

THE CULT CALISTHENICS

OVERCOME FEAR BEHOLD WONDER



JAMIE GERAGHTY



THE CULT
CALISTHENICS

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Jamie Geraghty is the creator of The Cult Calisthenics. He is a fitness instructor, Calisthenics practitioner, personal trainer and he also holds a diploma in personal nutrition. His passion is Calisthenics and bodyweight training. Jamie is committed towards showing people that they are capable of greatness and wants to be able to inspire and motivate others through training. He is dedicated towards changing the stigma that exists towards training properly, eating healthily and sleeping well. He believes that we ourselves are our biggest obstacle when it comes to achieving what we want from life and hopes to help others realise their own amazing potential.



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Acknowledgements

I would like to use this part of the book to thank the people who made this possible.

I would like to thank you for buying this book! Training, and more specifically calisthenics, is my passion and because of you showing an interest and wanting to better yourself, you are allowing me to follow my passion, so thank you.

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on Instagram - Nawid Reinermann or Twitter
@NawidReinermann.

Andy Tully – Range of motion Physical therapist. Thanks for all the help with the squat! Andy is a top quality physical therapist and I can't recommend him highly enough to anybody. Also one of the few physical therapists that can actually train in Calisthenics too! Based in Lucan, Dublin, check out his website for consultations and advice on improving your own range of motion-

www.romphysicaltherapy.ie

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www.dlrleisuresevices.ie/loughlinstown

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Most of our photos have been taken in Cabinteely Park, Co. Dublin. A fantastic facility and if you want to get training in Calisthenics it is one of the best places in Dublin that you can begin! I will see you there. We also took some photos in Malahide Park, which is another fabulous place to train.

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“In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body but for the two together. With these means, man can attain perfection” – Plato

Introduction

Welcome to the world of calisthenics!

You are now on your way to becoming a bodyweight ninja! Within this book I aim to show you all of the positive things that come with calisthenics training. I have a variety of topics that I will cover within this book and the main aim of this book is to be able to help you realise your amazing potential. Within The Cult Calisthenics I truly believe that the only limits anybody has are the ones they place upon themselves.

Within this book I will cover:

- Training Philosophy
- Lifestyle
- Diet
- Goal setting

And of course we have the workouts and exercise section.

I hope that you enjoy reading this book and that it has a positive impact on your life.

All of you will have different reasons for why you are reading this however they can all be summed up by one word- Change.

You wanted to change something about yourself. Whether that is to lose weight, build muscle or to simply just try something new and wanting to learn something, that can all be attributed to that one word- Change.

For me it is hugely rewarding being able to have a positive impact on people's lives and I admire anybody who wants to better themselves. All of you who are reading this are saying that. You want to better yourself in some way, shape or form and you should be proud of that fact. I wish you well on your journey ahead.

I hope that this book gives you a different outlook on the impact that training can have on your life. I hope it allows you to realise you are worth being healthy for. I hope the book

inspires you to continue to want to better yourself and gives you a different perspective on what you can achieve. This book is for anybody who wants to better themselves, regardless of their current fitness level, and I am proud of that. Wherever you are starting from in your fitness regime and whatever your aim is from this book always remember that we all started as beginners.

“Even the greatest oak tree was once a small nut that held its ground” – Ancient proverb

Regardless of where you are starting from I can guarantee there will be something within this book to help you reach the level you are aspiring to get to.

I hope this book helps you to realise your amazing potential.



History of Calisthenics

Calisthenics is ancient Greek – Kallos sthenos – meaning beauty and strength

Kallos – Beauty

Sthenos – Strength

Calisthenics is the art, science or practice of bodily exercises intended to promote strength, health and grace of movement. This type of training has a long and rich history.

- Spartan Warriors are one of the earliest races known to promote this type of training. They were also one of the fiercest warrior races that ever existed. Their form of Calisthenics was one of the major reasons for why they were such impressive warriors.
- In around 500BC Shaolin monks in China developed their own form of Calisthenics to protect their monasteries from robbers and looters.
- Disciples of Friedrich Ludwig Jahn, the father of gymnastics, brought their own version of gymnastics to the United States.
- In the 19th Century Catherine Beecher became an advocate of Calisthenics in the United States. Initially they were promoted for women, however, as their health benefits became known they became an activity for both sexes.

Essentially Calisthenics is using your own body weight for resistance and it is the only form of exercise that has been around since the dawn of time. Think about it, the first human race only lived on survival instincts. It was either eat or be eaten. If they were not able to run, pull, push, jump or climb they were eaten. They were not doing it to be fit, they were doing it simply to avoid death.

If we think back to those times and all these ferocious warriors I have briefly mentioned, you can see the human body was designed to do amazing things. We are all capable of

greatness. All we have to do is look back to our predecessors to see what the human body is capable of.

What I want to do is give you a different outlook on training. I want to be able to inspire you to train better, eat better and sleep better. However, I want you to see why you are capable of doing these things and discover all the positive effects it will have on you instead of just doing it because somebody told you to. I want you to be inspired to do these things because you have seen the great impact they are capable of having on your life. I want you to be able to aspire to be better because you believe you are capable of it. I genuinely believe we are all capable of greatness and I hope that as you read this you start to believe it too.



Benefits of Calisthenics

On this page I want to show you all the benefits that come with Calisthenics training. As you have seen, it has originated from the dawn of time. All these moves we work on in Calisthenics training are moves that in those times were necessary movement patterns in order to survive. They were not just merely exercise. This is why Calisthenics is a hugely beneficial way of training. You are moving your body the way it was designed to move.

Calisthenics has proven to benefit people in the following ways:

- i. Because you place demands on the cardiovascular system while training, it improves your cardiovascular endurance.
- ii. It improves your strength. Strength is defined as the ability to exert force. With Calisthenics training the only resistance you have is your own bodyweight and you will be surprised at the lack of people who can actually do this. A lot of weightlifters try to dismiss what Calisthenics is and see it as an easier version of training yet if you asked them to do an exercise within Calisthenics they most likely can't. However, a person involved in Calisthenics can lift weights. This is why I feel with Calisthenics you develop more functional strength. What I mean by this is you are moving your body in more natural ways and the way it was designed to move. To me Calisthenics allows you to improve your basic movement patterns and improves your quality of life. Calisthenics exercises are also seen as closed kinetic chain exercises. These are multi-joint exercises considered safer and more functional than open kinetic chain exercises, which are isolation exercises.
- iii. You improve your psychomotor function. This refers to the co-ordination between the brain and the muscles to bring about movement. This happens due to the fact that you are using multiple muscle groups with every exercise

within Calisthenics training. For example, if you are to do a pull-up you are using all your pulling muscles and other muscle groups such as your latissimus dorsi, biceps, brachialis, brachioradialis, teres major, trapezius, Deltoids, abdominals, pelvic floor and your hands. As you can see, that is a lot of muscles to work in one exercise!

- iv. Strengthen your joints and ligaments. Exercise has proven to increase bone density, lessen joint pain, decrease weight to lessen the stress on your joints and healthy muscle helps improve ligament health.
- v. You improve your balance and awareness. This can be seen as one of the biggest benefits to Calisthenics training. In Calisthenics training you have no counter weight, this means you need a tremendous amount of balance to be able to complete a lot of the moves within Calisthenics training. Balance is the capability of distributing weight evenly in order to remain in an upright position. This again goes back to improving your psychomotor function. The ability to keep your balance in an exercise such as a one legged pistol squat is tremendous and something that takes time to develop. This type of progress is something that I feel is an amazing aspect of Calisthenics.
- vi. Progress. The progress you achieve within Calisthenics to me is a huge benefit to this type of training. For me, this training and the progress you see with it is fantastic.

Working through progressions to reach a certain exercise makes it all worthwhile and being able to complete a one-arm push-up for example when say six weeks before you couldn't is a much more satisfactory way of seeing progress in my opinion. When you begin to train in Calisthenics it becomes about more than just your appearance and how you look, which is how fitness is judged now. With Calisthenics training it is all about progress and achievement. Testing your body to move in new ways. To be able to see progress by the way you

move as opposed to just the weighing scales is a fantastic way of training. The human body to me is amazing and you are capable of seeing how truly great the human body is with this training.

- vii. Bodyweight athletes are strong and in great shape, if you don't believe this statement walk into a local gymnastics hall or watch gymnastics. All these guys and girls are in amazing shape. They are an amazing example of what the human body is capable of using only your own body as resistance. These guys are proof alone that this training works. As you get more interested in bodyweight training you will be awe inspired by what some people out there are doing with their own bodies, people are getting so creative and the level is always being raised. There is no limits to this type of training.

Now that I have given you all the physical benefits and the usual answers we all hear when we ask about a form of exercise, I want to tell you all the true benefits of exercise.

The true benefits of exercise is what it does to your mental state of well-being. It is not about judging yourself by a weighing scales. It is about judging how happy it makes you feel.

Exercise is capable of making you experience extreme joys. It shows you that you are capable of amazing things and that you can achieve whatever you want from life. When you complete an exercise within Calisthenics that you couldn't do a month ago how is this new found confidence not going to transfer over into your work? Or with your family? Exercise gives you self-confidence that you would never have had before you started, I don't mean arrogance either, it teaches you respect and how to be humble. Let me give you an example of how it does this. It's similar in Martial Arts. Say for example a guy walks in to a martial arts arena or dojo for the first time, if he walks in cocky, let me assure you that cockiness will be literally choked out of him fairly quick!

This is what exercise does for you, teaches you to respect yourself and others, when you see somebody make progress,

whether that is through better movement, weight loss or increased strength, you know that they will have had to work really hard to make that improvement. You know this because you will have had to do the same! For me when I see somebody make progress I am just as happy as they are. To be able to convince somebody that they are capable of being great and then seeing them actually go out and do that is one of the most incredible feelings you can experience. Exercise is capable of this, you are capable of having a positive and powerful influence on others. You can convince them that they are capable of change and improving themselves, you do this through your own actions and words.

I will give you an example of this, let's say you are in work and somebody walks up to you saying "you look great, what have you been doing?" You will all either have heard this or had it said to you before. This right there is your moment of inspiration, the chance for you to convince that person they are also capable of improvement. You are capable of inspiring others, never forget that!

Not only are you capable of inspiring others you are also capable of inspiring yourself. Imagine being able to discover self-mastery, this means being able to discover the strength and control of your body that you are capable of. Discover how astounding your capabilities actually are, imagine actually being able to reach this point, most of us never do, we only scratch the surface because we doubt ourselves too much. You are capable of greatness, don't for one second doubt yourself and never be the one placing limits on yourself, you will have enough people telling you what you "can't" do – don't add yourself to that list. You "can" do anything you want and the only limits you will ever have are the ones you place on yourself, not the ones others place on you. Stop listening to what others tell you and start listening to yourself.

Imagine gaining the confidence to be comfortable with yourself and who you are? Exercise does this for you, I know it has for me. Can you imagine how great it feels to be comfortable enough with who you are to no longer do what

others want you to do. To be confident enough to say no and strong enough to do what you want with your life. To have gained enough conviction that you know, even if others don't agree, what you are doing with your life is positive and you can be proud of the direction your life is going in.

Imagine how great it would be to discover something that you are so passionate about that even if nobody else understands you can continue to live this lifestyle because of the passion that you carry.

Even when nobody else is doing it, you have enough determination to carry on because you love what you do that much. Imagine being lucky enough to wake up every day and look forward to it because you know that today is an opportunity to perform and practice something that you love. Imagine that, imagine waking up every single day and being happy you have been given another chance to try and become better at something you love, instead of waking up wishing for one day of the week.

Tell me, who wouldn't want to live this life?

You are a passionate person, you are a confident person, you are determined, you are humble and you respect others, these aspects of your personality may have just been lying dormant for the last while. These personality traits are not in some of us it's in all of us, all you have to do is figure out what your passion is, be willing to discover it and I guarantee you too will become this person.

There is another benefit to calisthenics training – chi, or Qi. This refers to energy that is within the earth and is in all living things and is frequently translated as ‘natural energy’ or ‘life force’. When we are outside we transport this energy so much more because we are surrounded by all living things - if you train in a park you are surrounded by trees, grass, plants. While there is no scientific evidence to back up this claim of chi, it is a widely held belief that it exists, particularly in Asian culture. I personally have not studied it enough to be classed as an expert, however, I truly believe it exists. I will go back to

ancient times again, how much of our day would have been spent outside compared to now? The majority of our day is now spent inside - either sitting at a desk or watching TV. We were not designed for this. How many times have you been stuck inside for too long and began to feel sluggish? This has happened to me plenty of times and when I get out and go to a local park I am transformed.

I feel a lot more energetic. Maybe it's a psychological thing and it could all be in my head however this is my experience. We were designed to always be around trees, plants and animals, yet now we surround ourselves with walls and screens. To me it is not a coincidence that I feel more energetic when I am out in a park as opposed to being stuck in staring at a screen. It is not a coincidence that people who live a lifestyle indoors feel more tired and live more sedentary lifestyles than people who spend more time outside. Look at Asian culture for a moment. If you were to look back at the amount of incredible athletes that exist there you would be astounded. Shaolin monks, Bruce Lee. All calisthenics masters. However, there are literally millions of people in this civilisation that are masters, and I mean masters, of their bodies.

If you believe in chi then you will favour calisthenics training. To be able to train outside as opposed to stuck in a confined, sweaty gym full of machines will appeal to believers of chi so much more. If you are doubtful of this form of energy existing do me a favour, the next time you feel tired or sluggish, go for a walk outside in your local park.



Training Philosophy

Before I go into my own training philosophy within The Cult Calisthenics I would like you to ask yourself the question:

Why do you train?

The usual answers to that question are the following

- Lose Weight
- Build muscle
- Body Composition
- Image

These are the usual answers to this question and the main thing that training has become associated with. What I want to ask is, why is this? Why has training become limited to only being beneficial to your appearance?

Exercise offers us so much more than that.

It gives us health, purpose, dedication, a way of life, the feeling of achievement and pride. The list is endless.

Do you think world champions, on the day they have achieved their greatest feat, are worried about their weight?

Yet now so many people base their progress and their training on their appearance. I will give you an example. Let's say a woman, sorry girls if you think I'm picking on you but it's true, has achieved more push-ups than she ever could before, let's say she went from three to eight. An amazing jump up, yet the first thing they will do at the end of this session is check the weighing scales and if this hasn't changed they go home disappointed! I am seeing this lately with men now too, leaving gyms at the end of training sessions and basing their improvement on their weight, so girls don't worry, it's not just you.

What I want people to realise is that it offers you so much more. Think of the most important people in your life for a second. Do you reckon they will benefit from seeing you become fit, healthy and strong? Do you think they will admire

you? Do you think they will look up to you? Of course they will, you are an inspiration to them. This is why training should be seen as something amazing and not just simply beneficial to your appearance. You have the potential to inspire others, not only others but yourself, all you need is the belief that you can make a positive change in your life. Maybe nobody has ever told you this before but I am telling you it now, you are capable of greatness.

I want to stress that training, as amazing as it is, should not be considered the most important thing in your life. However, it is what it can do for the most important things in your life that make it amazing. As I have just said, think about the most important people in your life, you being fit and strong will have such a positive effect on their lives. You become an inspiration to them and inspire them to want to be better. Training is also an amazing stress relief. Let's face it, we all have things going on in our lives. Every one of us has something to deal with, nobody has the ideal situation no matter who you are, so being able to train gives you an amazing distraction from anything going on in your life. When you are training it becomes the only thing you are focused on, getting to the end of the timer, getting that last rep or making it to the finish line. These become your main concerns during your training and for me that is amazing. If you are currently focused on your job, being able to go in to work each day with less stress and a clear mind will have great benefits for you and this can happen with regular training. Exercise is proven to release endorphins that make us feel better and relieve stress so this can help improve your mind-set when you go to work. When you begin to train it has so many knock on effects in your life.

It gives you a new purpose, suddenly you start to eat better and sleep right. This is because you want your training to go well. It has an amazing knock on effect to the rest of your life. Training is not just about big arms and a flat stomach. It is about self-mastery, learning more about yourself with each session, what you can do with yourself, your capabilities. You

discover all this when you begin to train, you discover the type of person you are, the character you have and how far you can push yourself. Exercise has the ability to improve your mind, your sleep, your diet, your family, your friends, your lifestyle, your job, your health and yes, it will benefit your appearance. There are few other things in life that present us with as many opportunities that training does.

The misconceptions

”What do we have to do to get there?”

This is usually the follow up question people will ask when it comes to training. People want to know what they need to do in order to reach the levels they are aspiring to.

What a lot of people think is “the harder the class is the better I’m going to get” or “I have to be drenched in sweat, killing myself every session”. This is not true. Anybody can make somebody tired, it does not mean they are making you better. For example, let’s say you and I are in a room and you get me to do five minutes of nothing but Burpees. Do you reckon I would be tired? Of course I would but what’s the point? Will I have improved in those five minutes, will I feel as though I have achieved anything? Will I enjoy it and will I like you as an instructor?

