

## Weighted Calisthenics

After you have completed each phase, you can give yourself a test and take a day to perform your 1 rep max on dip and pull-ups. Remember to warm up properly, and build up to a max weight in this order. For example: 5-10 reps BW, 3-5 Reps 20kg, 3Reps,40kg, 1 max rep test.

Please record this 1 rep max for me, and post it on youtube. It would be awesome to see your hardwork being payed off.. thanks a lot for buying this e-book and I wish you a lot of luck, stay dedicated.

If you have any questions please email me to [littlebeastmtraining@gmail.com](mailto:littlebeastmtraining@gmail.com) anytime, thanks again.

- Part 1

### Pre Requirements/Warning :

You can only perform this program if you can do 15 bodyweight pull ups and 20 bodyweight dips.

- Part 2

### Training Schedule :

Day 1 : Pull - *High volume Day*

Day 2 : Push - *High volume Day*

Day 3 : *Rest*

Day 4 : Pull - *Technique/Power Day.*

Day 5 : Push - *Technique/Power Day.*

Day 6 : *Rest*

Day 7: Pull - *Explosive day*

Day 8: Push - *Explosive day*

Day 9: *Rest*

Start with day 1.

- Part 3

### Type of workouts :

1. High Volume Day, 5-6 reps X5 sets. (*building*)
2. Technique/Power Day. 3-5 reps x 3-4 sets (*use of deadstops and static holds on reps*)
3. Explosive Day. 3-5 reps x 3-4 sets (*if you feel like you cant be as fast as your rep before then stop the set and rest until the next set, its about speed*)

- Part 4

### Where to start :

**Phase 1:** Beginner, 15 bodyweight pull ups and 25 bodyweight dips.

*Working weight = 20-25% of BW*

**Phase 2:** Intermediate, After phase 1 or atleast 5 pull ups and 8 dips with 25% of your bodyweight.

*Working weight = 30-45% of BW*

**Phase 3:** Advanced, After phase 2 or atleast 5 pull ups and 8 dips with 30-45% of your bodyweight.

*Working weight = 50-65% of BW*

**Phase 4:** Extreme, After Phase 3 or atleast 5 pull ups and 8 dips with 60-80% of your bodyweight.

*Working weight = 70-90% of BW*

- Part 5

### How does a phase work? :

Each phase consist of maximal 3 months.

Each phase must be performed for at least 1 month before moving onto the next phase, even when it's **really** easy.

You can only perform the next phase if the phase you are doing is getting **really** easy.

Each phase has different exercises, progressions, stimulations, and training methods.

- Part 6

**When to increase weight? :**

Increase weight by 2,5kg/5kg After repeating the schedule for 2 times.

- Part 7

**Static stretching routine:** [http://youtu.be/B\\_GB-r-0LOM](http://youtu.be/B_GB-r-0LOM)

Must be performed 1 day before rest day, after your workout.

Hold every stretch for at least 30 seconds, breathing deep in and out.

Perform the stretches in order of the video, repeat for 3 rounds.

Take no longer than 45 sec rest between sets.

Drink a lot of water after your stretching session.

- Part 8

**Shoulder prehab and rehab routine:** <http://www.youtube.com/watch?v=zjeVRe9L6kE>

perform this whole routine at least one time a week, or when you feel pain in the shoulder area.

Perform every exercise for at least 10 reps.

Each exercise must be performed for 2 sets before moving onto the next exercise.

- Part 9

**Warm-up: Must be performed before each training day! I repeat, You must!**

Perform A,B,C all straight after each other with very little rest time between sets.

A. Wall Band routine

[http://www.youtube.com/watch?feature=player\\_detailpage&v=zjeVRe9L6kE#t=5s](http://www.youtube.com/watch?feature=player_detailpage&v=zjeVRe9L6kE#t=5s)

10 reps each movement.

B: Scapula Band Routine

[http://www.youtube.com/watch?v=B41KOGS\\_9C0](http://www.youtube.com/watch?v=B41KOGS_9C0)

10 reps each movement.

C: Wrist Routine

<http://www.youtube.com/watch?v=7gfLCVNWFrM>

Start with A. Repeat A,B,C for 2-3 times.

- Part 10

**Bonus: Sample diet**

Sample diet: All foods must be Organic and Wild as possible.

