg Raises x 4 sets
 - 30 Floor Leg Raises x 4 sets
 - 20 Floor Knees to Chest x 4 sets
 - 30 Short Bridges x 5 sets
- Rest 30 sec. to 1 min. between

Lower fitness level:

- 8/10 Hanging Leg Raises x 4 sets
 - 20/30 Floor Leg Raises x 4 sets
 - 20/25 Floor Knees to Chest x 4 sets
 - 30 Short Bridges x 5 sets
- Rest 30 sec. to 1 min. between

Workout 3:

Higher fitness level:

- 10 Hanging Leg Raises x 4 sets (Minimum rest between sets – like 30 sec.)
- 50 Sit Ups x 4 sets (1 min. rest time between sets)
- 30 sec. LEFT followed by 30 sec. RIGHT oblique/side PLANK x 4 sets

Lower fitness level:

- 6 Hanging Leg Raises x 4 sets (Minimum rest between sets – like 60 sec.)
- 25 Sit Ups x 4 sets (1 min. rest time between sets)
- 20 sec. LEFT followed by 20 sec. RIGHT oblique/side PLANK x 4 sets

Workout 4:

Higher fitness level:

- 15 Sit Ups -> 20 Floor Leg Raises -> 15 Sit Ups -> 1 min. Flutter Kicks -> 1 min. Plank (Do this circuit for 5 times. Rest as minimum as you can)

Lower fitness level:

- 10 Sit Ups -> 20 Floor Leg Raises -> 10 Sit Ups -> 30 sec. Flutter Kicks -> 30 sec. Plank (Do this circuit for 5 times. Rest as minimum as you can)

4. How to Structure your WORKOUTS

Now that you have seen our 52 different workouts you may be wondering from where to begin and how to organize them.

Step 1. Start with a Training Journal

Start by visualizing all the routines and then make a decision about how many workouts you are willing to put in a week. Try to integrate at least 3, but 4-5 workouts are better for faster results. Otherwise, it will be pretty hard to train various body parts, thus making your routines more concentrated and of longer duration than 1 hour, in order to work everything possible.

Do a couple of tests before planning the workouts for: pullups, hanging leg raises, V raises, pullups, weighted pullups, sprints, squats, burpees etc. – pretty much every exercise found here in order to determine your current fitness level. Perform 1 or 2 sets with at least 5 minutes break between and do as many reps as you can.

Input the results into the Training Journal and from there start picking up the routines you find more appropriate to your individual and fitness goals:

- If you need more stamina, athleticism or maybe to lose some of the bodyfat then you'll may want to pick the routines from [FULL BODY & Functional Chapter](#).
- For strength-endurance & shredding you may want to pick the routines from [Push & Pull Chapter](#). Full Body workouts also work perfectly to shred and tone the muscles.
- For strength and hypertrophy (muscle mass) I find that conventional sets & reps system plus weighted calisthenics work better. Pick routines from the following chapters: [Pullups](#), [Pushups](#), [Legs](#), [Leg Raises](#). However, sprints in general develop massive legs as well.

Or simply follow our [examples below](#):

Step 2. Scratch your weekly routines

You did the tests and you fixed your fitness goals hence you got to plan your next week including your workouts.

If it's hard to decide which ones are more appropriate then consider that you must include for a whole week these:

- a) 2 workouts for upper body (2 for pullups and 2 for pushups)
- b) At least 1 for the lower body
- c) At least a workout for the CORE

Examples:

Training 3 times a week				
Month	Week	Day	Type of ROUTINE	Rest Days/Week
1	1	1	Push & Pull + ABS	4
		2	Push & Pull	
		3	Legs + ABS	
	2	1	Full Body Circuit	
		2	Legs	
		3	Full Body Circuit	
	3	1	Pull	
		2	Push + ABS	
		3	Legs	
	4	1	Push + ABS	
		2	Pull	
		3	Functional + ABS	

Organize them however you want. This is but an example. You can repeat the same week if wanted.

Training 4 times a week				
Month	Week	Day	Type of ROUTINE	Rest Days/Week
1	1	1	Pull	3
		2	Push + ABS	
		3	Legs	
		4	Push & Pull + ABS	
	2	1	Full Body Circuit	
		2	Legs + ABS	
		3	Push & Pull	
		4	Legs	
	3	1	Pull + Push	
		2	Functional + ABS	
		3	Push & Pull	
		4	Legs + ABS	
	4	1	Cardio Only + ABS	
		2	Functional	
		3	Push + ABS	
		4	Pull	
	5	1	Push & Pull	
		2	Legs + ABS	
		3	Push + Pull	
		4	Cardio Only	

Training 5 times a week				
Month	Week	Day	Type of ROUTINE	Rest Days/Week
1	1	1	Full Body Circuit	2
		2	Full Body Circuit	
		3	Cardio Only	
		4	Pull + Push	
		5	ABS	
	2	1	Legs	
		2	Pull	
		3	Push + ABS	
		4	Legs	
		5	Push & Pull	
	3	1	Push & Pull	
		2	Push & Pull	
		3	Legs	
		4	ABS	
		5	Cardio Only	
	4	1	Push	
		2	Pull	
		3	Legs + ABS	
		4	Push	
		5	Pull	
5	1	Push + Pull		
	2	Legs		
	3	ABS		
	4	Pull + Push		

These 3 tables are very much the same plans that we followed since the beginning of our journey. Click on the category and choose the workout you find better for you goals or maybe the ones that give you more joy.

