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INTERMEDIATE TO ADVANCED LEVEL

*The ultimate*  
***CALISTHENICS***  
***WORKOUT***  
***PLAN***

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***Get stronger, leaner  
& healthier!***

- Train Anywhere.
- Build Real Strength.
- Master Your Body.

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***START  
TODAY!***

*A Complete 8–Week Structured Program  
For Athletes Ready To Level Up.*

# WHAT IS ADVANCED CALISTHENICS?

CALISTHENICS IS BODYWEIGHT TRAINING FOCUSED ON STRENGTH, CONTROL, ENDURANCE, AND SKILL DEVELOPMENT. AT THE INTERMEDIATE TO ADVANCED LEVEL, TRAINING MOVES BEYOND BASIC PUSH-UPS AND SQUATS INTO PERFORMANCE-BASED STRENGTH.

ADVANCED CALISTHENICS FOCUSES ON:

- PROGRESSIVE OVERLOAD USING BODYWEIGHT
- INCREASED TIME UNDER TENSION
- EXPLOSIVE POWER DEVELOPMENT
- CORE-DOMINANT CONTROL MOVEMENTS
- SKILL MASTERY (HANDSTANDS, MUSCLE-UPS, LEVER PROGRESSIONS)

UNLIKE TRADITIONAL WEIGHT TRAINING, CALISTHENICS IMPROVES:

- ✓ FUNCTIONAL STRENGTH
- ✓ MOBILITY
- ✓ ATHLETIC PERFORMANCE
- ✓ MUSCLE DEFINITION
- ✓ JOINT STABILITY

THIS PROGRAM IS DESIGNED TO PUSH YOUR LIMITS SAFELY WHILE BUILDING LEAN, POWERFUL MUSCLE.





# Dynamic Warm-Up Routine (8–10 Minutes)

## WARM-UP CIRCUIT (2 ROUNDS)

1. JUMP SQUATS — 15 REPS
2. ARM CIRCLES — 30 SECONDS EACH DIRECTION
3. SCAPULAR PULL-UPS — 12 REPS
4. WALKING LUNGES — 12 EACH LEG
5. PLANK SHOULDER TAPS — 20 REPS

Focus on:

- Controlled breathing
- Full range of motion
- Gradually increasing intensity

Your body should feel warm—not exhausted.

# UPPER BODY : STRENGTH TRAINING

Rest: 60–90 seconds between sets

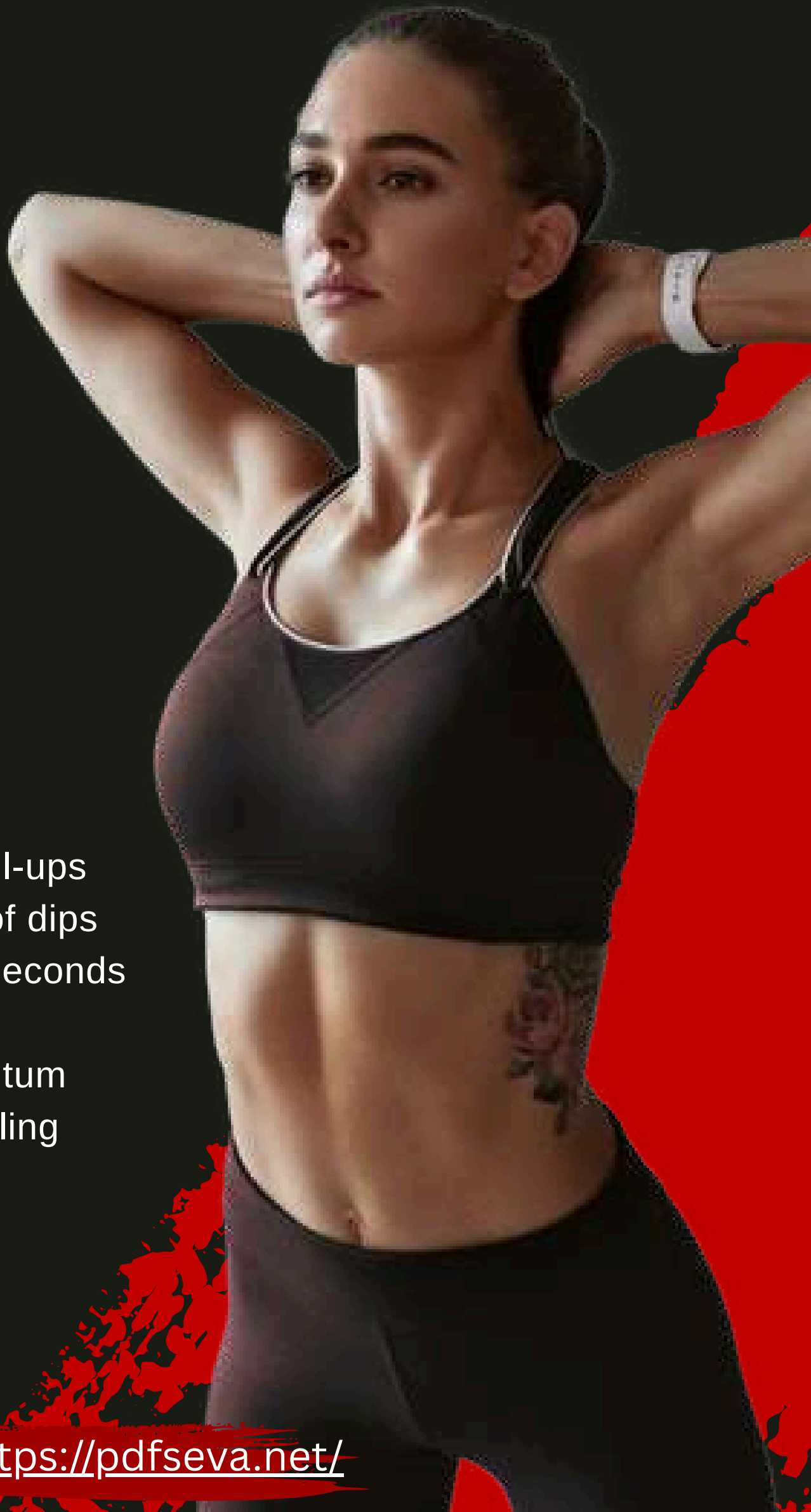
1. Pull-Ups – 4 sets × 8–12 reps
2. Dips – 4 sets × 10–12 reps
3. Archer Push-Ups – 3 sets × 8–10 reps
4. Pike Push-Ups – 3 sets × 10–12 reps