Breakfast:

Option 1: 4-6 Whole Eggs in grassfed butter or cooked for 3 minuts, 1-2 Bananas+ Handfull of blueberries or raspberries.

Option 2: Wild Salmon from can or Grassfed Meat/Sausage, handfull of nuts, make sure to have different kind of nuts almost each day.

Organic coffee or Tea can be added.

Pre-workout/Snack:

Option 1: 1-2 Bananas or 250 Gram Watermelon or Grapes.

Option 2: Handfull off nuts or 1 Avocado.

Post-workout/Lunch:

Option 1: Yam baked in coconut oil or grassfed butter, with 250 gram broccoli/spinach/sprouts/green beans, 250 gram chicken.

Option 2: 200-250 gram White rice, with Mixed vegetables and 250 gram of chicken or grassfed steak.

After lunch:

White rice/sweet potatoe with 250 grams of chicken

Snack:

Option 1: Handfull of blueberries or any type of berry, with a piece of organic 90%+ chocolate.

Option 2: 3-5 Pieces of any type of dried fruit

Dinner:

Option 1: White Rice,Potatoe,Yams baked in grassfed butter, with 250 gram of broccoli/spinach/sprouts/green beans, 250 gram of wild fish/chicken/meat.

Option 2: 300/500 grams of vegetables,250 gram of wild fish/chicken/meat.

Late night Snack: Almonds and organic 90%+ chocolate.

- Part 11

**Training**

See page below.

***Warning : All exercises must be performed with full range of motion, always!***

**Phase 1: Beginner. 1-3 months.**

***(remember you are working with a weight of 20-25% of your bodyweight here)***

Day 1 : Pulling (high volume)

**A: Weighted Wide Pull-ups with a weight you can do 6 reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 6 reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Bodyweight ring Rows with feet elevated on hip height.**

[http://www.youtube.com/watch?v=yKd6WwxRG\\_4&feature=youtu.be](http://www.youtube.com/watch?v=yKd6WwxRG_4&feature=youtu.be)

Reps: 8-10

Sets: 5

Rest: 90-120 sec

**D: Scapula retraction hang on bar**

<http://youtu.be/puIeQlkE-5Q>

Time: 15-20 sec

Sets: 3-5

Rest: 90-120 sec

**E: Bicep ring curls**

[http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player\\_detailpage#t=77](http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player_detailpage#t=77)

Reps: 10

Sets: 3-4

Rest: 60-90 sec

Day 2 : Pushing (high volume)

**A: Weighted dips on dipbar with a weight you can do 6 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Handstand push ups with back facing the wall on handles**

[http://www.youtube.com/watch?v=iz9j\\_S6FddA](http://www.youtube.com/watch?v=iz9j_S6FddA)

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Dips on rings with 1 sec hold on each rep.**

<http://www.youtube.com/watch?v=IBHWkmSHT68>

Reps: 5-8

Sets: 5

Rest: 90-120 sec

**D1: Push-ups on rings**

<http://youtu.be/avENDBsegGs>

Reps: 10

Sets: 5

Rest: No rest Perform D2.

**D2: Tricep extensions**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10-15

Sets: 5

Rest: 90-120 sec

Day 3 : Pulling (technique/power)

**A: Wide pull ups with 2 sec hold on top and 2 sec hold on deadhang each rep with a weight you can do 5 reps with.**

<http://youtu.be/q5NHHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: 3,3,1 chin ups on rings with a weight you can do 5 reps with. ( dont perform L-sit)**

<http://www.youtube.com/watch?v=4PuP6C6g-uM>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: 90 degree Chin-up hold on rings with a weight you can do normal 8 ring chin ups with.**

<http://www.youtube.com/watch?v=rfJFHYgthyM>

Reps: 15-30 sec

Sets: 3

Rest: 90-120 sec

**D1: Bodyweight ring Rows with feet elevated on hip height.**

[http://www.youtube.com/watch?v=yKd6WwxRG\\_4&feature=youtu.be](http://www.youtube.com/watch?v=yKd6WwxRG_4&feature=youtu.be)

Reps: 8-10

Sets: 3

Rest: NO REST perform D2.