You can always choose to follow certain types of workouts. You do not have to follow the exact order we gave you because you are different than us. I can assure you that me and Alex train quite differently every time. We use the same workouts and same exercises but in different orders. This happens because we have different purposes and different skills or just maybe because I am slightly heavier and Alex is lighter – meaning we have different endurance.

I highly recommend you not to follow each and every workout and then to go back and start all over again. Decide and stick to the workouts that you feel are better for you.

I haven't mentioned the training days by name (Monday, Tuesday etc.) because you may want to train on weekends and then your rest days could be during the middle of the week. We usually rest during weekends, but it doesn't really matter when you rest as long as you do.

The training hours are not important at all. Try to perform your workouts whenever you feel like it or whenever you have time, be it at 5 a.m. or 11 p.m. Just make sure to have enough

sleep (7-10 hours) and eat properly. To train 5 times a week is extremely challenging for your body, thus you will need to eat a quality food in a slightly higher quantity.

Step 3. Conclusions

Do not worry about training too hard because there is no such thing as over training. However, if your tendons or muscles hurt you a lot then a break may be recommended. Better make sure to get enough rest and food for a better recovery.

The use of any supplements is unnecessary as long as you are eating various foodstuff and have enough sleep, but I'm not against them entirely. However, I am strictly against use of PEDs and steroids.

You will find it very difficult to keep up the pace with the way I organized the workouts for you, especially if you aim for 4-5 routines/week. However, we are not a robot including myself and sometimes even I train 3 times a week and use the workouts from the lowest fitness level.

Now let's consider what happens after you finish your weekly training. You will need to set some goals for the next one. Include the volume you did and the way you felt about certain routines and use them as reference. You may want to repeat them or you may want to choose others easier or harder routines depending upon it.

SHARE YOUR PROGRESS:

- a. We've created a private [Facebook Group](#) where you can post your progress with pictures and videos, routines, ideas, questions or anything else related to this eBook and your calisthenics journey.
- b. You will receive direct feedback and guidance from Old School Calisthenics' official members: [Alex](#), [Horea](#) and [Adorian](#).
- c. Prove yourself worthy and we will publish your success story directly on the website, visible to tens of thousands of readers. I promise you that!

Close Thoughts from Adorian:

*“I always felt that my greatest asset was not my physical ability, it was my mental ability.” **Bruce Jenner***

It is commonly known that we all have the mental ability to change ourselves into better persons but only if wanted or only if something would trigger that changing behavior. An individual must be totally out of the comfort zone and maybe at the lowest point in his life to start rethinking about how to become a better version of himself.

About 5 years ago, in 2012, I had my worst period of life that was also the turning point because I had no money, no future prospects, no carrier path and no food on the table. I only had negative thoughts and a lot of free time. My attitude about the situation was one of a victim instead of one of a winner, which was the cause of that present situation in my life.

I have come to the realization how bad things got for me, due to my attitude, will and my mindset needed change. So, I took measures and I started to act and move towards my new goals.

I also became aware about the ability of changing my behavior and thus, I started to feel better about myself. I put my mind to work and read personal development along with sessions of calisthenics training. I wanted to overcome every obstacle and my mind was up to the task. I promised myself to never lose sight again from my goals.

I planned to become mentally strong so I could reshape my body and to offer more value to the people around me.

Some of the frustrations remained and bothered me at a certain level but having my body engaged into sports and my mind engaged as well into different fruitfully activities was actually the best combination I needed for a better future and to become more grounded. It passed only 1 year and improvements started to show off.

I started to earn more, to train better, improve lifestyle and accumulate more experience in different fields.

In conclusion, everything starts with the way we think, and how we act on our thoughts. We are physically capable because we are first mentally prepared and not the other way around. Actions come from thoughts.

The mental ability of surpassing any obstacle is paramount to achieve greatness in life.

Respect this like I did and your results in life or calisthenics will be epic.

THANKS FOR PURCHASING!

Do not hesitate to contact us if you have any more questions at our email address: contact@oldschool-calisthenic.ro

We are currently working on an eBook about **NUTRITION** which goes hand-in-hand with the workouts presented here.

The eBook will be especially designed for those willing to lose bodyfat (skinny-fat or obese persons) as long as for those willing to build muscle mass (skinny persons). If you are interested and want to know when it will be released then sign-up with your main email address here: [NEWSLETTER](#)

However, if you are impatient to start your calisthenics journey having the nutrition on point sooner then you can order a personalized nutritional plan [from this page](#).



What you'll get?

- Week-long meal plan
- “know how” eating healthy
- Easy to follow – and not feel bad as on a diet
- What to avoid!
- 3-5 meals a day (sample pictures)
- 2 follow-up video calls