The answer to all of these is no.

Yet this has become the modern misconception of fitness. I hear people saying to me now “Oh that instructor is great his class was so hard I couldn’t walk for five days after it”. Why is this a good thing? You couldn’t walk for five days meaning you probably didn’t train again and yet this guy is supposed to be great, why? People now assume the more torture they are put through the better the instructor. This is false.

The truth is every time you put yourself through these crazy routines or brutal workouts you are increasing your risk of injury and over exertion leading you to be worn out and your performance deteriorates. Ask any MMA fighter leading up to a fight what kind of training they do and it is nothing like what you would expect. Their trainers want them in the best possible condition leading up to a fight, they don’t want them so beaten up before they walk in to the ring that they can’t perform.

Yet everybody thinks that they have to be put through torture in order to succeed, this is why exercise and fitness numbers

are dropping, because people have forgotten that it should be enjoyable too! People fail to realise that there are so many ways to keep yourself active and so many different ways of making exercise enjoyable, you just have to find a form that you are passionate about, if it is Calisthenics then great, keep reading you are about to fall in love with this book, if not then you just have to keep searching. I guarantee there is something out there that you will find your passion in. Human beings are passionate people by nature, anybody who tells you otherwise hasn't found out their own passion yet. Life is not about 'living for the weekend' or waiting for holidays, you have five other days of the week that you can and should make the most of. What if you woke up looking forward to every day instead of one day a week? If you find your form of training this is what it will offer you! The opportunity to look forward to each and every day because you know you have the opportunity to participate in what you love, this is what Calisthenics training has done for me and I hope it will have the same effect on you.



These are the following things I associate with training:

- Achievement
- Pride
- Accomplishment
- Progress

This is what you should feel after every training session. You should not feel defeated, act defeated, or look defeated. Every time you make it through a set you have achieved something incredible. Take pride in what you have done. If a boxer wins a fight they celebrate, you should too! Every time you get through the set you have beaten the little voice in your head telling you to drop. Showing up in the first place is an achievement, you again have overcome the voice in your head telling you to skip today. Never underestimate all the little accomplishments you will make each day and don't let people belittle what you class as progress.

Progress can be something as small as going to bed earlier, adding one extra rep to your training, or even showing up, or saying no to an unhealthy food and eating something better.

This is what the role of a fitness instructor should actually be. They should be capable of inspiring you to eat better, sleep better and want to train and enjoy it.

They should be capable of encouragement, inspiration and have a level of dedication towards you. I hear so many instructors now saying 'ah my class was great I wrecked them'. That should never be the aim or focus. The aim has to be, did I help those people that looked for it from me today? What have I done to improve them? Have I had a positive impact on their lives? These are the questions I ask myself every time I write out a session plan.

Not just simply "Make them tired".

These are the questions you should ask yourself every time you train. Don't base it on how tired you were after it, base it on how much progress you actually made compared to your last training session. Don't base your training on how sore you are the next day, base it on whether or not the training session went well. I want to give you a really good example, the day I achieved my first ever muscle-up, do you think I was worried about whether or not I was sore the next day? Of course I wasn't! Being sore was the last thing I cared about at that point! If you are unsure as to what a muscle up is don't worry you will when you get to check out the exercise section. For me too many people associate training with pain. They think if they aren't sore then they didn't train well. Get out of this mentality. Focus on actually making improvement. Being sore or not is only one way of assessing your progress.

Ask yourself the day after your training, did I enjoy my training first of all. If the answer to that is no, then why not? Did my movement pattern improve? Did you learn something new, either a new movement or something about yourself? Did you become stronger in your last session? Being tired or sore does not mean you can answer "yes" to all these questions. If you are working

on a move such as a pull-up, were you closer to your target after last night's session or further away? Whichever answer you give, why? What did you do that made you closer or further away? I guarantee if you killed yourself you would have ended up further away from achieving this move. I have ran and organised a lot of classes and guys come in with this mentality of having to get as many reps as they can. Leave your ego at the door when you go train please. It is not about getting loads of reps when it comes to Calisthenics, I will talk about this a lot more when we move in to the reps and sets section of the book.

These are the questions you need to ask yourself after a session and not just simply 'am I sore' or am I 'tired'. Now don't get this confused with me telling you to take it easy. I want you to push yourself, but not to the extremes that we see nowadays. Be sensible with training. It is a precarious beast, you can either train too hard or too easy, you need to find a happy balance. I will speak about this a lot more in our reps and sets section anyway.

The best way I can sum up this section is this-

'see progress with movement –not with pain'



I put this picture in here not just so I could simply show off. I placed this picture in there because to me that right there

symbolises exactly what I am trying to promote.

Achievement, pride, accomplishment and progress.

Realise your amazing potential.

For every time I got it right, there was a time where I went flat on my face and got laughed at for even attempting it. This is not something I got first day I tried. This took me over a year to reach. But let me tell you the feeling of achievement, pride, accomplishment and progress is something nobody can take from me.

These are the feelings I want others to experience through training.

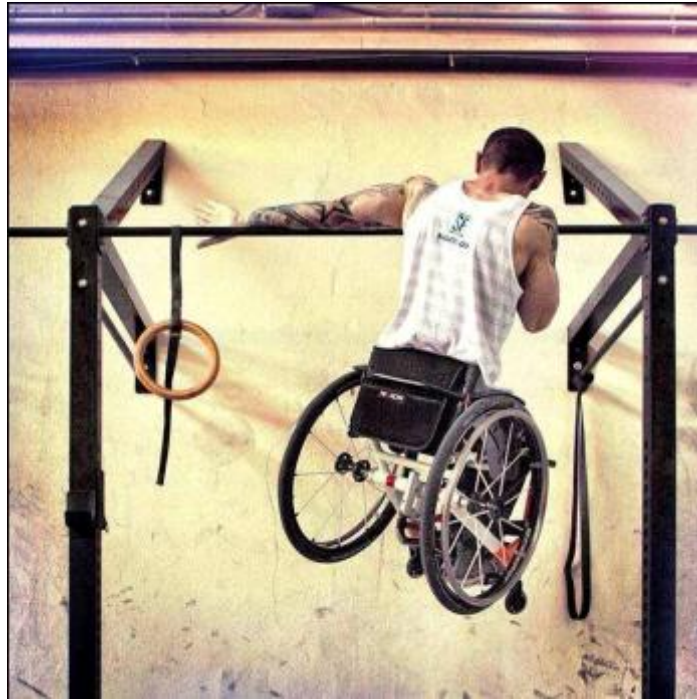
I am sure some of you as you're reading this are thinking I can't do that. And that right there is your biggest obstacle: YOU. If you think you can't do it, you won't do it. And forget about this flag or picture for a minute, I am just using that as an example.

Think about how many times in your life you have stopped and said I can't do it, what if one time, just one time, you said you could? What would happen?

What would happen if you saw something amazing, and the first thing you thought was "I am going to do that".

Think of somebody you admire or would class as an inspiration, what if they had said "I can't do it". What if right when they were on the verge of greatness, they stopped? What if on the day they were destined to become great, they said "I'm going to take a break today". What if this is what has stopped you from becoming great?

We are all capable of greatness, your only obstacle is you.

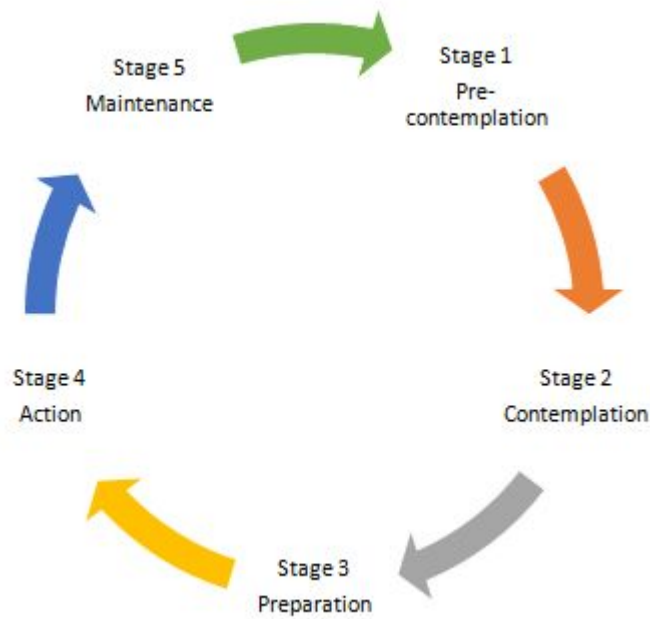


Nawid Reinermann – huge inspiration and proof that you can overcome any obstacle within your life. Nawid has kindly allowed me to use his photo.

Nawid's famous quote

“You get what you give when you do what you love”

In this section I want to show you the five stages of change. This is for everybody and it doesn't even have to be exercise related, you can use this for almost anything in your life.



This diagram should help you get an idea as to where you are with your own training. Stage one, pre-contemplation, you do not think that change is needed, in fact you aren't even looking for it. You either think you are not capable of it or you don't think that there is any point. In stage two, you are thinking about change. You start to think here about maybe getting involved and this stage could be where you begin to think that you might want to try something.

When you get to the stage three, you are preparing to change, you have begun to research in to what you want to begin and you feel like you are ready to start. The next stage is stage four, this is when you begin to take part and do it! When we get to this stage people can relapse and drop off so the main aim has to be getting people to stage five, where they are consistently repeating the action.

I know that all sounds just like words at the minute so I want to give you an example. There are various examples I can use here, however, because this is an exercise manual and because of the picture on the last page I am going to take the human flag. I spoke about yourself being your biggest obstacle, this is true. However, sometimes people don't even know it.

As I said, you may have looked at the photo on the previous page and thought – no way can I do that. If that was your reaction what stage do you think you are at? You are at stage one! You either think it can't be done or else have no interest.

If you looked at the last photo and your initial reaction was "that's cool, but I couldn't do that, could I?". You may not have said those exact words but something along those lines, you are at stage two. You are impressed by what you have seen and you begin to think, is it possible could I do that?

If you looked at that picture and now you suddenly want to get to the workout section to check it out and look at how you can learn it, great then you are at stage three. You are at the preparation stage thinking that you would like to do it but you feel you need to do some homework first.

If you have decided now that you are going to master the human flag and your next training session will contain some form of practice of the human flag, then you are at stage four, wanting to take action. This is the stage that we want you to stay at!

It is not easy to get people to stage four or five, most people are initially a little hesitant, especially towards a move like a human flag, believing it can't be done. Guess what, there are millions of people out there proving that theory wrong! This type of mental training is cognitive behavioural therapy. There is nothing wrong with starting out and being at stage one. All you have to do is recognise where you are right now in terms of your thinking. Do you think you can perform a human flag? Training is not just about building bigger muscles, you have to train your mind as much, if not more. Your muscle will only do what you ask of it. If you never try it, your muscle never has to try cope with the demands you place on it, so what is more important, how you are thinking or how big your muscles are? For me, it has to be how you approach everything, keep your mind open and the possibilities are endless. As I have said, your only limits are the ones you place upon yourself. If I can convince you to go from a stage one to a stage five then that will be my biggest accomplishment with

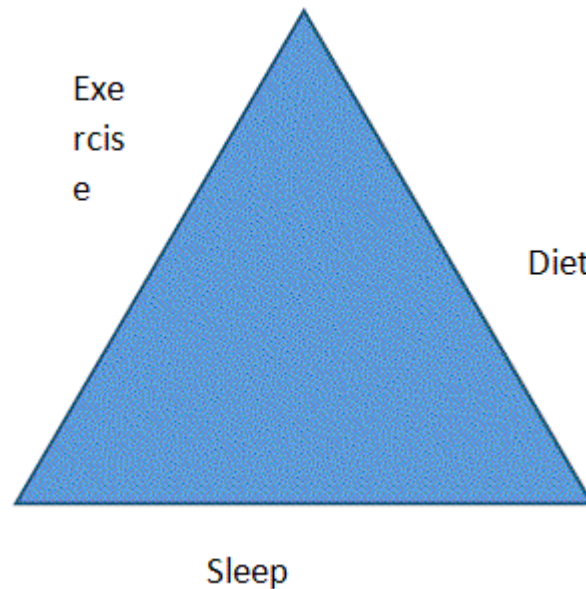
this book. Not whether or not you gained muscle mass or lost weight, what I want to hear is people gaining the confidence to try out everything in this book!

“What is the point of being alive if you don’t at least try something remarkable?” – Mario Novak

Lifestyle

Lifestyle is covered under three aspects

Exercise – Diet - Sleep



The reason I have the diagram of the triangle in is this, all three need each other in order to support one another! If one isn't going well, the whole triangle will fall. This can be taken as an example for your own training. You need each one of these to be in balance to be able to perform to your best and achieve your maximum results. If you are exercising properly, it is literally only one third of the way, if even. Think about it most people exercise for an hour max in a day if they are training well. You still have twenty three more hours of that day that you will decide what you do with. One hour is recommended in terms of exercise, yet we are told we need at least 8 hours sleep each night, and we are told that we need to eat properly with every meal every 3-4 hours.

So which do you think will have the biggest effect on your results? Exercise is the easiest one of the lot, without doubt. It's one hour, it's the others that test you a lot more.

Think about it, when you enter the gym or you participate in sport or whatever form of exercise you do, when you are there you are entirely focused on what you need to do, whether that

is getting to the end of the timer, completing your set of reps, or else making a run to score a goal. Depending on what you enjoy, you can have someone telling you what to do for the hour (attending classes, hiring a PT, joining a sports club) which makes the exercise easier again as you have somebody standing over you telling what to do, if only we had that all day! Whatever form of exercise you do, during the time you do it you are focused on nothing else. However, it is when you walk out of the gym or off the pitch that the real work starts! This is when you need to stay focused, need to remember your goals, need to always have in mind your targets. If you lose that focus, your meals will dip, you will take the quick option or the crap option, if you lose sight of your goals you will stay up late and watch some show you won't remember. We need more sleep than we do exercise. We need to eat more than exercise, yet which do you think is regarded as the most important by people? Exercise! So many people think that because they attend the gym for an hour this allows them to eat crap, wrong! One bad meal can completely undo all your good work in the gym. When I ran a study on my own classes that I was running the average calorie burn off in a forty five minute class was 300-500 calories! You will eat more than this in a day, guaranteed. One bad meal will not make you fat, and one good meal will not make you healthy. During your sleep, you are in your most anabolic state, this means you burn off more calories and build more muscle during this time than at any other!

Yet people want to stay up late all the time and then wonder why they feel tired? Or why they aren't progressing as well as they want to in their training.

What I want people to realise is that you cannot expect the results you want unless your own 'triangle' is upstanding. Do not expect your best results when one of these sides of your triangle isn't up to scratch, this will cause the rest of your triangle to fall. I have not come up with a new phenomenon here, I wish I had! Every successful athlete, every successful trainer, will all tell you the same thing. If any trainer or athlete

you know out there is telling you different they are either lying, don't know what they are talking about, or aren't as successful as they could be. Don't allow yourself to think any different, get your triangle in balance, and allow yourself to prosper and see the potential you are capable of when you have each side upstanding!

Exercise

I want to cover under this section again what we feel is a misconception of fitness. The most common theme in fitness at the moment that you get from trainers is to 'train three times a week and you will be fit'. Really?

Do you honestly think this is what the human body was designed for? We just spoke about how amazing the human body is and yet we have been programmed to think it's only capable of exercise three days a week for forty-five minutes. I am not saying there is anything wrong with training three times a week I am saying why should we be told that this is our limit? The reason it has become this way is because people now accept mediocrity. The reason we accept this is not because life is too difficult but because life has become too easy. Think about it, we have so many things that we take for granted. If you have clean water, food in a refrigerator and a roof over your head you are richer than 75% of the world. This is why I say we need to put things in to perspective when we complain about the small things each day. People are always looking for breaks or days off or time to rest. People will slack off in just about any way they can. We are all guilty of it, including me. I deserve a weekend off I've had a hard week in work. I haven't got time my job is too long, I can't do it today I'm too busy, I will tomorrow. I am going to treat myself I've had a hard day so I deserve to eat this. This has become human nature.

But why should we accept this? Why should you settle? Why should we allow ourselves to be less than what we are capable of? I know I have this under exercise but this can be classed under all aspects of your life. Why should you settle for less than you are capable of?

Again I go back to our ancestors, do you think they took days off? If they did, I'm sure they were eaten!

The human body is designed to move, it's not designed to sit around or watch TV. We are all guilty of it.

I will tell you all right now, **everybody** has it difficult. You are not different to anybody else and in a lot of cases we have it easier than we think. I have two arms and two legs. There are millions of people in the world who would love to be in the position we are in. Do not take for granted what you actually have.