**D2: Scapula retraction hang on bar**

<http://youtu.be/puIeQlkE-5Q>

Time: 15-20 sec

Sets: 3

Rest: 90-120 sec

Day 4 : Pushing (technique/power)

**A: Weighted dips on dipbar with 2 sec hold down and 2 sec hold up with a weight you can do 5 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Handstand push ups with back facing the wall on handles 5 second negative 5 second positive each rep.**

[http://www.youtube.com/watch?v=iz9j\\_S6FddA](http://www.youtube.com/watch?v=iz9j_S6FddA)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Straight bar dips**

<http://youtu.be/U6volGf3uMM>

Reps: 10

Sets: 3-4

Rest: 90-120 sec

**D1: Push-ups on rings ( 5 second negative 5 second positive each rep)**

<http://youtu.be/avENDBsegGs>

Reps: 10

Sets: 5

Rest: No rest Perform D2.

**D2: Tricep extensions ( 5 second negative, 5 second positive each rep)**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 5

Rest: 90-120 sec

Day 5 : Pulling (explosive day) ( **remember its about speed, dont go to heavy but also not to light.**)

**A: Weighted Wide Pull-ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/q5NHHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive pull ups to chest or higher**

[http://www.youtube.com/watch?v=y6biMf2skiU&feature=player\\_detailpage#t=42](http://www.youtube.com/watch?v=y6biMf2skiU&feature=player_detailpage#t=42)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**D: EXPLOSIVE Bodyweight ring Rows with feet elevated on hip height.**

[http://www.youtube.com/watch?v=yKd6WwxRG\\_4&feature=youtu.be](http://www.youtube.com/watch?v=yKd6WwxRG_4&feature=youtu.be)

Reps: 5

Sets: 3-4

Rest: 90-120 sec



Day 6 : Pushing (explosive day)

**A: Weighted dips on dipbar with a weight you can do 5 explosive reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Explosive Handstand push ups with back facing the wall on handles**

[http://www.youtube.com/watch?v=iz9j\\_S6FddA](http://www.youtube.com/watch?v=iz9j_S6FddA)

Reps: 3

Sets: 3-4

Rest: 90-120 sec

**C: Clapping push ups on ground**

<http://youtu.be/Yb4qnLOl3yw>

Reps: 5

Sets: 3

Rest: 90-120 sec

**D: Diamond to push up**

<http://youtu.be/RUolf1AdWfo>

Reps: 5

Sets: 3

Rest: 90-120 sec

**Phase 2: Intermediate 3-6 months. (remember you are working with a weight of 25-40% of your bodyweight here)**

Day 1 : Pulling (high volume)

**A: Weighted Wide Pull-ups with a weight you can do 6 reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 6 reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Tuck frontlever pull ups on rings**

<http://youtu.be/zYHwkv7OOrE>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**D: Scapula retraction + depression hang on bar**

<http://youtu.be/wyYaCS8Ac7U>

Time: 15-20 sec

Sets: 3-5

Rest: 90-120 sec

**E: Bicep ring curls**

[http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player\\_detailpage#t=77](http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player_detailpage#t=77)

Reps: 10

Sets: 3-4

Rest: 60-90 sec

Day 2 : Pushing (high volume)

**A: Weighted dips on dipbar with a weight you can do 6 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Bulgarian dips on rings with 1 sec hold on each rep**

[http://www.youtube.com/watch?v=cIzW\\_aMgrMc](http://www.youtube.com/watch?v=cIzW_aMgrMc)

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**D1: Psuedo planche push ups on ground ( with hands to the side)**

<http://www.youtube.com/watch?v=4gg06eCfqKQ>

Reps: 5-6

Sets: 5

Rest: No rest Perform D2.

**D2: Tricep extensions**

<http://youtu.be/xYUyuyyYYtQ>

Reps:10

Sets: 5

Rest: 90-120 sec

Day 3 : Pulling (technique/power)

**A: Wide pull ups with 2 sec hold on top and 2 sec hold on deadhang each rep with a weight you can do 5 reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: 3,3,1 chin ups on rings with a weight you can do 5 reps with. ( dont perform L-sit)**

<http://www.youtube.com/watch?v=4PuP6C6g-uM>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: TOP Chin-up hold on rings with a weight you can do normal 5 ring chin ups with.**

<http://www.youtube.com/watch?v=Lzl8h91FAo8>

Reps: 15-30 sec

Sets: 3

Rest: 90-120 sec

**D1: Tuck frontlever pull ups on rings**

<http://youtu.be/zYHwkv7OOrE>

Reps: 3-5

Sets: 3

Rest: No rest perform D2.