## Key Tips:

- Keep core tight during pull-ups
- Full extension at bottom of dips
- Slow eccentric phase (3 seconds down)

- Avoid swinging or momentum

Goal: Build pushing and pulling strength balance.





# **“ADVANCED CORE DEVELOPMENT**

Rest: 60 seconds between sets

1. Hanging Leg Raises – 4 × 12–15 reps
2. L-Sit Hold – 4 × 30–45 sec
3. Dragon Flags – 3 × 6–8 reps
4. Side Plank Reach Through – 3 × 12 each side

## Core Principles:

- Keep spine neutral
- Avoid arching lower back
- Control every movement
- Engage deep abdominal muscles

A strong core improves every advanced movement.



# **“ LOWER BODY STRENGTH & POWER**

Rest: 60–90 seconds

1. Pistol Squats – 3 × 6–8 each leg
2. Bulgarian Split Squats – 3 × 10 each leg
3. Jump Squats – 3 × 15
4. Wall Sit – 60–90 seconds

Focus On:

- Knee alignment
- Controlled descent
- Explosive upward movement
- Balanced weight distribution

Strong legs create total body athleticism.





# EXPLOSIVE & SKILL TRAINING

Skill training builds next-level performance.

1. Muscle-Up Progressions – 4 × 5
2. Handstand Hold (Wall Supported) – 3 × 30–45 sec
3. Clap Push-Ups – 3 × 10
4. Tuck Front Lever Hold – 3 × 20 sec

## Tips:

- Train skills when fresh
- Focus on control before speed
- Do not rush progressions
- Master basics before full movements

Skill + strength = elite calisthenics performance.



# WEEKLY TRAINING SPLIT

Day Structure

Day 1 – Upper Body Strength

Day 2 – Lower Body Strength

Day 3 – Rest or Active Recovery

Day 4 – Core + Skills

Day 5 – Full Body Explosive

Day 6 – Mobility & Light Cardio

Day 7 – Complete Rest

Active Recovery Options:

- Light jogging
- Stretching
- Mobility drills
- Yoga

Consistency beats intensity. Stay disciplined.

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# NUTRITION & RECOVERY GUIDELINES

Muscle growth requires proper fueling.

**A**

## PROTEIN INTAKE

1.6–2 grams per kg of bodyweight



**B**

## HYDRATION

3–4 liters water daily



**C**

## SLEEP

7–8 hours minimum



### Post-Workout Nutrition

- Lean protein
- Complex carbohydrates
- Healthy fats

### Avoid:

- Processed sugar
- Overtraining
- Inconsistent sleep

**RECOVERY IS WHERE MUSCLE IS BUILT.**

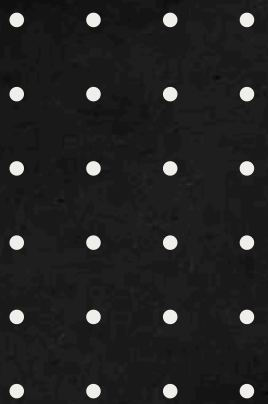
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# SAFETY, PROGRESSION & FINAL MOTIVATION



## Progress Safely:

- Increase reps gradually
- Add tempo control (slow negatives)
- Increase hold times weekly
- Track performance in a journal



## Warning Signs:

- Persistent joint pain
- Sharp shoulder pain
- Lower back discomfort



**ALWAYS  
PRIORITIZE  
FORM OVER  
REPETITIONS.**

Your body is your gym.  
Strength is earned  
through discipline.  
Progress comes from  
consistency.



**TRAIN HARD.**

**RECOVER WELL.**

**LEVEL UP.**

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