“make excuses or make answers”

So instead of using any of the excuses you could possibly use, we all have them, find an answer. We all know the excuses we use, find an answer! I genuinely believe if you want it badly enough you will find a way. There are so many examples of this in the world. One of the best slogans I seen before was “somebody out there who has it harder than you is training right now”. I definitely think that’s true. I understand that life is tough. It is probably the only thing I can say within this book that I know everybody will agree with. We will all go through tough times and hardships. It doesn’t matter what your background is or what it says in your bank account, there will be times in your life where you are challenged and tested. There will be obstacles in your path. Don’t allow these to stop you from getting where you want to be in your own life. I feel that you can either let these obstacles stop you or you can use them as motivation to carry on making progress. I am not oblivious to this. I have been challenged and tested just as much as anybody else, it is how you respond to each challenge you are presented with that defines what your life will become. I guarantee if you lose all your excuses you will discover your results.

*“Never let the odds keep you from pursuing
what you know in your heart you were meant to
do” – Satchel Paige*



Modern lifestyle has completely changed everything in the world of fitness. But your body hasn't. We spend most of our days now sitting in chairs, right? Think about it, when you work you're sitting down, travelling, down time, eating and now even exercise. I have a challenge for you, try reading this book in a squat instead of a chair, and see how many pages you get through. Our whole lives have become sedentary. Despite this, When you walk into a gym now what's the first thing you see? Big fancy machines! So even for the hour you are supposed to be "exercising" for, they give you a chair! I can't class this as exercise and this is why I won't ever invest in machines. Think about it, if you have been sitting down for the majority of the day does it make sense to then during your supposed exercise hour be sitting down again?

As I spoke about at the start in our brief history on calisthenics, all these men were ferocious warriors, capable of great things, I don't think their training involved much sitting down! All the best forms of training don't involve machines, they involve you doing the work.

The reason people buy in to the whole machine form of training is because they claim to make getting fit easier, they don't make getting fit easier -they make getting fit boring. These are one of the main reasons for me anyway as to why fitness is dropping off, machines are regarded as exercise, and

they are boring. Why would you want to train this way? The only reason people go on these machines is to get fit. However, there are so many alternatives to get fit and enjoying yourself at the same time, presenting yourself with new challenges, not just moving up to a heavier weight. Take on new challenges as much as you can, make your exercise exciting!

How many of us now have a job where we spend the majority of the day behind a desk staring at a computer? Think back to as little as fifty years ago, how many hours a day would have been spent by people behind desks? Very little I can imagine. Each job involved some form of physical labour, think about most men from these times, think back to your parents or grandparents time, go back to the 50s, which in history terms is such a short space of time, and think how many of these peoples day to day lives would have involved physical activity? My grandfather worked on the shipping docks most of his life and each day would have involved some serious physical work. Around this time most women stayed at home, and that should be looked at, look at the difference of their day to day compared to how it is now. They may not have had washing machines, they definitely didn't have microwaves, they most likely didn't have a second car, if even one, meaning most women walked to the shops and they would easily have the grip strength of a modern day weightlifter carrying those shopping bags home! So even people who were not involved in a gym or a form of physical training, as you can see, were still involved in physical activity through their day to day living.

Compare that to now, so many people now have desk jobs, sitting in the same chair for eight hours a day, burning off no calories, and leading to poor posture. Is it any wonder now that most people find a squat difficult? Is it any wonder why obesity is at an all-time high? As I spoke about previously, our body's needs has not changed much, but our lifestyles have. We are designed to be capable of physical activity every day, in fact we need some form of physical activity every day in

order to burn off calories, avoid atrophy (which is muscle wastage) and according to a study from the world health organisation, Healthier diet, physical activity and smoking cessation could prevent 90% of diabetes, 80% of coronary heart disease and stroke and 33% of all cancers. At the time of writing this, there is a study now involving replacing the desk with a treadmill. I don't know if this is the answer but I know that a desk job is not the solution. They have also conducted studies on over 144,000 people and the one confirmation was that mortality rate was higher for people who spend over six hours of their day sitting down as opposed to people who spent three or less. They also discovered that every hour spent watching television took 22 minutes off your life expectancy. At this stage some of you may be reading this and saying "yeah right". If you don't believe me look it up for yourself. Seriously, go do it.

<http://aje.oxfordjournals.org/content/172/4/419> there is the link, check it out. I am not telling anybody these things ever for my own benefit, it is always in the hope it will help and inspire others. Fitness and health is for everybody, it is not just for a chosen few and you are worth being healthy for. You are also capable of it. Working on small things each day can help.

"A wise man should consider that health is the greatest of human blessings" - Hippocrates

Diet

Again I want you to ask yourself, what is diet? Why do we do it?

People usually say it involves eating healthily and wanting to lose weight or build muscle, whatever the case may be, these are the usual answers.

What if I told you that diet has a huge effect on so much more than just your weight?

Do you think it would be enough to change people's habits? What if you knew it had a direct effect on absolutely everything you do? Would it make people think twice about what they ate?

What if people knew that every time they ate something high in sugar, high in trans-fat, ate fast-food they are increasing the risk of developing heart disease, cancer, type 2 diabetes, obesity and having a stroke? Obesity and cancer are at an all-time high. As I already said, according to the world health organisation - Healthier diet, physical activity and smoking cessation could prevent 90% of diabetes, 80% of coronary heart disease and stroke and 33% of all cancers. As you can guess from this, the majority of diseases are diet related. Some are genetic, however, the majority of deaths come from diet-related diseases.

I am not saying these things to scare anybody, these are facts. According to recent studies, Sugar is more addictive than cocaine.

I personally do not think weight alone is a strong enough reason to encourage people to change habits. I think if people realised how much our diet affects everything we do they might turn around and change it.

People get ridiculed by friends every day for refusing to eat crap, not just go to a fast food restaurant, and not just eat chocolate or fatty foods. I don't understand why this is?

Why is there a stigma attached to eating healthy, people will criticise you so quickly for eating healthily before you will be criticised for eating from a fast-food restaurant.

People will ridicule you for being strong.

People will ridicule you for trying to change yourself and be better.

Why?

Why should you be put down for trying to improve yourself?

I am inspired if somebody comes to me and says 'hey I want to change, I want to be better'. Don't allow negativity stop you from what you want to achieve. If you feel strongly enough about something you won't let other opinions bring you down. If you are strong enough to stay true to your beliefs these same people will be asking you how you did it. Other people's opinions are sometimes the reason for why people don't achieve what they should, at the end of the day if you truly believe in what you are doing then other people's opinions should not stop you. People will be negative about anything you try to do because they aren't doing it, accept that, refuse to let it bring you down and stay positive because you know you are trying to make a positive change in your life. Eventually the negativity will fade away because you will either move on without these people or they will come to realise you are trying to achieve something positive in your life and support you. There hasn't been one successful person that hasn't received criticism or made a mistake, and it is because of this that they became successful. You can either let criticism slow you down or see it as progress that people are actually noticing you trying to change yourself. Whichever way you take it will determine your progress.

With your diet I will say the same thing – 'why settle for mediocrity when we are all capable of amazing things?'

I always hear people saying that they had a hard day and they are going to reward themselves by eating something they know they shouldn't. How is this rewarding yourself? You are

putting something into your body that it cannot process and will turn into fat. If you want to reward yourself eat better. I hear people openly admitting that they comfort eat. The problem I find with comfort eating is that you enjoy that piece of food, whatever it may be, for the few minutes you eat it and then regret it for the rest of the day. So where is the comfort in that? You actually end up beating yourself up for eating it. Here is a good quote for you to remember- ‘wow, I really regret eating healthy today’- no one. Ever.

Again I will go back to the most important people in your life. If you have kids, do you want them to be healthy? Then you need to be an inspiration to them. I always get people saying oh my kids just won't eat broccoli, and I always ask ‘do you eat it?’ If you're not why should they?

If you don't have kids, think of whoever the most important people in your lives are. Do you want them to be healthy and fit? You have got to inspire them. Be strong enough to eat the right foods, for yourself. You deserve it.

You are worth being healthy for.

I am going to try make your diet as simple as I can for you. I am going to give you two options. I am not telling you the food –instead I am going to write out the effects of each one. You decide for yourself which one you choose.

Option A

Improves health

Live longer life

Reduces risk of disease

Improves mood

Increases sporting performance

Increases energy

Taste

Healthy weight

Improve genes (this means if you have healthy genes before you have children then your increasing the chances of your children being born healthy – Not just a better 'jean' size !)

Increase self-esteem

Stronger immune system

Reduces stress

Improves body composition

Option B

Adverse effect on health

Reduces life span

Increases risk of disease

Decreases mood – instant mood uplift then crash

Decreases sporting performance

Decreases energy

Taste

Increased risk of becoming obese

Less strong gene pool, increased chance of infertility and impotency

Lower self-esteem

Weak immune system

Increase stress

Deteriorates body composition

This is my question to you – Which one do you choose? If you are to look at both of those lists, which one would you choose? I know which one I would choose! I know I have made it sound so simple but in reality this is what our food does.

You are either choosing option A or option B with each meal you have. Look at what you are giving up when you decide to eat the crap meal –or option B- instead. Instead of filling yourself with all the benefits of option A you give yourself all the negative elements of option B – and for what? Taste? The only positive to bad food is taste, you can eat healthy food that tastes just as good. People eat such bad food and wonder then why they have no energy? As I already said, sugar is more addictive than cocaine, and over 60% of diseases are diet-related, why are so many people still choosing from option B? I am not claiming it is easy to stop choosing bad food, I am trying to show you the benefits of not choosing it. I guarantee you won't regret it. Sugar is so addictive and added sugar is in almost everything that is bad for you, the majority of food you don't even realise. Type in 'sugar leading' into google and the top suggestions that come up are:



I haven't made this up, this is what came up when I was doing some research for myself and it struck me that much I took a snapshot of it on my phone. Giant food companies are clever in what they advertise. They aren't going to tell you what their product is actually doing to you. The way they advertise all their products is a clever way of tricking all of us into thinking

its ok to eat what they sell. If I manage to convince even one person through writing this book that eating better has a much more positive effect on your life than eating crap then it will be worth it. If certain food has all the potential to help you as much as option A does then why would you choose anything else? Why should you choose anything else? Guess what, food is addictive! That may surprise some people and some people will believe it straight away. How many people have suffered with cravings for a certain food at 12 in the night? Admit it, you are not the first person to feel this way and you won't be the last. According to studies, the brain of a drug addict and the brain of an obese person act the exact same. I am not saying these things to scare anybody, I always say them in the hope that it will help somebody realise they are worth being healthy for. There is so much scorn attached towards somebody who deals in drugs and people look down on them, however the same people doing this could very well have an addiction themselves. Nobody wants to become an addict, drugs or otherwise, and anybody who is addicted needs help. There is still more chance of you being criticised for eating healthy food over a fast food meal, guess what, this is because most people are addicted without even realising. People will openly admit they love a certain food and it is their weakness, but why don't they do anything to stop that? People don't seem to realise bad food has just as bad an impact on your health as drugs. Sugar is the leading cause of obesity, cancer and diabetes. Not drugs. Not alcohol. Yet people eat this food willingly.

People see drugs as going down a bad road in life – I am here to ask you why don't more people see eating bad food as going down a bad road in life? Are obesity, type two diabetes and cancer not serious enough to cause people to change habits? People can either live in denial about this – who else is in denial about what they do being wrong? – Or they can try to make positive changes in their life. I am not saying it is easy, I am saying it is worth it.

If you are reading this and you have decided you want to live a healthy lifestyle, I bow my hat to you. You have realised what the vast majority of people haven't, that you are worth being healthy for and eating properly will have a positive effect on your life. If you are only beginning this journey, I want to do what I can to help you. Instead of focusing on what you are missing out on when you drop the bad food, focus on what you are gaining. Take a look at option A in the previous page. This is what you are gaining with every positive meal you have. Focus on that as opposed to what you are giving up. Your brain will crave it, just like somebody giving up cigarettes, however if you have all those benefits that I have shown you to eating better in your mind then it will help with your willpower. I do class eating unhealthily as an addiction and it can take time to change, you can have relapses, it does not mean you should give up and stop trying. There will be days that test your willpower more than others, there will be moments that test you - each time you go to eat is a challenge to you. Always remember that something has happened to make you want to eat better. Whatever that reason is, remember it! It could be having a new-born child and you want to eat better for them, if so use that motivation to encourage you to continue on the right path. If you are using training as your motivation to want to eat better, then great, use that and remember that each meal will effect your performance.

If your motivation is to look good because you are going on holiday in a few weeks' time, then think of how great it will feel when you are on the beach knowing you look the best you can. This is where goal setting is huge. We will talk about it a lot more in our goal setting section.

There are far too many positives to eating healthy than there is to eating bad – I have given you as many as I can. I hope that I have given enough to make people want to eat healthy. Remember, you are not doing it for me, you are doing it for yourself and the people you care about. You are capable of change, it is never too late. The Guinness world record for the

longest held plank was formerly thirty six minutes and it was held by a seventy-one year old formerly obese woman named Betty Lou Sweeney. It is never too late to see progress, you have only sometimes pulled over to the side of the road. Get back on and remember how far you have come.

*“When the diet is wrong, medicine is no use.
When the diet is correct, medicine is of no
need” – Ancient Proverb.*

Sleep

With sleep we are hearing a lot of opinions now and seeing a lot of slogans like ‘I’ll rest when I’m dead’ -Ridiculous, if you don’t rest that will be a lot sooner than you want it to be!

Sleep is unbelievably valuable.

Studies have shown adults need between 7-9 hours’ sleep each night, yet most people aren’t getting this. Why? Turn the TV off and go to bed! When I have said this before people say oh I have kids. If it’s a new born baby then yes they can keep you awake at night, this is the rare exception and not the normal for everybody. There are exceptions to every rule. As I have said before you can either make excuses or make answers. Sleep seems to be the most controversial subject when I bring it up to people, everybody wants to have a go at me for asking them to sleep more. I am not ever asking somebody to sleep more for my benefit, it’s for you. I just think it’s an overlooked aspect of people’s lives. Everybody knows in one way or another that they should exercise more and eat better, but sleep is never really talked about as being important.

Most people don’t actually realise how important sleep is. Getting enough sleep each night improves your performance, your mood, your health and another little tip burns off more calories!

Ever had a bad day at work? Chances are you didn’t get a good sleep the night before!

Accumulating too much bad nights’ sleep can actually lead to health issues. It will essentially have the opposite effect on everything I said already. Your performance drops, your mood deteriorates, you can develop health problems and those calories we talked about burning off, well you won’t burn off anywhere near as many while you’re awake.

Insufficient sleep affects growth hormone secretion that is linked to [obesity](#); as the amount of hormone secretion decreases, the chance for weight gain increases. It also disrupts

the body's capability to process sugar, leading to type two diabetes and obesity again.

There are so many studies going on now about the benefits of sleep and one recent study proved that a woman lost sixty pounds, not by changing her diet or exercise, but by getting the right amount of sleep. This was literally the only thing she changed. If weight loss is your main aim, get your sleep!

For me, besides the amazing health benefits that sleep provide, I want to make sure I get enough sleep so that I am able to perform to my best the following day. I don't want a day to be ruined by me being drowsy and not able to function properly. It doesn't matter how much coffee you drink, the following day where you haven't slept properly the night before is going to be disastrous. Maybe disastrous is an exaggeration but you can guarantee you will perform nowhere near as well as you could have, not just in your training, but in your work and your social skills. If you have kids, how can you physically chase them around for the day if you are already exhausted before the day has even begun! I have been told by people before that they get on fine with five hours a night, and I respond with no, you think you get on fine with five, try sleep for eight and see the difference. If you fully embrace life, why would you be willing to waste a day where you cannot function properly all for the sake of staying up an extra two hours the night before? Every day is a blessing, an opportunity to be a better person than you were before, not just in fitness terms, you have the potential to do something great every day. Don't ruin this amazing opportunity you are presented with every morning by not getting enough sleep the night before.

What if on the day you are destined to do something great it doesn't happen because you were tired? I keep telling you that you are capable of greatness. Not getting enough sleep the vast majority of the time is decided upon by ourselves, you are the only person stopping you from becoming great. I feel people are willing to stay up an extra two hours as opposed to getting enough sleep because they haven't found their passion yet. Think about it, if there is something you genuinely love doing

and you have the chance to do it tomorrow are you going to want to ruin that day by not sleeping enough the night before? Of course you're not. Get excited about each day and you won't want to allow yourself to not perform to your best because of staying up late. This mentality ties in well with our next topic – Goal setting.

Goal Setting

Why set goals?

We set goals because we want to train with a purpose. Having goals allows us to become more focused and actually have a reason to train properly, eat better and get the correct amount of sleep. Think about it, every time you train why are you there? If you don't know why you are there then you are training without purpose and more likely to give up. Training with goals gives you a reason to be there, gives you something to aim and strive for. Every time you eat, why are you eating what's on your plate? If you have goals in mind you are eating because you want to achieve these goals. Having these goals will help you stay strong when it comes to your diet as you have a reason to eat better. Think of these goals you set yourself when you make every meal and I can guarantee you will begin to eat better. With a goal in mind it helps you to sleep correctly. Knowing you have a purpose and wanting to make the most of the following day instead of merely slumbering through it is going to help you want to sleep better, instead of having too many late nights.