**D2: Scapula retraction + depression hang on bar**

<http://youtu.be/wyYaCS8Ac7U>

Time: 15-20 sec

Sets: 3

Rest: 90-120 sec

Day 4 : Pushing (technique/power)

**A: Weighted dips on dipbar with 2 sec hold down and 2 sec hold up with a weight you can do 5 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall 5 second negative 5 second positive each rep.**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: underhand grip straight bar dips**

<http://youtu.be/diap84kEvqc>

Reps: 10

Sets: 3-4

Rest: 90-120 sec

**D1: Scapula push ups**

<http://www.youtube.com/watch?v=h6r3sAFp4YQ&feature=youtu.be>

Reps: 10

Sets: 3

Rest: No rest Perform D2.

**D2: Tricep extensions ( 5 second negative, 5 second positive each rep)**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 3

Rest: 90-120 sec

Day 5 : Pulling (explosive day) ( **remember its about speed, dont go to heavy but also not to light.**)

**A: Weighted Wide Pull-ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive soldier pull ups on bar with a weight you can do 5 explosive reps with**

<http://youtu.be/RBm2iIxxqJck>

Reps: 3-5 each side

Sets: 4, 2 sets each arm.

Rest: 90-120 sec

**D: Explosive pull ups to chest or higher**

[http://www.youtube.com/watch?v=y6biMf2skiU&feature=player\\_detailpage#t=42](http://www.youtube.com/watch?v=y6biMf2skiU&feature=player_detailpage#t=42)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

Day 6 : Pushing (explosive day)

**A: Weighted dips on dipbar with a weight you can do 5 explosive reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Explosive Handstand push ups with belly facing the wall**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive dips on rings**

<http://www.youtube.com/watch?v=IBHWkmSHT68>

Reps: 5

Sets: 3

Rest: 90-120 sec

**D: Diamond to push up**

<http://youtu.be/RUolf1AdWfo>

Reps: 10

Sets: 3

Rest: 90-120 sec

**Phase 3: Intermediate 6-9 months. (remember you are working with a weight of 50-65% of your bodyweight here)**

Day 1 : Pulling (high volume)

**A: Weighted Wide Pull-ups with a weight you can do 6 reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 6 reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Tuck frontlever pull ups on rings**

<http://youtu.be/zYHwkv7OOrE>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**D: Scapula pull ups on bar ( retract + depress then pull while holding the retraction and depression)**

[http://youtu.be/Tq3bJV\\_TQ9E](http://youtu.be/Tq3bJV_TQ9E)

Reps: 5-8

Sets: 3-5

Rest: 90-120 sec

**E: Bicep ring curls**

[http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player\\_detailpage#t=77](http://www.youtube.com/watch?v=EHhm1TjJhIk&feature=player_detailpage#t=77)

Reps: 10

Sets: 3-4

Rest: 60-90 sec



Day 2 : Pushing (high volume)

**A: Weighted dips on dipbar with a weight you can do 6 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall (use 2 blocks or somekind of elevation to go deeper)**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Bulgarian dips on rings with 1 sec hold on each rep ( with a weight you can do 5-6 reps with +5/10kg)**

[http://www.youtube.com/watch?v=cIzW\\_aMgrMc](http://www.youtube.com/watch?v=cIzW_aMgrMc)

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**D1: Psuedo planche push ups on handles with feet elevated on box**

<http://youtu.be/aJkQeiCz2-c>

Reps: 5-6

Sets: 5

Rest: No rest Perform D2.

