

2018 | By: Josh Steckel



TWO WEEK BEGINNER CALISTHENICS PROGRAM

Beginning a calisthenics program is not easy. It requires hundreds, even thousands, of hours of dedicated practice to achieve the stability, fluidity, power, control, and strength endurance needed to perform these movements with elegance and grace. Some days your whole body will hurt; your bones, your muscles, your joints, but you have to understand what you are trying to accomplish. You are replacing string with iron. You are creating an indestructible body, and this requires much sacrifice and a lot of pain in the beginning. You will be doing the same movements over and over and over again until you can do hundreds of repetitions without feeling tired at all. So set your mind to your goal, and get to work.

DAY 1: BENCHMARK DAY

Warm Up: 3 rounds

- 20 seconds shoulder circles
- 20 second shoulder taps in plank position
- 20 band pull aparts

Max Pull Ups: 2 mins rest between sets

- Set 1
- Set 2
- Set 3

Max Push Ups: 2 mins rest between sets

- Set 1
- Set 2
- Set 3

Max Dips: 2 mins rest between sets

- Set 1
- Set 2
- Set 3

Max Planks: 2 mins rest between sets

- Set 1
- Set 2
- Set 3

DAY 2: FULL BODY

Warm Up: 2 rounds

- 10 Hip Circles
- 10 Bird Dog
- 20 Band Pull Aparts
- 30 Jumping Jacks

Skill Work: Pistol Squat

- Assisted Single Leg Squats (Pistol Squats)
- Find a box you can sit on and comfortably get up. Practice lowering yourself very slow and controlled and getting up without momentum. Spend 5-10 mins practicing, going back and forth leg to leg

ExRx: 5 rounds

- 15 Pushups
- 5 Pull Ups
- 15 Ring rows/Horizontal row on bar
- 25 Body Weight Squats
- 20 Walking Lunges

Finisher:

- 30 Seconds Burpees
- 30 Seconds Plank
- No Rest, 5 Rounds = 5 Minutes Total

DAY 3: FULL BODY

Warm Up: 2 rounds

- 10 Lunge with Rotation
- 10 Dead Bug
- 20 Band Pull Aparts
- 10 Squat Jumps

Skill Work: Diamond Push-up

- Place your hands in a diamond so your index finger and your thumbs are touching.
- Very slow and controlled, touch your sternum/diaphragm right in the center of your diamond. Do 3-5 sets of maximum reps of slow controlled repetitions (2 seconds down, 2 seconds up)

ExRx: 4 rounds

- 10 pike pushups (shoulder pushups)
- 20 russian twist
- 20 shoulder taps from pushup position
- 20 lunges
- 15 ring rows
- 15 situps
- 10 plank to hands (5 left hand, 5 right hand)
- 20 body weight squats

ExRx: 4 rounds

- 45 Seconds Crab Walk
- 15 Seconds Rest

DAY 4: YOGA/STRETCHING

- This is not a break, you have to listen to your body and see where it is tight. You might even turn on some soothing music and sit on the floor with your eyes closed, and just focus on your breathing. Your body will tell you what it needs to stretch. If this practice is too intimidating to do at first, just search youtube for a yoga flow.

DAY 5: FULL BODY

Warm Up: 2 rounds

- 10 Hip Circles
- 10 Bird Dog
- 20 Band Pull Aparts
- 30 Jumping Jacks

Skill Work: Handstand

- Handstand hold against a wall
- Spend 5-10 minutes playing with this move, practicing walking up into it or jumping into it. Keep the arms locked at the top, and pull the ribs into the pelvis (stomach squeezed)

ExRx: 5 Rounds

- Handstand hold against a wall
- Spend 5-10 minutes playing with this move, practicing walking up into it or jumping into it. Keep the arms locked at the top, and pull the ribs into the pelvis (stomach squeezed)

ExRx: 5 Rounds

- 1 burpee
- 1 pike pushup
- Add 1 rep per round

DAY 6: FULL BODY

Warm Up: 2 rounds

- 10 Hip Circles
- 10 Bird Dog
- 20 Band Pull Aparts
- 30 Jumping Jacks

Skill Work: Tricep Extensions

- Start in a pushup position, with your hands extended out in front of your body
- Arch your back, pushing away the floor, tilting your pelvis and your ribs to tuck in towards each other
- SLOWLY lower your elbows to the ground in a controlled manner
- Drop to your knees and start over from the top
- Do 15-20 high quality repetitions

ExRx: 6 Round

- 25 squats
- 20 TRX/Ring high pulls
- 15 Overhead press
- 10 Box jumps
- 5 Inchworms

Finisher: 20 Minutes Run or 2 Miles

DAY 7: YOGA/STRETCH

- For week 2, have Day 1 be a rest day instead of the benchmark day, then complete the week as followed starting Day 2. Complete every single repetition and follow every rule, no more and no less. Because you are just beginning, you don't know yet how to listen to your body, so follow my instructions to the T. If you need long rest periods during the routines, take your time. Each day should take you around 1 hr from start to finish. Be sure to drink lots of water, and stretch throughout the