Do you have three things in your life that you would fight for?

What are the three things in your life you would be willing to stand up for?

Can you answer that question?

If you have three goals in the back of your mind, when things get tough, remember these, these goals will be the reason why you keep going.

Having these goals will allow you to sacrifice what you want in the short term to get what you deserve in the long term.

Think about it, every time you are strong enough to make the right decision you are sacrificing what you would like to do or what somebody else wants you to do in order to achieve your long term goal. You have a bigger ambition in mind.

Without a goal you are more likely to make the wrong choices. Every time you go train instead of listening to your inner voice telling you that you are tired is a short term sacrifice. Every time you eat the right food instead of going for the wrong ones is a short term sacrifice. Every time you go to bed on time instead of watching an extra show on television is a short term sacrifice. But these short term sacrifices will not compare to the feeling you will get on the day you achieve your long term goal. Because everything is instant now people have lost the art of patience. Think quickly about life now. Everything is available to us almost immediately. Food, television, our phones. Everything is available at an instant. Because of this we have become impatient. This is the way training has become.

Look at magazines, television and websites advertising people claiming they got fit doing 20 minutes three times a week and all this nonsense. I have had people before signing up to our programmes asking me can I guarantee they will lose an 'X' amount in eight weeks. Ridiculous.

There are no quick fixes when it comes to fitness. It has to become a lifestyle. I will never promote any of our programmes guaranteeing you will lose 'x' amount of weight, simply because I won't guarantee a quick fix. As I said it has to become a lifestyle.

It is a long and tough road getting to the level you want to be at, and the further along the road you get, sometimes the further away you feel. However, if you can manage to teach people the value of patience then when you reach your long-term goal it will be so much more satisfying on that day than any short-term fix such as crap food or late nights out.

The feeling of achieving that long-term target of yours will be so much more worthwhile than any short term fix. That is the only guarantee I will ever give.

“If you want to live a happy life. Tie it to a goal” – Albert Einstein

My Goals

I decided that I would share with you the goals I have every time I take part in a training session, either for myself or training others.

Influence others.

One of my goals is to influence others, it's one of the main reasons I train every day. I want to be able to show others what is possible. I want to be able to tell others they can accomplish anything they want. But how can I tell them that if I don't do it myself? I am not a hypocrite. I will never ask somebody to attempt something I have not tried myself. How can I? If you come to me asking for advice on nutrition and my diet's crap, how can I be in a position to help you? How can I understand what you have to go through in order to achieve your own goals if I have not achieved my own? It's the same with training. So many instructors asking you to do impossible circuits that they have no experience of even doing themselves. "oh I'll just make this really hard and that's fine" No it's not. That's why training is the same, and I will never ask anybody to do something I'm not willing, or capable, to do myself.

Accomplishment.

Accomplishment is another of my goals. Accomplishment is huge. To have achieved something you couldn't do a month ago and see progress is huge. That feeling you get is something you should strive to feel in every training session and is something nobody can take away from you. Do something you haven't done before. Achieve something better today that you didn't yesterday. Make each day better than your last.

At the start of every year I say 'this is my peak year'. Why shouldn't that be your target? Make this year better than any other. Say it every year and make it better than the last.

Say it every day, make each day better than the last. Imagine where you could be if you made this possible.

Pride

This means taking pride in myself. Am I proud of the person I am? Can I look back and say that? Are others proud of me? To be able to say yes to these questions takes a lot of effort and determination. It is also one of the hardest things to do, praise yourself. We are all capable of putting ourselves down very easily but it's harder to look at the good things you have done. This is what I want to take out of my training. I want to be able to say "I am proud of what I have done". Wanting to have pride in what I do is a huge motivational tool for me. Can I be proud of myself? Have I become the best that I can be?

I want to answer yes to these questions.

Set your goals

So now it's up to you to set your goals. I don't mean right away. This is something you develop over time, but if you want to improve in any way, training or otherwise, you need to set yourself goals.

If you want a better job, how can you go about getting it?

If you want to lose weight, what are you doing to achieve that?

As I said, when things get tough, having three reasons for why you are doing it in the first place will help push you further than you ever thought. Having three goals will give you determination you may have never known you had. Having goals will give you the reasons you need to push yourself further in your training, give you the reasons not to skip days. Having goals will give you the inspiration you need to eat properly, look at your plate and think "is what I am putting on this helping me?"

When you have goals you have more desire to eat the right foods because you know why you are eating them. It gives you the strength to not want to eat bad foods. If the food you eat isn't helping you reach the goals you set, then it is not worth

having. Having goals is going to help you sleep better, because you now have a purpose and want to make the most of each and every day.

“The trouble is, you think you have time”-

Buddha

This quote has always stuck with me and made me not want to waste time as it is precious. Think about every day and are you doing something in it to help you reach your goals. This will help us to stop procrastinating about things. Very simply ‘will it help you towards your goals?’ and if the answer is no then it is most likely not worth doing. This is why goal setting is so important.

Do something every day to help you towards your goals and I guarantee the journey you take will be incredible.



**THE CULT
CALISTHENICS**

Exercise manual

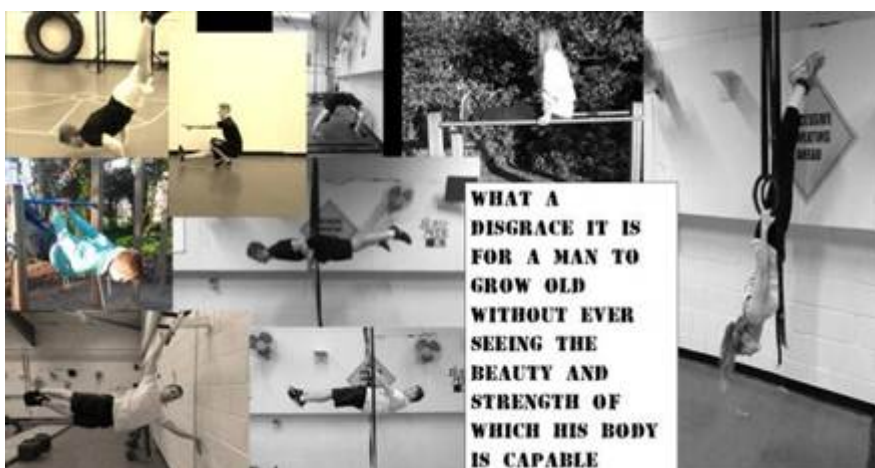
Disclaimer

- The information in this book is meant to supplement, not replace, proper calisthenics training, or any other form of exercise. Like any exercise involving speed, equipment, balance and environmental factors, calisthenics poses some inherent risk. The authors and publisher advise readers to take full responsibility for their safety and know their limits. You should always consult a physician before practicing taking part in any form of exercise. Ensure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training, and comfort level.
 - The Cult Calisthenics

Within this section are the exercises that I personally have used to progress within the world of Calisthenics. It is an amazing tool to have at your disposal. These are the exercises that worked for me and helped me and others see real progress. We are all different however and what worked for me might not necessarily work for you. The reason I am writing this manual is to pass on the experience I have gained of using these exercises and seen the benefits that come with these. I am a huge advocate of Calisthenics and bodyweight training and I hope that my enthusiasm for these exercises comes across within this manual. I hope that you find this manual rewarding and that you thoroughly enjoy the challenges that each exercise will bring you. This manual was designed with the specific intention of spreading the benefits of calisthenics training on to others and I hope you reap the benefits of that and use the manual to its full potential. We are all capable of amazing things and the only limits anybody has are the ones that they place on themselves. I truly believe that we are all capable of greatness and if we want anything we are capable of achieving it if we really want to. To get anywhere in life takes hard work and the exercises within this book are no different.

I am not claiming to be a quick fix lose weight in six weeks book because that is not what I am about. However what this book will teach you if you use it correctly is discipline, commitment and application. You will quickly begin to realise as you progress through the book that you are capable of a lot more than you thought. I hope you find the challenges that this manual puts in front of you rewarding, achievable and most of all fun! The most important thing you need to find in exercise is enjoyment, if you can find a form of exercise that you enjoy doing, then it is the right one for you. I hope you find that within this manual.

- Jamie Geraghty





**THE CULT
CALISTHENICS**

Manual description

“To get what you want out of life will depend on what you put in to life”

This is another of my mottos within The Cult Calisthenics. I think it's relevant to the exercise manual you are about to take on. To make progress with your own training and move up through the progressions in this manual will depend on how much effort you put in to it. Don't put half your effort in and expect anything more than half the results you are capable of. This book is committed to helping you improve. The improvements you make will be because of you, nobody else. It is you who will decide whether or not you train and how often. You will decide what you eat and how long you sleep for. Nobody else, you. So the progress you make will be dependent on the effort and level of commitment you put in. This moment right now is your chance to take action, and become the best version of you that you can. There will never be a better opportunity or moment than the one you are in right now, so seize it.

The main feeling I hope you experience through trying these exercises is enjoyment, as this is what I have felt learning them myself. If you can enjoy exercise then you are more likely to stick with it and this is what Calisthenics training has done for me more than any other type of training, I hope it does the same for you! I hope you experience the joy that training can bring. No matter what is going on in your life - good or bad, when you train and you make progress that feeling you get makes it all worthwhile and allows you to forget, even if only for a short time, all the other negative things going on. It allows us to remember that life is good. Trust me, we all have enough negativity trying to weigh us down, don't allow exercise to be another thing to add to that list. Use exercise to help you escape from these things. If you can see training as a positive aspect of your life it will help you to see all the other positive aspects too.

I guarantee no matter what level you are currently at there is something in here for you to learn. I have eight detailed workouts provided for you showing you how you can go from a complete beginner to an advanced bodyweight ninja! I also have extra exercises anybody can try for themselves. I also have progressions for the advanced moves if you are only interested in learning them specifically. There are so many options for you in this book. I can guarantee that you will get what you want from it. So for example, if your aim is to learn some new moves and you aren't sure where to start from check our workouts and build up from there. If you have bought the book because you are keen on specifically learning one move, then check out the list of contents that will tell you what page the move you are interested in learning is on. We also have extra sections giving you loads of variations of leg exercises, push-ups, pull-ups and core work. I am proud of the fact that this book is for anybody from a complete beginner to an advanced Calisthenics practitioner.

Take your time working through the book and the workouts provided. It could take you months before you move on to a new workout. What I am asking from you here is to accept that, remain patient with your training and you will reap the rewards. Continue to work with what I am asking you. I only have six moves in the majority of the workouts. This is because I want you to make progress. Trust me, more is not better. When you are trying to work on progressing in movement the best thing you can do for yourself is work specifically on that movement. Don't try to take on twelve different movements at one time and then wonder why you aren't making any progress. You are asking too much from your body at one time. With each workout you will be asking your body to do something new that you may have never tried before, so of course it's going to take time! Just like when you learn to drive for the first time, you don't leave and head on to the motorway first session. If you are into martial arts you don't take on a black belt in your first session. I could continue with metaphors but I am hoping those two are enough to give you the idea. Your workout is about learning every time, not

killing yourself and putting your body through torture every time.

Enjoy each one, your bodyweight journey starts here – I wish you the best of luck!

Ps. try not to pay too much attention to the dodgy faces I pull in some of the photos, despite what it looks like, I did have an amazing time shooting all of them!

Rep ranges and sets

When I get asked the question “how many reps and sets should I do” I find it awkward to answer. This should not be decided for you by somebody else in my opinion. You should find your own limits, not have your limits decided for you by somebody else. Don't take this up the wrong way and go too hard either. You need to find a happy medium.

For example, if I tell somebody to go for 10 reps, then that is exactly what they will do. But what if they are capable of more? If I put a limit on it that will stop you from pushing to your maximum. At the same time if I tell you to just keep going until you can no longer continue you are going to wear yourself out and inevitably lead to an injury. Be smart with your training.

When people begin in calisthenics and especially if they come from a weightlifting background, they can find the concept of not just going for reps and sets difficult. This is because a weights workout is very organised and rigid. Each day you are training certain body parts and you stick to that format each week, most likely keeping the exercises the same also. It is routine. When it comes to Calisthenics this is not the way the vast majority of bodyweight athletes train.

There are many different reasons for why people train which is why it makes it difficult to put a rep range and sets on to a programme for somebody – it makes it a lot more difficult when I am writing a book on it!

Every person who reads this book will have a different reason for why they are looking at it, you also all come from a different background, have a different training history and may have injuries. All of these things play a part in deciding your rep range and sets.

In Calisthenics reps and sets are not really that relevant, you are training yourself to improve at movements and most guys judge their progress on whether they can complete a

movement or not. An example would be a muscle-up. This is how they test their progress in strength, hypertrophy or fat loss. It can be hard to explain to people, however I will try a little more. Take for example a dancer. They have to perform incredible routines that are choreographed to perfection. All the movements they perform require incredible attention to detail, and when they go out and perform a show it is amazing. However, most people performing in dance are not practicing those movements for 'three sets of ten'. Dancing is an incredibly difficult art to master, and you must be able to showcase a tremendous amount of strength, balance, flexibility and co-ordination to pull off so many things within the world of dance. All these things are gained by becoming a dancer – plus fat loss, muscle gain and an overall improvement in physique – but they are not practicing for 'reps and sets'. They are practicing to be able to perfect the routine for a show. I class Calisthenics as having the same effect on you and your training. You quickly become addicted to the amazing things your body can do, and you begin to look at your training as 'practice' instead of a 'workout'.

This may or may not make much sense to you at the minute however once you begin the workout routines I am sure it will. I regularly tell people when I am asked the question of 'how many sets and reps do you do' that I am not training in this way, I am training to improve my movement. Some guys get it, particularly if they have an alternate background in fitness such as mixed martial arts, wrestling or, as I already mentioned, dancing. If you speak to a weightlifter about training this way they will look at you like you are crazy, I am sure some people reading this are giving a bit of a weird stare at this right now, if so, good.

You are having your mind opened to a world that is bigger than just 'reps and sets'. You are not assessing your progress by just adding more reps to the same exercises, you are assessing your progress by moving into other exercises, which for me is a much more exciting way of training. What if you were capable of progressing to a typewriter pull-up for

example as opposed to adding an extra two reps to your pull-up? Am I still gaining strength? Am I still capable of fat loss? Of course I am!

This way of training, to me anyway, is a much more exciting way of training. For example, if you are working on a handstand, and you feel as though you are right at the point of achieving it, aren't you going to find that more exciting and interesting than 'three sets of ten'? I know I do! I feel this excitement carries through and gives you a lot more energy and makes you look forward to training again. If it is monotonous, same thing week in, week out, well I can understand why so many people give up training in the gym. Look, I feel I've said this a lot now, I'm not having a go at weightlifting, as I keep saying if it's what you enjoy keep at it. I am just trying to open up people's minds to different forms of training and not just assume that the gym is the only way to keep fit. The gym isn't for everyone, it wasn't for me, that doesn't mean you can't be fit - you can be whatever you want!



Even though I have just given training for sets and reps a bit of a scolding, it does have its place. For example, when you are working up towards certain movements, it is seeing progress in your rep range that will give you the confidence to try the next progression. Not only will it give you the confidence, it gives you the strength, reduces the risk of injury, improves

your balance and also improves your central nervous system and prepares your body for the next progression.

So don't take rep ranges completely out of your training, I am just saying not to let it be your only way of seeing progress, use the improvement you see in your rep ranges to allow you to advance and try new moves. Don't get stuck in the one movement and just performing lots and lots of reps, unless that's what you really want from your training. An example of this type of training is the bench press or deadlift. Two huge movements in the world of weightlifting, the way you see progress here is by lifting heavier, which is fine if it's what you are in to. In calisthenics you will see improvement by being capable of performing new moves, such as progressing to a one arm push-up.

In both cases you are improving your strength, you are just seeing progress in different ways.

For me it is amazing to be able to see my body adapt and become capable of moving in different ways through practice. This is why Calisthenics suits me, because it gives me the opportunity to see myself make progress and move my body in new ways. If you love the iron and love to get under the bar and see progress that way, fine. What I have decided to do underneath this section is show you the advised rep ranges for training.

- Strength – 1-5 reps
- Hypertrophy (muscle gain) – 6-12 reps
- Endurance – 13+ reps

I haven't just plucked these numbers out of the sky.