**D2: Tricep extensions**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 5

Rest: 90-120 sec

Day 3 : Pulling (technique/power)

**A: Wide pull ups with 2 sec hold on top and 2 sec hold on deadhang each rep with a weight you can do 5 reps with.**

<http://youtu.be/q5NHHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: 3,3,1 chin ups on rings with a weight you can do 5 reps with. ( dont perform L-sit)**

<http://www.youtube.com/watch?v=4PuP6C6g-uM>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: TOP Chin-up hold on rings with a weight you can do normal 5 ring chin ups with.**

<http://www.youtube.com/watch?v=Lzl8h91FAo8>

Reps: 15-30 sec

Sets: 3

Rest: 90-120 sec

**D: Scapula pull ups on bar ( retract + depress then pull while holding the retraction and depression)**

[http://youtu.be/Tq3bJV\\_TQ9E](http://youtu.be/Tq3bJV_TQ9E)

Reps: 5-8

Sets: 3-5

Rest: 90-120 sec

**E: One arm scapula retractions on rings 3 reps of 5-10 sec each arm.**

<http://youtu.be/zYHwkv7OOrE>

Reps: 3 each arm

Sets: 3-4

Rest: 60-90 sec

Day 4 : Pushing (technique/power)

**A: Weighted dips on dipbar with 2 sec hold down and 2 sec hold up with a weight you can do 5 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall 5 second negative 5 second positive each rep. ( between elevation such as a box )**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Back and forth in L-sit**

<http://youtu.be/y1dIfJDftNw>

Reps: 5

Sets: 3-4

Rest: 90-120 sec

**D1: Handstand scapula shrugs**

<http://www.youtube.com/watch?v=sQMqAcgLavw&feature=youtu.be>

Reps: 10

Sets: 3

Rest: No rest Perform D2.

**D2: Tricep extensions ( 5 second negative, 5 second positive each rep)**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 3

Rest: 90-120 sec

Day 5 : Pulling (explosive day) ( **remember its about speed, dont go to heavy but also not to light.**)

**A: Weighted Wide Pull-ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive soldier pull ups on bar with a weight you can do 5 explosive reps with**

<http://youtu.be/RBm2iIxxqJck>

Reps: 3-5 each side

Sets: 4, 2 sets each arm.

Rest: 90-120 sec

**D: Deadhang explosive muscle ups on bar**

[http://www.youtube.com/watch?v=wzGd4qQMUiu&feature=player\\_detailpage#t=183](http://www.youtube.com/watch?v=wzGd4qQMUiu&feature=player_detailpage#t=183)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

Day 6 : Pushing (explosive day)

**A: Weighted dips on dipbar with a weight you can do 5 explosive reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Explosive Handstand push ups with belly facing the wall ( between higher elevation)**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive dips on rings with a weight a weight you can do 5 reps with 5/10kg+**

<http://www.youtube.com/watch?v=IBHWkmSHT68>

Reps: 5

Sets: 3

Rest: 90-120 sec

**D: Psuedo planche push ups on handles with feet elevated**

<http://youtu.be/aJkQeiCz2-c>

Reps: 5

Sets: 3

Rest: 90-120 sec

**Phase 4: Intermediate 9-12 months. (remember you are working with a weight of 70-90% of your bodyweight here)**

Day 1 : Pulling (high volume)

**A: Weighted Wide Pull-ups with a weight you can do 6 reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 6 reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C1: Tuck frontlever pull ups on rings**

<http://youtu.be/zYHwkv7OOrE>

Reps: 5-6

Sets: 5

Rest: NO REST perform C2.

**C2: Scapula pull ups on bar ( retract + depress then pull while holding the retraction and depression)**

[http://youtu.be/Tq3bJV\\_TQ9E](http://youtu.be/Tq3bJV_TQ9E)

Reps: 5-8

Sets: 3-5

Rest: 90-120 sec

**D: Frenchies on bar followed by bicep ring curls**

<http://www.youtube.com/watch?v=EHhm1TjJhIk>

Reps: -

Sets: 3-4

Rest: No rest between exercises, 150 sec rest between sets.

Day 2 : Pushing (high volume)

**A: Weighted dips on dipbar with a weight you can do 6 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall (use 2 blocks or somekind of elevation to go deeper)**

**Option 1: use a weighted vest.**

**Option 2: Do freestanding HSPU if you can.**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**C: Bulgarian dips on rings with 1 sec hold on each rep ( with a weight you can do 5-6 reps with 10/20kg)**

[http://www.youtube.com/watch?v=cIzW\\_aMgrMc](http://www.youtube.com/watch?v=cIzW_aMgrMc)

Reps: 5-6

Sets: 5

Rest: 90-120 sec

**D1: Psuedo planche push ups on handles with feet elevated on box**

<http://youtu.be/aJkQeiCz2-c>

Reps: 10

Sets: 5

Rest: No rest Perform D2.

