

# WEEKLY CALISTHENICS SCHEDULE

NUMBER 1 FULL BODY WEEK SCHEDULE + SKILL TRAINING (6 DAYS)



**ON THAT BAR**  
For the real athletes

Leg strength + core		Pull strength		Push strength		Leg mass building		Pull mass building		Push mass building	
Monday	Mon: notes	Tuesday	Tue: notes	Wednesday	Wed: notes	Thursday	Thu: notes	Friday	Fri: notes	Sat / Sun	Sat / Sun: notes
1 WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING	WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING	WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING	WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING	WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING	WARM UP +- 10 min.	CROSSTRAINER, ROWING, CYCLING, RUNNING
2 SQUATS	3 X 12 / 0 KG.	FRONT LEVER	3 X HOLD. 3 X PULL UPS. 3 X RAISES.	PLANCHE	3 X HOLD. 3 X TUCK PUSH.	SQUATS	3 X 12 / 0 KG.	FRONT LEVER	3 X HOLD. 3 X PULLS. 3 X RAISES.	PLANCHE	3 X HOLD. 3 X TUCK PUSH.
3 WEIGHTED SQUATS	1 X 20 / ... KG. 1 X 20 / ... KG. 1 X 20 / ... KG.	HUMAN FLAG	3 X HOLD. 3 X RAISES. 3 X NEGATIVES.	BACK LEVER	3 X HOLD. 3 X ROTATE (SKIN THE CAT)	WEIGHTED SQUATS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	HUMAN FLAG	3 X HOLD. 3 X PULLS. 3 X RAISES.	BACK LEVER	3 X HOLD. 3 X ROTATE (SKIN THE CAT)
4 LUNGES WALK	3 X 10 METER	MUSCLE UP	3 X MAX.	HANDSTAND	3 X PUSH UP. 3 X MAX. HOLD	LEG PRESS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	MUSCLE UP	3 X MAX. HOLD	HANDSTAND	3 X PUSH UP. 3 X HOLD (ONE)
5 PISTOL SQUATS	AS MANY POSSIBLE	WEITHED PULL UPS	3 X MAX WITH. 10 KG.	WEIGHTED DIPS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	WEIGHTED CALFRAISES	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	BICEP CURL DOUBLE	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	BENCH PRESS	1 X 12 / ... KG. 1 X 12 / ... KG 1 X 12 / ... KG.
6 HIP TRUSTER	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	WEIGHTED CHIN UPS	3 X MAX WITH. 10 KG.	WEIGHTED PUSH UPS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	HIP TRUSTER	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	LAT PULL DOWN	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	FLY'S	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.
7 WEIGHTED CALFRAISES	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	AUSTRALIAN PULL-UPS	3 X 12 REPS	SKULL CHRUCHERS	3 X 12	LEG EXTENSION	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	ROWS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	ROPE PUSH DOWN	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.
8 INCLINE SIT UPS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	AUSTRALIAN CHIN-UPS	3 X 12 REPS	OVERHEAD PUSH UPS	1 X 12. 1 X 10. 1 X 8.	HAMSTRINGS	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	BICEP CURL SINGLE	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	SHOULDER RAISES	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.
9 SIDE RAISES BACK RAISES	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	DRAGONFLYS	1 X 6. 1 X 5. 1 X 4.	PUSH UP	3 X MAX	HIP ABDUCTOR	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	ROPE BICEP CURL	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	SINGLE ROPE PUSH DOWN	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.
10 STRECHTING UPPER BODY +- 15 min.	EXTRA: AB ROLLER	STATIC HANG	1 X ONE HAND. 1 X PULL HOLD 1 X CHIN HOLD	STRECHTING LOWER BODY. +- 15 min.	EXTRA: CRUNCHES	HIP ADDUCTOR	1 X 12 / ... KG. 1 X 12 / ... KG. 1 X 12 / ... KG.	STATIC HANG	1 X ONE HAND. 1 X PULL HOLD 1 X CHIN HOLD	STRETCHING	FULL BODY