These are the recommended rep ranges for people. Let's take a bench press as an example here. When you are in to weightlifting everybody performs a bench press. Most guys use it to increase their strength. Everybody works towards their maximum lift. When they begin they may be hitting between 1-5 reps, if this is what you get with let's say 70kg initially then that's fine, that weight is all you need to increase your strength. Over time, as you

develop and become stronger, you will begin to feel as though that weight is getting easier and you can add more reps. When you begin to add more reps what will most people do? Add more weight! Calisthenics training is done the exact same way except when you begin to add more reps you try a different movement. You will notice this more in the workout routines we have laid out for you. So for example, if somebody begins at a half push-up, they may only initially get a few of these and find them difficult. Over time, as their body adapts to the movement and you become stronger you can then move into a full push-up. This is how you have seen progress in Calisthenics! To have developed the required strength to progress in to the next movement, not just simply stay at the same movement and add more reps.

If you are beginning to get the idea here of training to improve your movement the next thing I want to talk about is training to failure. If you are training to improve your movement then you should never train to failure. A lot of people immediately come in and try to whack out as many reps as they can until they reach this point. Why? If you manage to reach this point over and over you are going to suffer from burnout. For example, if you want to achieve a planche and you decided to do loads of push-ups before you start, you have worn yourself out before you have even attempted the main section of your training! If you are training to improve your movement, then going to failure is never really a positive option. A lot of other guys, not just people into calisthenics, will tell you the same. Weightlifters say the same for their own training, they feel you are at an increased risk of injuring yourself and damaging your joints if you are consistently going to failure all the time. When you reach this point, you are increasing the risk of injury because when fatigue sets in the first thing to go is your form. As I will constantly say in the workout section, you should never allow your body to develop bad habits, as soon as you feel your form begin to go,

stop. It doesn't matter if you still feel able to rep out another 20, if you are not doing the movement properly the only thing those extra 20 reps do is increase your risk of injury. One of the best things that was said to me when it came to bodyweight training was when you enter this form of training you leave your ego at the door.

This makes sense when you begin to talk about reps and going to failure. Don't allow your ego get the better of you, if you can only do five reps of something before your form begins to dip, only do five. Remember, your training is to benefit you, so allow that to happen. Don't try to go too far and increase that risk of injury.

Hopefully I have given you a good answer on reps in the last two pages, in this section I want to try discuss the rep range. This again is difficult, to answer it I am going to go back to my original point about not being told what your limits are and finding them out for yourself. Hopefully you are beginning to buy in to the whole 'practice' idea rather than 'workout' and you get my idea about training to improve your movement. If you are buying in to that, which is entirely your choice, then my point about sets will make a lot more sense. When it comes to sets I am going to give you a really quick example that I hope sums it up. I want to give you an example of practicing a handstand, now while it may not be as difficult a movement as a pull-up in terms of tiring you out, I want you to imagine for a minute that you have practiced the handstand for three sets now, and you were so close to getting it that the excitement is taking you over and you want to try again. Why would you stop at three sets at this point? Again, I do recognise that a handstand is not quite as difficult a movement as a pull-up for example. So I'm going to give you a different one, what if you were working on the muscle-up and you had tried it for three sets and you began to feel as if you were getting used to the movement, would you stop

or would you try again? I know I would try again! This is why I say training in Calisthenics is different and you are training to improve your movement skills as opposed to just purely building muscle.

I get that in order to develop muscle the whole idea of 'three sets of ten' however, there is nothing stopping you from seeing beyond that. I think that a lot of the time people only ever do three sets in a certain exercise is because of boredom, there is nothing to stop somebody practicing a handstand throughout the day, provided they rest in between each attempt, I'm not suggesting you stay in a handstand for twenty-four hours! I am familiar with dance as I spoke about it already and a lot of these people train for five or six hours a day, because they want to perfect their routines.

Imagine if I told a dancer after attempting a movement three times to stop? I also get that most people don't want to be training for five or six hours a day! This is why the famous 'three sets of ten' is around, as most people are willing to give up an hour of their time, and in order to make up that time three sets of ten will tie in with that quite well, which is why if you go to a gym and get a programme most instructors will have this format in your programme somewhere. It just depends on what you want to achieve from your training I suppose. As I said, I train to improve my movement, dancers train to perform in shows, cross-fit athletes train for their competitions and bodybuilders train to stand on a stage, we all have different reasons for why we want to train. What you need to do is figure out why you want to train, discover the form of training that appeals to you most, I guarantee if you take the time to do that you will take yourself on an incredible journey. It is taking the time like this to find out about yourself, discover who you are, that makes training really incredible.

You may take part in something that nobody else understands, but if it makes sense to you and you

genuinely believe there is a purpose to what you are doing then it doesn't have to make sense to anybody else but you.

Rest

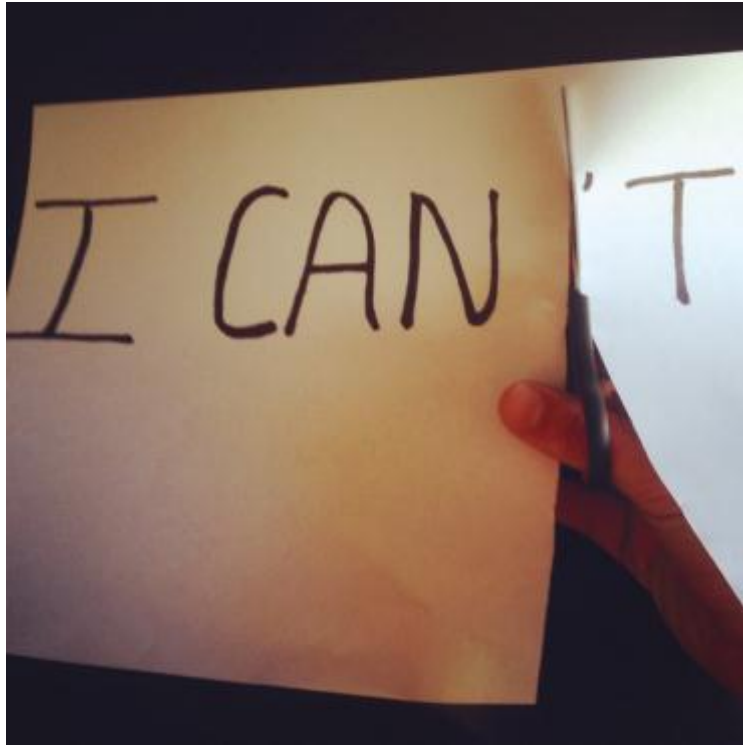
What you must also recognise is when your body begins to feel tired, don't go at it excessively. If your body feels tired, and this is something I personally have trouble with – accept it. This can be challenging for people and they don't like hearing 'rest'. I personally struggle with it at times but you do need to listen to your body, there is nothing to be gained by training excessively except an injury. You may find your own limit with a certain movement at three sets, you may find it at five, wherever you find your limit – stop. That is the most important thing. As I spoke about earlier, don't allow yourself to teach your body bad habits, this will happen if you try to do an extra set when you felt as though you were beginning to burnout. Be happy that you have managed to get to this stage of your workout! If you get to this stage in your workout where you feel as though fatigue has set in and you can't do any more don't be disheartened if you haven't achieved the movement pattern you were trying!

Again I will go back to the bench press as an example here. Most weightlifters lift the bench and hope to progress up through the weight and lift heavier. This happens by constantly training and allowing the muscle to repair and grow, it is a very slow process, however, they can eventually lift heavier with practice and, most importantly in context of what I'm talking about here, rest! I regard movements within calisthenics as having the same effect. Just because you have not achieved the movement you wanted at a certain stage does not mean you will not get it eventually. You need to give yourself time. What these workouts where you don't achieve the movement do is allow you to build up strength and learn more. ‘’ the journey of a thousand miles begins with a single step’’- Laozi. Never lose sight of that fact. The more time you put in however, the more steps you will

take, so never class a workout where you didn't achieve the movement as one that ended in failure, remember you have taken steps forward with each workout. If you can keep that mentality with each workout it will help you to stay positive and accept that you have achieved as much as you can from that day in your training. Ensure you take what you learn from each training session about yourself and your body, and use that experience to help benefit your next session.



Workout One



After reading the book so far you may be worried by a few things and saying ‘oh I can’t do a pull-up’ or ‘no way can I complete a full push-up’. Don’t worry I’ve got you covered! What I want to do is change people’s mind-sets as to what they can and can’t do, so that over time you will believe you are capable of achieving, not just these exercises, but anything you want from life. Remove the word ‘can’t’ from your mind and replace it with ‘can’ and your possibilities are endless!

In this section we are working on an introductory workout. You might think you are already capable of these movements and skip them entirely, trust me, do not do this! You will be surprised at the amount of people that struggle to complete these moves.

You are attempting new moves within this book no matter what stage you think you are at. It is important that you work on the basics first to give your body a chance to adapt to harder movements. You need to learn to crawl before you run. I guarantee taking the time required to work on these movements will save you time in the long run. I know for a

fact the people who I have worked with have progressed quicker by accomplishing these moves first before trying to move on to anything else. Working on these even if you feel as though you already have achieved these moves will reduce the risk of injury and allow you to adapt to the harder progressions within the manual a lot quicker. Patience is a key attribute to learn and the benefits of beginning on this workout far outweigh any other notion you are telling yourself to skip it. This workout will give you the confidence to be able to work through the manual as you begin to see progress. At the same time don't try to move on until you see progress in all of the movements. In each movement you are trying to develop a different area of your body so ideally you want everything to be as evenly developed as possible, right? For example, why would you want to be able to perform a one arm pull-up if you can't perform and hold a deep squat? You need to have a balance in order to become functional. The whole body is connected and you are only as strong as your weakest points, make sure you have every movement in this workout before you try to move on.

“The only joy in the world is to begin” – Cesare Pavese

Warm- up

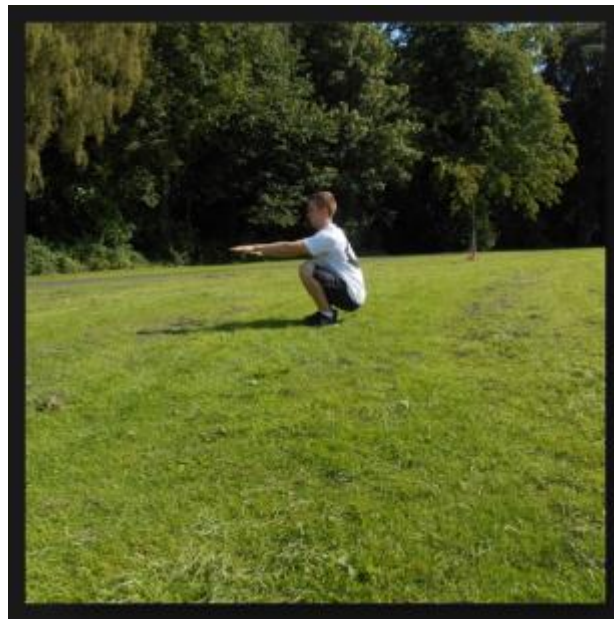
My opinion on a warm-up is that the more basic moves you stick to for this part of your training session the better. It doesn't have to be anything crazy, just simple movements that are going to ensure you are warm, loose and prepared for the session you are about take on. The idea of a warm-up is to prepare you for the training session you are taking on, loosen up your joints, elevate your heart rate gradually and reduce the risk of injury. It also switches on your central nervous system and prepares your body for the demands you are about to place upon it. Ensure you never skip a warm-up. Also make sure that you keep it basic, it never has to be anything crazy, main things is preparation – that is all you are doing with a warm-up – preparing for the main phase of your training session.

Main Phase

Now we move in to the main phase of the workout

This is the first workout so what I want to do initially is work on some basic movements and ensure you are performing them effectively. This will allow you to progress to more advanced moves with practice.

The first move I want you to work on is a squat. This is because the squat is the king (or queen) of leg workouts. Because of today's sedentary lifestyle so many people struggle with a squat due to the vast majority of people spending their day sitting down in a chair. This has led to so many people having mobility issues. This is why the squat is such a great move to begin with as you may find it difficult to get down and hold it. It will test how mobile you are and until you feel comfortable in a squat there isn't much use in trying to perform any other leg exercises.



Instructions

- Upright position, feet shoulder width apart and facing forwards.
- Lower yourself towards the floor, as if sitting in a chair.
- Keep your heels on the ground.
- Chest should stay facing forward.
- Head remains in neutral position
- Keep arms out in front for balance.

The challenge I want you to set yourself is how long you can hold the squat position for. So many people struggle with it for a variety of reasons, I want to give you those reasons now so that you can see for yourself where you may be struggling.

1. Heels coming up off the floor – tight calves, or a lack of ankle mobility. If you can't get down into a squat position without your heels coming off the floor it is a sign that your calves are tight and you will need to stretch them out.

Don't just wear bigger shoes or put something underneath your feet, work on your mobility and squat properly.

Unless you have ankle issues, if you have issues in your ankles this may not allow you to squat the whole way and you may need those shoes or something under your heels! You can also work on your ankle mobility with an exercise on the next page. Try to figure out which reason is stopping you from performing the squat properly.

2. Falling over – Balance. If you are falling over attempting the squat it means that you have not yet found the balance to hold a squat position. This can be due to sitting down as you never need to find any balance in a chair. It can also be due to a weak core. Ensure you keep your core engaged throughout as this can help you find the balance eventually. If you do fall back, don't worry it has happened us all, get back up and keep practicing!
3. Can't get down low enough. – Balance. What you will notice in somebody if they can't get down low enough and you ask them to get down lower (an ideal squat position is getting yourself down as close to the floor as you can with your hamstrings touching your calves) is that they will round their back. This can be to do with tightness in their back but also the fact that their body is not used to that position and will try and keep its central position for balance. Because you try to lower yourself down your body's centre of gravity has shifted and because we spend the vast majority of the day in a half squat (this is the position you are in when sitting in a

chair) our body isn't used to getting into a position lower than that.

4. Chest comes forward, back rounded – Tight hip flexors or back. Because of tight hip flexors it can cause you to have to lean your body forward, as they are not flexible enough to allow you to be comfortable in an upright position.

This is also due to the fact we sit down so much throughout the day that our hip flexors are always shortened and over active.

5. Sitting in that chair also causes our glutes to be inactive, hamstrings shortened also, so this leaves us with so many mobility issues.

As you can see, there are so many things to look for in a squat. If you can master the squat you are in a great position to reverse all of these problems and increase your mobility. Get practicing and your target is to see how long you can stay in a comfortable squat position for, as this improves try to beat it each time you train!

Here are a few suggestions to work on to help you improve these areas where you may be struggling.

1 – If your calves are tight, there are ways we can work on increasing the range of motion in that area. The first thing we want to do is use a foam roller. This will help to release any knots in the muscle. You will feel a lot of pain initially if you have never used these before, not serious pain don't worry it is a good feeling! You will feel a release in the area after using this and then form there you should go into a calf stretch. This will help to increase the range of motion in your calves. As I said also, you may have ankle mobility issues. If you have ankle mobility issues I also have an exercise you can work on to help improve the range of motion in your ankle.

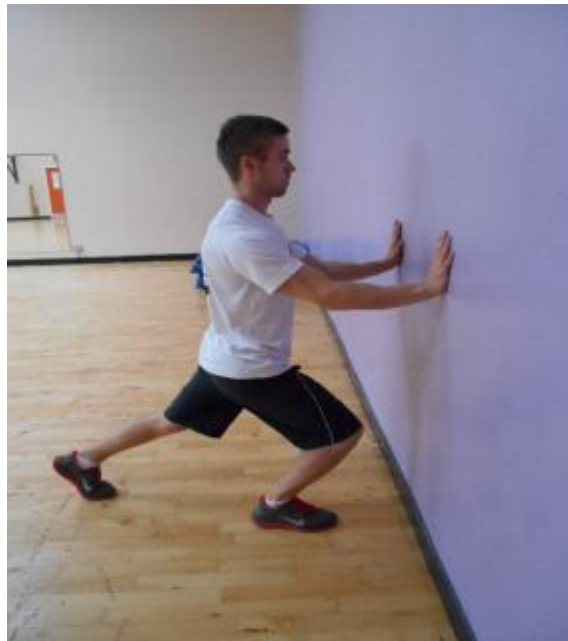
Calf foam roll



Instructions

- Place one leg over the foam roller.
- Place your other leg on top, crossing over.
- From here roll backwards and forwards on your calf until you feel a pressure point.
- When you find the pressure point push down on this.
- Hold for 8-12 seconds.
- Repeat on other leg.

Calf stretch



Instructions

- Place your hands against the wall.

- Bring one foot out in front of the other.
- From here lean your knee as far forward as you can while keeping your heel on the ground.
- Hold this stretch for 10-15. Repeat if necessary.
- Ensure you stretch both sides

Ankle Mobility Exercise



Instructions

- Begin in a kneeling position with one leg placed out in front.
- Aim is to get your knee out past your ankle.
- Keeping your heel on the floor.
- This should not cause pain.
- Ensure you work on both sides.

2 – Falling over because of balance, ensure you know how to keep core engaged, arms kept out in front, triangle pose with hands. Attempt to get down as low as you can, it may not come initially but eventually with practice the squat can improve as you train your central nervous system to get used to the movement.