**D2: Tricep extensions**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 5

Rest: 90-120 sec

Day 3 : Pulling (technique/power)

**A: Wide pull ups with 2 sec hold on top and 2 sec hold on deadhang each rep with a weight you can do 5 reps with.**

<http://youtu.be/q5NHHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: 3,3,1 chin ups on rings with a weight you can do 5 reps with. ( dont perform L-sit)**

<http://www.youtube.com/watch?v=4PuP6C6g-uM>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Archer chin-ups on rings**

[http://www.youtube.com/watch?v=WIRJ2Fu\\_qOE](http://www.youtube.com/watch?v=WIRJ2Fu_qOE)

Reps: 3-5 each arm,

Sets: 3

Rest: 90-120 sec

**D1: Scapula pull ups on bar ( retract + depress then pull while holding the retraction and depression)**

[http://youtu.be/Tq3bJV\\_TQ9E](http://youtu.be/Tq3bJV_TQ9E)

Reps: 5-8

Sets: 3-5

Rest: NO rest perform D2.

**D2: One arm scapula retractions on rings 3-5 reps of 5-10 sec each arm.**

<http://youtu.be/zYHwkv7OOrE>

Reps: 3 each arm

Sets: 3-5

Rest: 60-90 sec



Day 4 : Pushing (technique/power)

**A: Weighted dips on dipbar with 2 sec hold down and 2 sec hold up with a weight you can do 5 reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Handstand push ups with belly facing the wall 5 second negative 5 second positive each rep. ( between elevation such as a box )**

**Option 1: you can use a weighted vest.**

**Option 2: you can use a deeper elevation.**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: extended korean ring dips**

[http://www.youtube.com/watch?v=3\\_\\_8nQ8RoKY](http://www.youtube.com/watch?v=3__8nQ8RoKY)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**D1: Handstand wall walks**

[http://www.youtube.com/watch?v=5sWzibvD\\_bg&feature=youtu.be](http://www.youtube.com/watch?v=5sWzibvD_bg&feature=youtu.be)

Reps: 3-4 times up and down

Sets: 3

Rest: No rest Perform D2.

**D2: Tricep extensions ( 5 second negative, 5 second positive each rep)**

<http://youtu.be/xYUyuyyYYtQ>

Reps: 10

Sets: 3

Rest: 90-120 sec

Day 5 : Pulling (explosive day) ( **remember its about speed, dont go to heavy but also not to light.**)

**A: Weighted Wide Pull-ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/q5NHXHQhCMk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Weighted Close grip pull ups with a weight you can do 5 explosive reps with.**

<http://youtu.be/IHAACX-gL18>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Deadhang explosive muscle ups on bar**

[http://www.youtube.com/watch?v=wzGd4qQMUiU&feature=player\\_detailpage#t=183](http://www.youtube.com/watch?v=wzGd4qQMUiU&feature=player_detailpage#t=183)

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**D: One arm pull up attempts on bar.**

Reps: 1-3

Sets: 4-6, 2-3 sets each arm.

Rest: 90-120 sec

Day 6 : Pushing (explosive day)

**A: Weighted dips on dipbar with a weight you can do 5 explosive reps with.**

<http://www.youtube.com/watch?v=4ihlnbKazm0&feature=youtu.be>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**B: Explosive Handstand push ups with belly facing the wall ( between higher elevation)**

<http://www.youtube.com/watch?v=yOatFVnnjzk>

Reps: 3-5

Sets: 3-4

Rest: 90-120 sec

**C: Explosive dips on rings with a weight a weight you can do 5 reps with 10/15kg**

<http://www.youtube.com/watch?v=IBHWkmSHT68>

Reps: 5

Sets: 3

Rest: 90-120 sec

**D: Psuedo planche push ups on handles with feet elevated <http://youtu.be/aJkQeiCz2-c>**

**Option 1: add a weighted vest**

**Option 2: wall planche push ups [http://www.youtube.com/watch?v=A93pQ\\_L0QZQ](http://www.youtube.com/watch?v=A93pQ_L0QZQ)**

Reps: 5-8

Sets: 3-4

Rest: 90-120 sec