

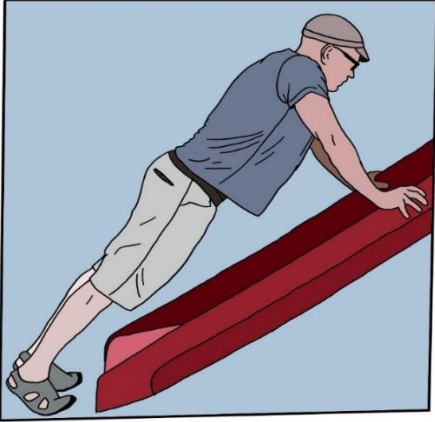

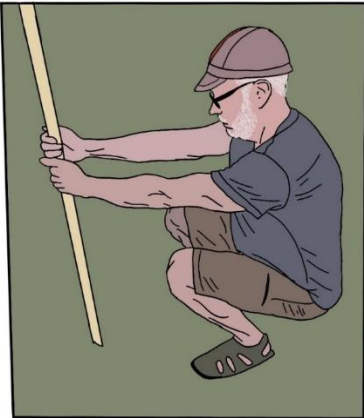
Form Is Everything

Beginner Eight Week Calisthenics Program

Week 1: 2 workouts, 2 days between, 3 exercises, two sets each

Workouts 1 & 2

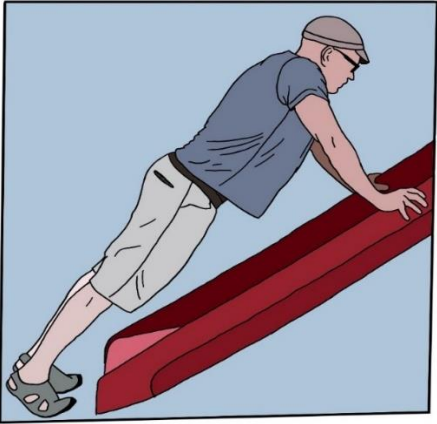

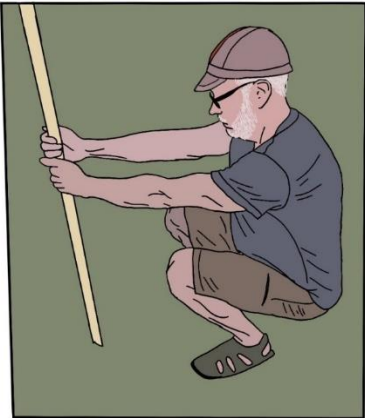
Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p><u>Workout 1</u></p> <p>Incline Push-Ups – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p><u>Workout 2</u></p> <p>Incline Push-Ups – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>
	<p>Incline Rows – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p>Incline Rows – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>
	<p>Assisted Squats – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p>Assisted Squats – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>

Week 2: 2 workouts, 2 days between, 3 exercises, two sets each

Workouts 1 & 2 -- **TRY TO EXCEED WEEK 1 TOTAL REPETITIONS PER EXERCISE**

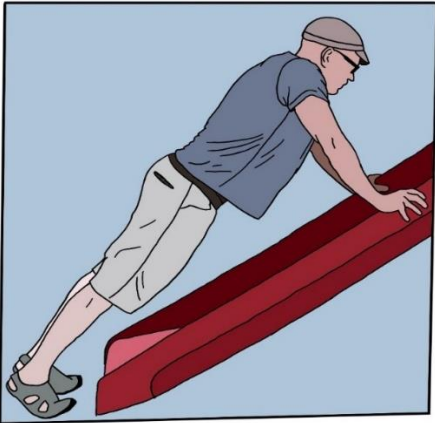

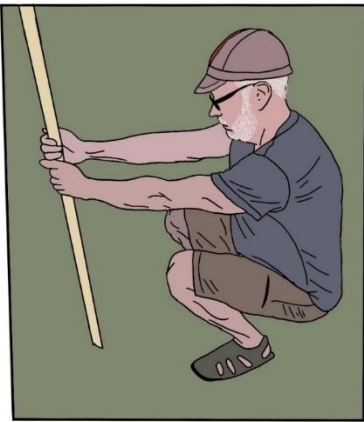
Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p><u>Workout 1</u></p> <p>Incline Push-Ups – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p><u>Workout 2</u></p> <p>Incline Push-Ups – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>
	<p>Incline Rows – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p>Incline Rows – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>
	<p>Assisted Squats – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>	<p>Assisted Squats – 2 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p>

Week 3: 2 workouts, 2 days between, 3 exercises, THREE sets each

Workouts 1 & 2

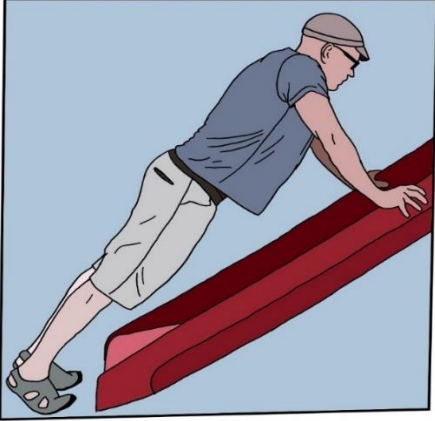

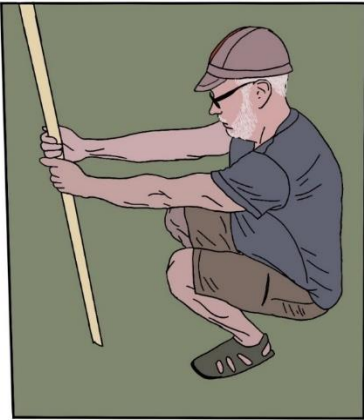
Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p style="text-align: center;"><u>Workout 1</u></p> <p>Incline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p style="text-align: center;"><u>Workout 2</u></p> <p>Incline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Incline Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Incline Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Assisted Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Assisted Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>

Week 4: 2 workouts, 2 days between, 3 exercises, THREE sets each

Workouts 1 & 2 -- **TRY TO EXCEED WEEK 3 TOTAL REPETITIONS PER EXERCISE**




Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p><u>Workout 1</u></p> <p>Incline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p><u>Workout 2</u></p> <p>Incline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Incline Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Incline Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Assisted Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Assisted Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>

Week 5: 2 workouts, 2 days between, 3 exercises, 3 sets each

Workouts 1 & 2




Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p><u>Workout 1</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p><u>Workout 2</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>

Week 6: 2 workouts, 2 days between, 3 exercises, 3 sets each

Workouts 1 & 2 -- **TRY TO EXCEED WEEK 5 TOTAL REPETITIONS PER EXERCISE**




Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p><u>Workout 1</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p><u>Workout 2</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>

Week 7: 3 workouts, 1 day between, 3 exercises, 3 sets each

Workouts 1, 2 & 3




Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p style="text-align: center;"><u>Workout 1</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p style="text-align: center;"><u>Workout 2</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p style="text-align: center;"><u>Workout 3</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>

Week 8: 3 workouts, 1 day between, 3 exercises, 3 sets each

Workouts 1, 2 & 3-- **TRY TO EXCEED WEEK 7 TOTAL REPETITIONS PER EXERCISE**

Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

	<p style="text-align: center;"><u>Workout 1</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p style="text-align: center;"><u>Workout 2</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p style="text-align: center;"><u>Workout 3</u></p> <p>Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Rows – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>
	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>	<p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>