If you feel it is because of a weak core then working on core strengthening movements such as the plank and side plank will

really help strengthen up that area.

3 – Leaning too far forward or back rounded. Can be a cause of tight hip flexors or tight back, lower back area specifically. Stretching out our hips will have a huge benefit on a person's squat. Hip flexors are the most over used muscle group in the body without doubt due to the fact we are always sitting and this means our hips are always in flexion, but very rarely are they in extension, so putting the time in to stretching them out will have a great knock on effect to the performance of your squat. If you feel your back is rounding too much this can be tightness in your back which can help be reversed with using a foam roller to help people extend through their t-spine and performing wall reaches while sitting will help also. It is also beneficial to perform a cobra stretch.

Hip flexor stretch

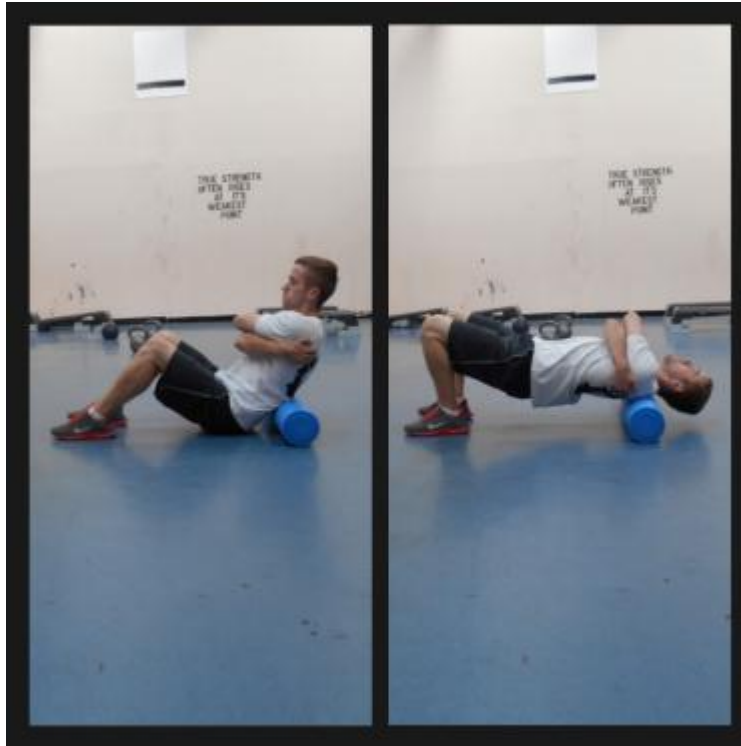


Instructions

- In an upright position bring one leg in front and leg behind. Place the knee of your leg behind you on the floor.
- Lean forward until you feel a stretch in your hip flexor in the leg behind you.
- Ensure the knee of your front leg remains in line with your ankle.
- Push your knee down, not excessively, just enough to feel the stretch in your hips.

- Keep your back straight and arms by your sides.
- Hold for 10-15 seconds. Repeat if necessary.
- Repeat on both legs.

T-spine roll



Instructions

- Place the foam roller behind you on your lower back.
- Cross your arms over – Give yourself a big hug.
- Bend at the knees.
- From here raise your hips and move forward, allowing the foam roller to move all the way along your spine.
- Crawl back in until you have reached your starting position.

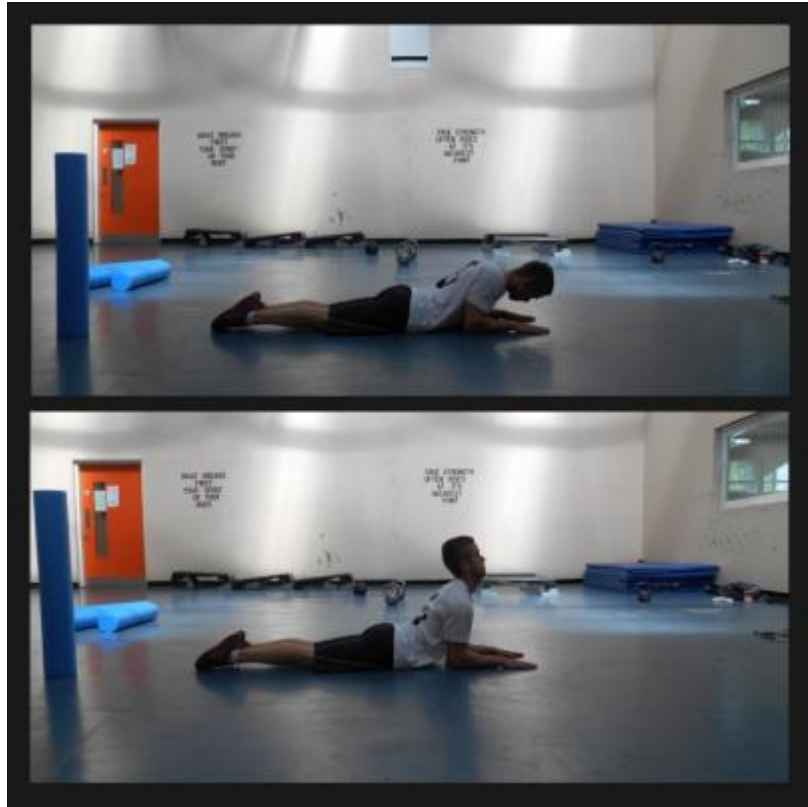
Wall sit with reach



Instructions

- Back against the wall. Legs out straight.
- Bring your arms up over your head, bending your arms at the elbow. Your elbows should be in line with your shoulders.
- From here drive your elbows down.
- Return to start position.
- Ensure you keep your back against the wall the entire time.

Cobra stretch



Instructions

- Lying face down on the floor.
- Bend your elbows and keep your forearms on the floor, palms facing down.
- Bring your chest up off the floor and focus on the ceiling.
- Drive your hips down into the floor.
- Maintenance- hold this stretch for 15-20 seconds
- Development – Hold the stretch for 15-20 seconds, release the tension and then return in to the stretch.

4 – It is also important to stretch out our hamstrings and glutes to improve our squat. Sitting down causes the glutes to be inactive and the hamstrings to be shortened so it is important to stretch in order to improve these two areas and in turn improve your squat.



Instructions

- Bring your feet into the centre of your body and your arms up over your head.
- Breathe in as you bring your arms up
- Exhale as you lower your hands down to the floor.
- Make sure you relax your neck, continue to take deep breaths in and out.
- Try to get your chest in towards your knees.
- Maintenance- hold this stretch for 15-20 seconds
- Development – Hold the stretch for 15-20 seconds, bend your knees to release the tension and then return into the stretch.
- Return slowly to your starting position.



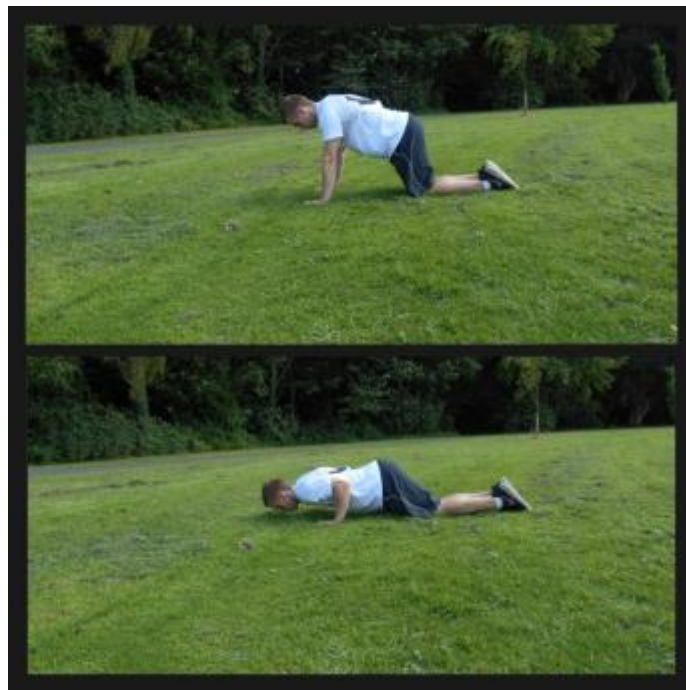
Instructions

- Lying down with your back on the floor.

- Bending your knees cross one foot over your knee, resting just above the ankle on your thigh.
- From here bring one arm through the gap between your legs and one along the outside.
- Grab hold of your leg on the floor.
- Lie back down pushing your leg with your hands.
- Maintenance- hold this stretch for 15-20 seconds
- Development – Hold the stretch for 15-20 seconds, bend your knees to release the tension and then return into the stretch.

Push-ups

As I said, if you feel as though you can't yet complete a push-up, don't worry, I have you covered! What you can work on initially is the half push-up or knee push-up



Instructions

- From a prone position, place your knees on the floor and your hands directly underneath your shoulders.
- Core engaged.
- Lower your chest towards the floor until you have a 90 degree angle from your shoulder through your elbow to your hands.
- Push yourself back up to the start position.

These are a good starting point because you take the weight of the lower half of your body out, so it makes the move easier.

It is still vitally important that you perfect this move and that your entire body lowers towards the floor. As you can see in the photo of me completing this move, my entire upper body lowers itself towards the floor. What is also important to look at is my hand position. They are not up in line with my shoulders, they are down by my side. It is important that you keep your elbows tucked in, don't allow them to flare out.

The push-up is a great move to learn. Like most bodyweight exercises it is essentially a full body movement. It will work all your pushing muscles, pretty obvious in the name, such as your chest, triceps and shoulders. It also works your core as you must keep your core engaged throughout. When you progress to full push-ups you also engage your quadriceps, glutes and hamstrings to keep yourself stable. If you can build up the strength from this initial position you are better equipped to begin learning more and more techniques and movements within Calisthenics.

Pull-up

So how do I build up the pull-up if you can't do one yet you ask? Simple! I am going to show you how to perform a bodyweight row.



Instructions

- Using a pull-up bar or equalizer or anything strong enough to support your weight, you can perform a bodyweight row.
- Maintain a strong grip on the bar you can either have an overhand or underhand grip.
- Make sure your chest is directly underneath the bar.
- Pull yourself up towards the bar ensure your arms are fully contracted.
- Keep your hips in line with your chest throughout the whole movement.
- Return to start position

Lat-Pulldown



Instructions

- Standing position, feet shoulder width apart
- Bring your hands up over your head with your palms facing away from each other. Back of the hands touching.
- Bring your shoulders back as far as you can and lower your elbows down towards your sides.
- Return to start position.
- If you want you can use a resistance band also for this exercise.

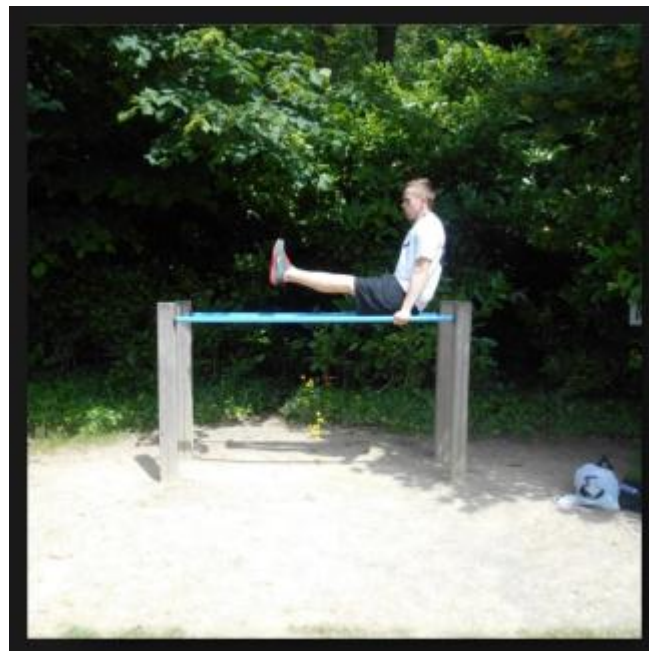
These two moves will help you to build up strength to perform a pull-up, there are more in the manual but these two are a good base to start with. To perform a full pull-up will take practice and it can take people a considerable amount of time to complete. However, this is what makes training great. The day you get the first one that feeling of achievement, is what everybody should aim to feel in every training session.

Training is one of the few things in life that offers you the chance of experiencing this feeling. I guarantee if you put the time in you will achieve your first pull-up.

The pull-up, as you would guess in the name also, works all your pulling muscles. These include your back muscles, biceps, shoulders and forearms. You also use your core for stabilisation throughout the movement. You will notice pretty quickly when you try a pull-up how strong your core is as it is your core that will stop you from swinging!

The next move we want to show you is the L-sit.

This is a fantastic move to strengthen your core and arms. It will also test the flexibility in your hamstrings.



Instructions

- You can perform the l-sit on a variety of equipment.

- If you are using a form of parallel bars as we are in the picture then ensure you have a strong grip on the bar with wrists neutral.
- From here lift your legs up and out straight until they are parallel to the floor.
- Hold this position.

If you can't perform a full L-sit this can be down to two reasons.

- You don't have the strength yet. If this is the case then work on the regressions, such as Knees tucked in version, which I will show you in the picture below. There is also another regression from that one which will be explained below.

Knee Raise



Instructions

- Regression from the 'L-sit'.
- Raise the knees up as high as you can.
- Keep the arms straight and grip as tight as you can.
- Keep your core engaged.
- Hold this position

One leg L-sit



Instructions

- Hands on the ground, bend one leg in, ankle under the knee. Keep this foot on the floor.
- Fully extend the other leg.
- Keep your arms straight.
- Hold this position.
- Repeat with the other leg.

The second reason for why you may not be able to complete an L-sit is tight hamstrings. You can check this for yourself by standing in an upright position and leaning forward until your back is straight. If you can get to a 90 degree angle without any difficulty then you have the hamstring flexibility for it.

Ensure your hip flexors are flexible enough also as these may be tight when you lift the legs out straight. You also want to ensure your lower back is flexible enough for the movement.

If any of these is the case then you need to ensure you are stretching. Perform these three stretches at the very least to ensure you have the flexibility in your hips, back and hamstrings for the L-sit.

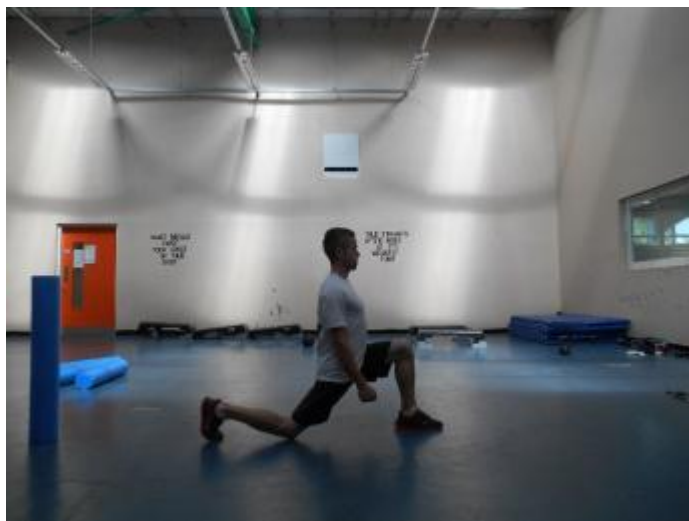
Hamstring stretch



Instructions

- Bring your feet into the centre of your body and your arms up over your head.
- Breathe in as you bring your arms up
- Exhale as you lower your hands down to the floor.
- Make sure you relax your neck, continue to take deep breaths in and out.
- Try to get your chest in towards your knees.
- Maintenance- hold this stretch for 15-20 seconds
- Development – Hold the stretch for 15-20 seconds, bend your knees to release the tension and then return into the stretch.
- Return slowly to your starting position.

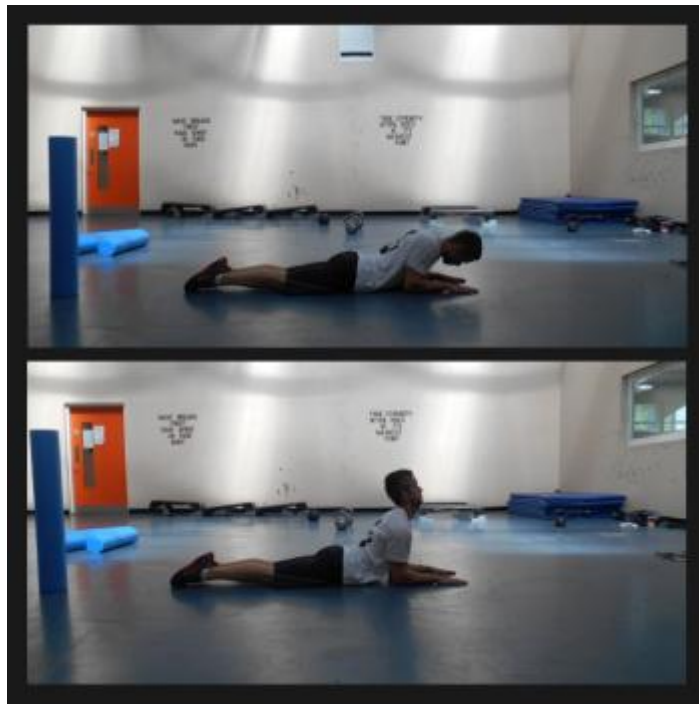
Hip Flexor Stretch



Instructions

- In a standing position bring one foot out in front.
- Drop your back leg towards the floor and place your knee on the floor.
- Front leg should be at a 90 degree angle.
- Keep your torso upright ensure you don't lean your back forward.
- Push your hips forward until you feel the stretch along the inside of your thigh on your back leg
- You can bring the arm opposite to the leg you have placed forward up towards the ceiling if you want to increase the stretch.
- Maintenance- hold this stretch for 15-20 seconds
- Development – Hold the stretch for 15-20 seconds, release the tension and then return into the stretch.

Cobra Stretch

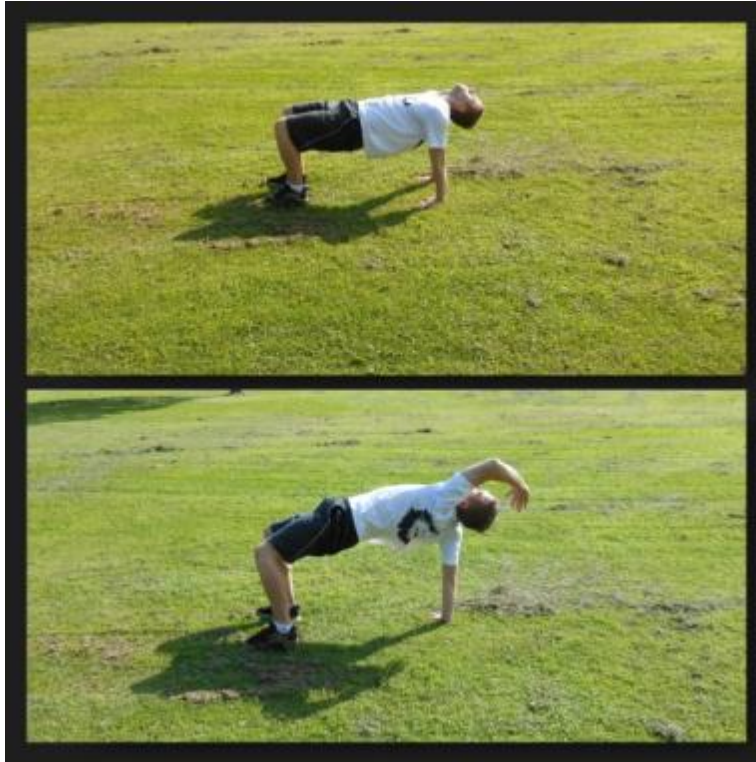


Instructions

- Lying face down on the floor.
- Bend your elbows and keep your forearms on the floor, palms facing down.
- Bring your chest up off the floor and focus on the ceiling.
- Drive your hips down into the floor.
- Maintenance- hold this stretch for 15-20 seconds

- Development – Hold the stretch for 15-20 seconds, release the tension and then return into the stretch.

The next move we want to show you is the crab reach.



Instructions

- Start with your hands and feet on the floor and your chest upwards towards the ceiling.
- Drive your hips into the air and bring one arm back behind you.
- Bend your elbow and try to get your hand as close to the floor as you can.
- Return to start position and repeat on the other side.

The reason we have put this move in is because it is a great way to reverse some of the problems caused by our now sedentary lifestyles. Most people will now spend their day either slouched forward or sitting straight, leading to postural problems. This is why we are adding this move in.

You are attempting to reverse the problems that modern lifestyle has caused by driving your hips forward and curving your back. This works your entire posterior chain, extending your hips and lower back, making it a great postural exercise.

It will strengthen your hips and back. The most powerful part of our body is the hips as they are really close to where our centre of gravity is. Think of weightlifting - the moves where you lift heaviest is moves such as deadlifts and squats. Both of these moves require you to drive from your hips. They are capable of generating a huge amount of power by moving your entire body forward, and stronger hips give you better control and balance.

These are the six moves we use in our beginner workout. These will serve you well in the beginning. All of these moves are great for improving your strength, posture, balance, coordination and give you greater control of your body. As you improve and you feel comfortable in these moves, you can progress to the next workout.

Trust me, this workout is more important than you realise. Most people now cannot squat properly. Even if you think you can, try holding it for a few minutes, enjoy this challenge of improving your squat. Even if you feel as though you can already perform push-ups and movements like this, it will be worth putting time in to the regressions. The people who put the time into perfecting these moves first will fare so much better than the people who try skip it, I know because I done the same! This is why I am telling you to start here. Even if you already feel like you can perform these moves, so what? What's the problem with working on them again and a little more.

“ I fear not the man who has practiced ten thousand kicks once, but I fear the man who has practiced one kick 10,000 times ” – Bruce Lee

You will only be as strong as your weakest points. If you can't squat but you can do pull-ups spend some extra time working on your squat – or vice versa. If you feel your squat is good but your pull up could do with some extra work, then put in the extra work! There will be one move on this list I guarantee somebody struggles with. For guys it is usually the squat and women it is the upper body work. This is because women do spend more time working their legs and men spend more time

working their upper body. That is just the way it is, think of a gym when you walk in who is on a treadmill? Usually women. Who is lifting weights? Usually men. In almost all gyms I have ever walked into it is this way. I guarantee the people who put the time and effort in to this workout will have so much better progress than anybody who skips it and tries to move on to the harder movements. Working on these movements allows you to develop your central nervous system and prepares you so much better for when you try any other difficult movements. It will also help you to reduce the risk of injury as you give your joints and ligaments time to adapt to the demands you are placing on them. You will also be able to perform all the harder movements with much better form than anybody who skips this workout. Stick it out, I guarantee it will be worth it!

Cool-down

A cool-down now has become a really varied discussion point. Everybody in the world of fitness seems to have their own opinion on the best way to cool-down. I don't see too many negatives to any way you decide to cool-down, some people prefer stretching and then others prefer some dynamic movements or smaller movements to bring your heart rate back down gradually. I don't see the negative to either one you decide to do, the only thing I recommend is that you take up one of them! Whether that is stretching or small movements or dynamic movement is up to you.

Workout Two

Now I am going to show you the next workout that you can work on. What is important here is that you don't move into this workout until the moves in the first workout feel comfortable for you. Remember the art of patience and don't try rush through each one too quickly. Depending on your current ability the first workout could take you a few months, a few weeks or a few days, what is important is that you don't skip it! I will say the same about each workout, don't progress until the moves in each one feel comfortable to you!

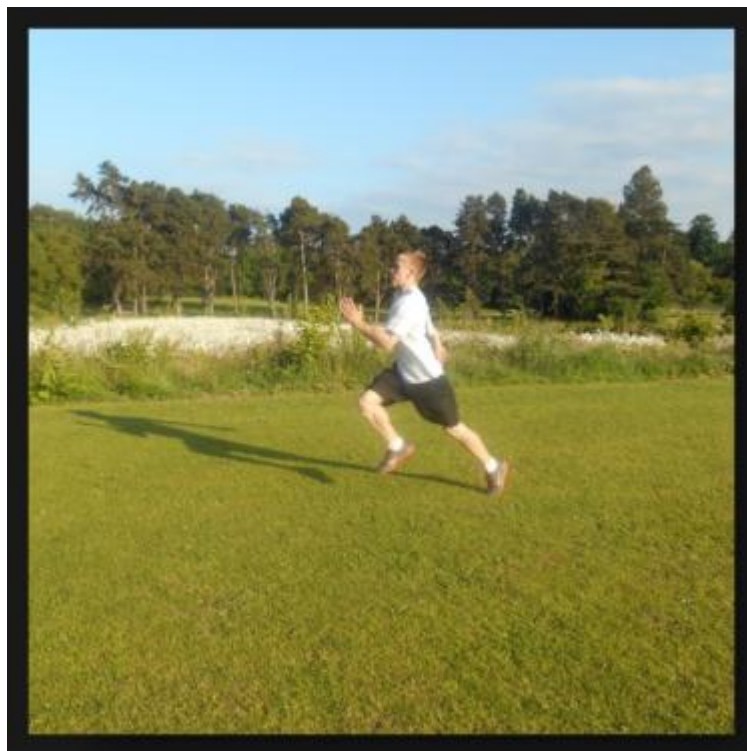
Within this section we are presuming you have mastered a full body squat, and I don't mean just for reps, we are presuming you are able to hold a deep squat position comfortably with correct posture. If you can't hold that squat yet, you need to go back. There is no shame in regressing, I don't know why but it is in our psychology that we have to make it to the hardest move as quick as we can, instead of enjoying being where you are and working on that. Don't rush your progress towards your goals, enjoy the journey you are taking! If you cannot yet fully squat comfortably, the only way you are going to get better is by, guess what, practicing a squat! Believe me because of the way we live our lives now a bodyweight squat is an impressive feat of mobility, do not underestimate it and how precious it is and how much it will benefit the rest of your training, whatever form you are in to! Having spoken about the squat, it is also vitally important not to underestimate all the other moves in the first workout, they really are going to give you a solid base to work from and make you more functional as a result.

As I said, only move on to the next workout at each stage when the moves within each one are comfortable to you.

Assuming you are capable of all the moves within workout one, I am now going to show you the second workout.



Our initial leg movement was a squat, which I regarded as the king (or queen) of leg movement. Now we are under the assumption that you have got a squat down perfectly and with correct posture. This is you, right? Well what is the next most natural movement we can do to work our legs? Sprints! I am sure you are delighted to have read that one.



Instructions

- Exhale when starting
- Drive forward with arms
- Opposite arm with opposite leg
- Push off ball of foot
- Keep a straight line between head, spine and back leg
- Good stride length
- Keep elbows at 90 degrees

Sprinting is one the most natural movements that our body is designed to do, as I am always speaking about, we were designed to hunt. We are hunter gatherers, how did we do that? We sprinted and chased after animals! Believe it or not, the human being has the capability to outrun any animal, we are not quicker, but we have the endurance capability to outrun any other animal.

If you don't think sprinting is enough to stimulate muscle growth either, take a look at any Olympic sprinter! Girls also don't worry if your aim is not muscle growth and you are suddenly afraid to sprint because you fear of looking like Usain Bolt, because of genetics this cannot happen to you. Sprinting will generate more significant fat loss than steady aerobic work, like jogging. Sprinting has been proven to increase human growth hormone, which helps develop more muscle and increase fat loss. Sprinting helps improve our cardiovascular system, increasing heart health. It is also shown to increase cognitive function and is one of the few moves where we incorporate contra-lateral movement. Another great thing about sprinting is it literally takes less time! You will burn off so many calories in such a short burst with a few sprints and you can do them almost anywhere, you only need some space and yourself. Have I given you enough reasons yet to go out and sprint?

Despite all this, most modern gyms now don't give you enough space to practice your sprinting. Think about most gyms you have ever been to, full of machines and weights, and not any space to practice sprinting. In all the commercial gyms I have been to I have very rarely seen enough space in their gym area for sprinting. You might say they have loads of

treadmills, however I am not a fan of treadmills, why? Because the track you run on is completely flat, straight and has no give. Not everybody wears the correct shoes, leading to problems that you won't get away with on a treadmill, plus if you are trying to go to top speed on a treadmill you can only go as fast as the machine will allow, also when people try to slow down or decelerate you can only do this as fast as the machine will allow, which doesn't teach you natural movement, also leads to a lot of people falling off treadmills as they need the machine to slow down quicker than it is able to, leading to a lot of people becoming a YouTube phenomenon. Think about a person on a treadmill for a minute if you still disagree with this opinion, not many people actually go to their top sprinting capability on a treadmill, I very rarely have seen it. The reason for this is that you can't! You can only go as fast as the machine will allow but it's more the deceleration part that causes problems in my opinion. You will see people building up to a fast jog or whatever on the treadmill then when it comes to slowing down they have to stop their natural movement pattern to put their hand out to press the button that slows the machine down. When in Olympic sprinting do you see that type of movement? Sprinting on treadmills can lead to back issues and knee pain when you sprint fully on a treadmill, and according to studies, the treadmill is the single most dangerous piece of equipment in a gym, this is because you can easily be distracted, checking your phone or reading, and cause you to lose balance and fall. Sprinting outside properly won't give you an opportunity to text! Get out and run on grass the way we were intended to do it!

As I said, the squat and sprint are the two most basic human movement patterns that our legs are designed for, however, like the squat, sprints are also a full body movement. They require strong obliques, strong arms and good posture to run efficiently. Sprinting should be something you work on, regardless of your fitness aims.

So get out there and sprint! (Just don't try to hunt any animals!)

What is important to remember is to still work on those squat movements. If you begin to sprint don't neglect squatting either. There is no reason why you can add both movements in to your routine.

In workout one the next move was the 1/2 push-up. I am hoping that you find that one a bit easy now. If you do, great! Progression is what training is all about and what you should strive for in each session, so be proud that you have accomplished that.

What we are working on now is getting our knees off the floor, at this stage depending on how comfortable the half one now feels to you it is up to you which you one you want to begin to try, either one leg still on the floor or a full push-up.

Full Push-Up

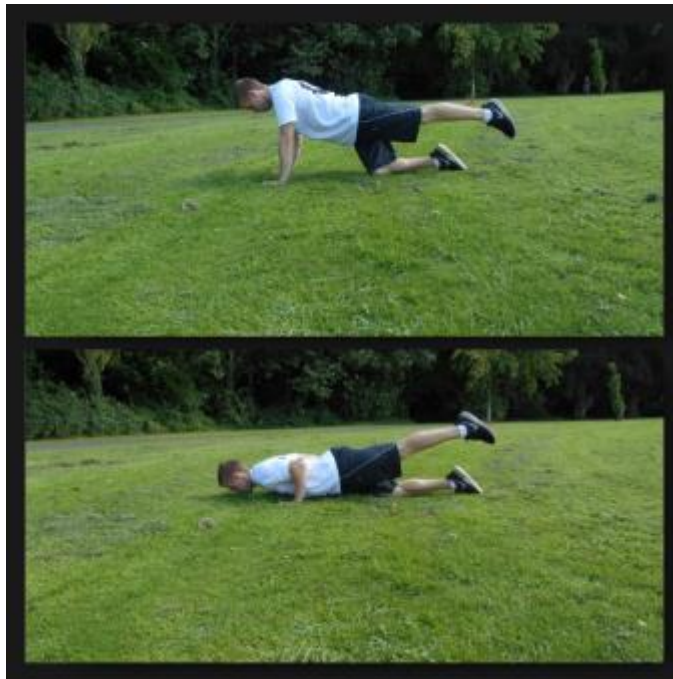


Instructions

- In a plank position, put feet together.
- From the head through the spine to your coccyx should be a straight line, meaning your hips should be directly in line with your shoulders.
- Place your hands directly underneath your shoulders.

- Engage your core.
- Lower your chest towards the floor until you have a 90 degree angle from your shoulder through your elbow to your hand.
- Push yourself back up to the starting position.

One Knee Push-ups



Instructions

- Same position as the previous move except this time you only place one knee on the floor and leave your other leg fully extended.

Whichever one you feel you are capable of working on then go for it. What is most important to remember here and throughout all of these exercises is that you are working on correct form and technique, not getting as many reps as you can. I want to stress that point, there is no point at all in saying you can do 20 reps when realistically you done about three properly. The reason for this is you then begin to teach your body bad habits and poor form, increasing the risk of injury. If you are capable of three proper push-ups and then your technique begins to break down, stop. Do not allow your ego to get in the way. Do not teach yourself bad habits.

It is much better for your progress to achieve one or two correct push ups than 15 really poor ones. This attitude should go with all aspects of your training, not just push-ups. Whatever you are doing, do not sacrifice your form and increase your risk of injury or teach your body bad habits.

After push-ups we worked on two variations of the pull-up. We hope that you found those moves challenging and that you are now ready to progress to the next level in order to get you to that full pull-up!

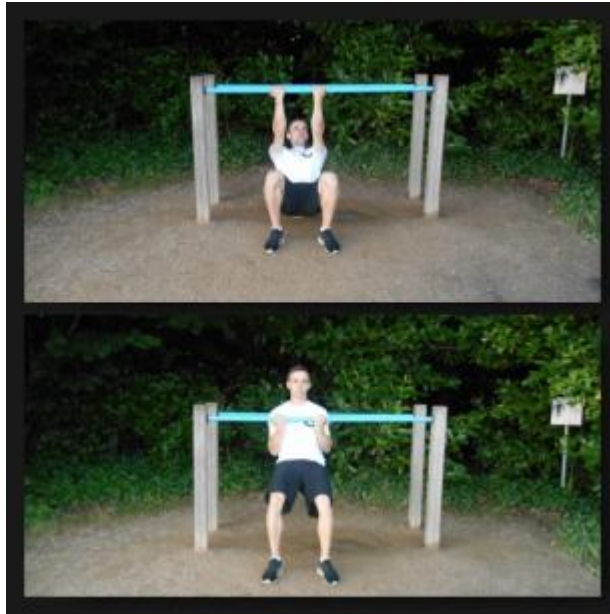
Negative Pull-up



Instructions

- Starting off with this one find a bar you feel you can jump high enough to get in to a contracted pull up position.
- Try to jump up to the top of a pull-up position, when you are at the top of the contraction.
- From here try to control it on the way down.

½ Pull-up



Instructions

- Start in a pull-up position
- From here place your feet on something to take the weight of your legs out.
- You can use a wall to put your feet on, you could use a step, or whatever you can think of that will take your weight and is safe. We are using a bench in this photo.
- Perform a pull-up movement with your arms fully contracted and extended.

Both of these moves help your body adjust to the flexion and extension stage of the pull-up. On the negative pull-up try to come down as slow as you can, and as you make progress, begin to use the momentum of the jump less and less.

With a half pull-up you are keeping your feet on the floor, but don't let that fool you, you are still using your upper body to come up over the bar. This will help you to get used to the flexion stage of the pull-up.

All you need for these moves is a pull-up bar, which you can find in most local parks.

Don't get discouraged by these movements and the time they may take to complete, always remember why you have started in the first place. For some people and their pull up progression, these two moves could be where you are at for a

while. I am literally talking months. Why am I saying this to you now? Because I don't want to tell you a lot of nonsense that you will be fit in five weeks' time. To achieve your first pull up can take time, effort and dedication. Put the effort in because you know it will be worth it and the feeling of achievement far outweighs any short term fix.

Visualisation

I haven't spoken too much about visualisation yet, however, I think it is relevant to your pull-up training. So many people get discouraged when it comes to their pull-up training, I am asking you to look at it differently. I am asking you to look at each time you attempt it, whether you get it or not, as an attempt that brings you a step closer to achieving it

‘I have not failed. I've just found 10,000 ways that won't work.’ - Thomas Edison

What I want you to do before you place your hands on a bar in your pull-up training is to use visualisation techniques to help you improve that pull-up and help you to achieve getting that first one.

- First thing I want you to do is this, Close your eyes. I want you to picture yourself performing that first pull-up. I want you to see yourself at the top of the bar arms fully contracted and looking down at the ground proudly. I want you to get a sense of everything around, whatever kind of day it is, feel the weather at the top of the bar, what I mean by that is if it's windy, try to feel the breeze when you are at the top of the bar, if it's sunny feel the sun on your face, if it's raining, yes people train in the rain, feel the rain on your face. I then want you to picture yourself lowering yourself back down nice and slowly and feel your arm extending until they have fully locked out.

When you place your feet on the floor I want you imagine that incredible feeling you will get right there from achieving that first pull-up!

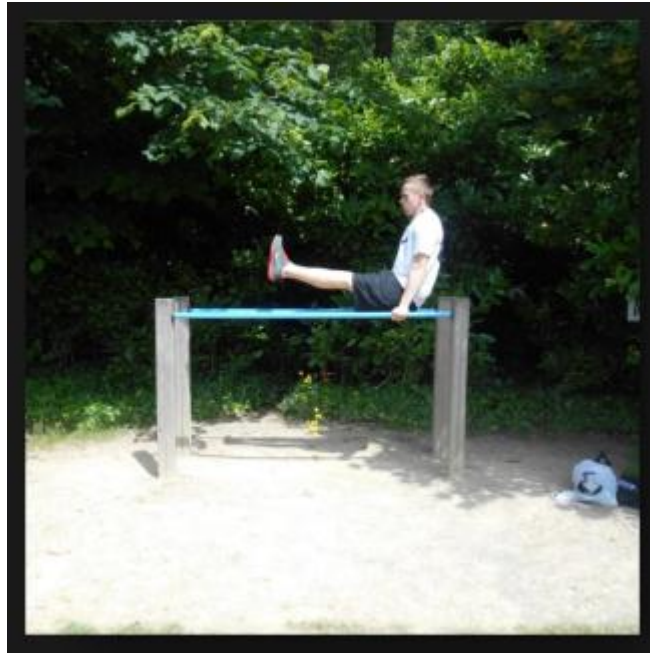
That feeling right there is what you are training for, you want to experience it! This is your motivation, to feel this emotion of achievement. I can guarantee if you have struggled to achieve a full pull-up, after you get that first one you will be hooked. The sense of achievement is something that nobody can take from you and only you will know how much effort you have put in, however when you experience this very moment you will realise this is worth all the effort you have put in.

Now go work on those pull-ups!

*“Whether you think you can, or think you can’t,
your right” – Henry Ford*



The next move worked on in our previous workout was the L-sit



Instructions

- You can perform the l-sit on a variety of equipment.
- If you are using a form of parallel bars as we are in the picture then ensure you have a strong grip on the bar with wrists neutral.
- From here lift your legs up and out straight until they are parallel to the floor.
- Hold this position.

I have added the L-sit again, not just for the sake of it, it is here because in the last workout we showed you the regressions, in this section we really want you to have progressed to a full L-sit. As we spoke about before, ensure you have the flexibility as well as the strength to complete this movement.

Half Crab



Instructions

- Start with your hands and feet on the floor and your chest upwards towards the ceiling.
- Ensure your wrists are directly underneath your shoulders.
- Drive your hips up.
- Push your feet into the ground.
- Hold this position.

The final move from this workout is the half crab, a progression from the last move, the crab reach. This is a static position, meaning you try to hold this position. This move works every muscle group in your posterior chain and really strengthens this area up for the full crab. As you can see the only difference in this move compared to a full crab is the arm position, which we will build up to in further workouts. This move is really great at working your entire posterior chain in unison. You may also notice that people feel this one more in different areas than others.

For example, people I have trained sometimes feel it in their shoulders, others their hamstrings and others their hips. There is nothing wrong with feeling it in different areas, what you are finding out there is where your weakest points are! So this move is great at strengthening all areas of your posterior chain and bringing up those weak points and making you a stronger unit.

Workout Three

You are now into your third workout, congratulations! I really hope you put the time and effort required into the last two workouts and felt comfortable in those movements. A saying I heard a while ago that stuck with me and is relevant to you getting to this stage is ‘regress to progress.’ Don’t be afraid to step back. It is not a lack of strength working on regressions, it is smart training. So many people try to go straight in to the hardest move first, fail to achieve it after a few attempts and then give up saying they can’t do it. Don’t be this person! Anything worth having in life will take longer than thirty seconds worth of practice. The strongest people became strong by working on smaller steps and building up and basic movements are really the best for us. If you have read the start (if not, why not?) when I spoke about the benefits of Calisthenics, and the fact that they are multi-joint movements or closed kinetic chain exercises, this makes them functional and more beneficial to your everyday life.

In the first two workouts we worked on squats, push-ups and pull-ups – all of these moves are multi-joint exercises! They are the most basic primitive moves we are designed to do, they are also the most beneficial to us. That’s right, I am willing to claim that the moves you worked on in the first stages are the most beneficial for you. A squat is not just beneficial for strengthening your legs, it is a great mobility exercise as I already got into, a push-up is another exercise where we move the way we were designed to, and a pull-up is the exact same. Just being able to perform these three moves will give you so much relative strength, make you more functional and allow you to progress to harder moves. In fact I would almost be willing to go out on a limb and say that if you can’t perform these moves yet don’t attempt to work on anything else*

*The only reason I say almost is because some people may have issues in their ankles not enabling them to squat, however that doesn’t stop them completely, it just doesn’t allow them to squat with heels on the floor, meaning they need to put

weights under their feet or else wear big shoes. The only reason to stop you working on these three moves is an injury*

I feel if you only had these three moves perfected, you would be ahead of most people in your local gym. You will be surprised at the amount of people that cannot squat properly, cannot perform a push-up or a pull-up. If you can perform these three moves at this stage, congratulations!

In the next workout we are at the stage of assuming you can hold a deep squat position, perform a full push-up and you are ready to start attempting full pull-ups. If this is you then continue reading, if not go back to a workout that you are comfortable with!



Our leg workout in the previous two has been a squat and sprinting. The only other natural leg movement you are missing is jumping! Plyometric is a fancy word for jumping, so if you ever hear somebody say to you they are doing plyometric work they are performing a lot of jumping. Jumps are great because they are explosive, giving you explosive power, and they also burn off an unbelievable amount of calories. They will help improve your knee stability when done correctly. There is a huge cardiovascular effect when jumping. This is why you will hear a lot of new classes and trends out now to do with trampolining and there are classes

popping up all over the place in it, with claims you can burn off 1,000 calories in an hour. This is cool and partly true, obviously it depends on the level of intensity you put in to the class. The only thing that would stop me from completely recommending these classes is that you are not necessarily improving your jump going to these classes. This may sound weird considering all you do is jump. The reason I feel you may not improve your jumping power is because of the fact you are on a trampoline. This takes a lot of the effort required in a jump out of the exercise. The spring on the trampoline is what gets you up off the ground. It is a bit like using the resistance bands for pull-ups, they should be classed in my opinion as a progression to the full exercise. The difference between this is that most people can already jump, whereas a pull-up is more difficult. Obviously you are excluding people coming back from injuries and other aspects here, but for the general population, we can already jump. So attending these classes will depend on your aims, if you are looking to build proper strength in your legs, these classes are definitely out. This is because, as I said, they take the hardest part of the jump out of it. Use the ground to develop real strength in your legs. Get jumping!

Also, before you begin your own jumping journey it is important to note that you never sacrifice form in jumps and you should stop once your form starts to go, with jumping it is always quality over quantity. To develop strength you only ever need 5 reps at the most anyway, and you should never go to complete failure. Take as much time as you need to in between each jump to set yourself up and go again. To develop proper explosive power, ensure you are doing these jumps correctly, never teach your body bad habits.

Frog jump



Instructions

- Feet out wide at an angle, shoulder width apart.
- Squat down.
- From here jump trying to raise your knees.
- Land softly and controlled.
- Chest facing forward and core engaged.

The form of jump we are showing you here is the frog jump, this is just one form of jumping. There are loads of forms, and it's not too important which form you decide to go with, what's important is that you are practicing them and seeing improvements.

Here are some other forms of jump squats

- Tuck Jumps
- Box squats
- Side jumps

The reason I have gone with frog jumps is because a lot of the time when people initially begin to jump they throw their legs behind them, which is not good form. Your knees should stay in front. If you have ever watched the Olympics and watched the high jump or the long jump you will see that initial explosion off the ground brings their legs forward and then they throw the

legs back to try to propel themselves a little further by momentum. That initial explosion you have to throw the legs forward to generate the most power. This is why I have chosen the frog jump, because you cannot complete this jump unless your knees stay out in front. Once you get comfortable with a frog jump you can then try other variations of jumps. With the frog jump because of the way we position ourselves and ask somebody to jump it is impossible to throw the legs backwards, meaning that we can develop our jump in a better way of movement. This form of jump will definitely help improve your explosive power, and all the other benefits such as calorie burn off, improved knee stability, muscle growth and over time you will definitely see improvement in the height you can get up and also you will find a squat position more comfortable.

In the last workout we worked on push-ups at this stage, I am going to leave push-ups in again, not because I can't think of anything else, but because they really are the most functional move for all your pushing muscles. All bodyweight athletes will tell you, not just me, the benefits of a proper push-up. You might find it boring so far but trust me when we begin to move in to harder progressions you will be glad I asked you to put the extra time in to perfecting your push-up. Push-ups are easier compared to a pull-up just because during our day we spend more time pushing things away (think of opening doors) and very rarely do we bring our arms over our heads in our everyday movement patterns. Also, for a lot of people the pull-up can be an intimidating movement initially, however with push-ups you lower yourself to the floor and it feels like a safer movement. However, they are both natural movements! I would like to be able to see you get at least one full pull-up before you begin trying to work on any other serious push-up positions, because you don't want your pushing muscles to become significantly stronger than your pulling muscles. Try to create a balance, you will always get more push-ups than pull-ups however what is important is that you don't avoid

doing pull-ups, this will lead to bad posture (a lot of weightlifters end up with this posture from the bench press and not working on their back enough, next time you walk in to a gym look out for it, I guarantee you will see somebody with rounded shoulders). So in this section it would really be beneficial to spend a little more time in your workout trying to perfect your pull-up, while working on keeping a strong push-up also. If you really want to work on different push-ups then check out our push-up section in the manual where we have tons! As I have already spoken about, as soon as that form begins to deteriorate, stop. Do not teach your body bad habits. Remember, if you decide to do this, all movements must be completed with proper form.



Instructions

- In a plank position, put feet together.
- From the head through the spine to your coccyx should be a straight line, meaning your hips should be directly in line with your shoulders.
- Place your hands directly underneath your shoulders.
- Engage your core.
- Lower your chest towards the floor until you have a 90 degree angle from your shoulder through your elbow to your hand.

- Push yourself back up to the starting position.

Now we move in to the full pull-up, congratulations! As I have said already, if you can squat properly, perform a full push-up and now perfect your pull-up you are ahead of most people attending the gym! This is true whether you are male or female, so be proud of yourself if you can achieve these three movements!

What I would like for you to do in this section is really work on getting that pull-up until it feels comfortable. Don't get freaked out by what I mean by comfortable, don't confuse comfortable with easy. A pull-up will most likely never feel easy, it's a tough move – anybody who says it isn't is not performing it properly with strict reps. What I mean by comfortable as opposed to easy is that you can perform strict reps, this means no swinging or kipping or jumping. You can grab the bar and achieve a strict pull-up keeping your body perfectly aligned with the only movement coming from the arms. Embrace your inner monkey!



Instructions

- Start off by holding the bar with two hands, shoulder width, squeezing as tight as you can.
- Grip and hand position will vary from person to person.
- Keeping your body aligned, pull yourself towards the bar and bring your chin over the bar if possible.
- Ensure you have done this in a controlled movement
- Lower yourself back down fully extending the arms.

As I spoke about with visualisation in the last workout (which you did read and practice, right?) it will apply again here. I hope the visualisation tips in the previous workouts helped, it is a really great tool to use. As I also said, when you get to this stage what is really important now is that you can achieve that strict pull-up. This is the level you should be at by the time you are thinking about progressing from this workout.

At this stage of the last workout we worked on the l-sit. I feel the l-sit is an incredible move, and the perfect combination of flexibility and strength. I still believe it is one of the most accomplished movements you can achieve. However, I also know that once you get it there isn't really much progression, unless you move in to the v-sit, which involves just bringing the legs up higher, or work on holding it for longer. I still recommend working on your l-sit however I am going to add in a different movement here because I know everybody likes a bit of variation!

I genuinely believe if you can achieve a deep squat, push-up, pull-up, l-sit and crab you don't necessarily need any other movement! I also know that people love variations, different styles of movement and learning new skills, and that is why from here we are going to work on building up to the human flag! This movement is one of the most impressive in the world of calisthenics.

To have not only the core strength but the all over body strength that is required to hold this position takes so much time and effort to acquire, however, as you can imagine, achieving this hold is one of the most amazing feelings you can experience.



The reason I am moving from the l-sit into working this position is for a lot of reasons I already said, I spoke about people getting excited about being presented with new challenges, learning to move their body in different ways and the fact that we all love trying new things that challenge us. The main reason I am moving in to this move however is because it does bear a slight resemblance to an l-sit, although it might not look like it. Here are a few points to consider when comparing the l-sit to the human flag.

- For both you need tremendous core strength to hold it.
- You need to support your bodyweight with your arms
- You need to have flexible hamstrings in order to keep your legs out straight.

So despite both moves being different they do have crossover effects. If you can hold an l-sit then I am confident in you beginning your flag practice!

Here is the progression to practicing that flag!

There is a section in the book where I go through each step on how to build up to the human flag, however if you have been strictly following the workouts you may not have noticed this and skipped some of the initial steps, don't worry that's cool! If you can hold an l-sit then you may feel strong enough in your core to begin practicing the flag from this progression, which is the hanging feet lift position. However, if this doesn't feel comfortable you can drop down to the other progressions.

Check the flag section within the book for the regressions and progressions if you specifically would like to only learn the flag, in this section we are showing you how to include it in to your workout. As I have said, use the book and take from it what you want, that's why you have it!



Instructions

- Place your hands on the vertical bar as if attempting a human flag, the top hand is in an overhand grip and the other supinated.
- Push the bottom arm out, fully extending that arm while simultaneously pulling with the top arm.
- From here attempt to keep your feet off the floor by a few inches.
- Hold this position.

This is the initial position you are working on. Some people find this difficult while others don't, if you don't find this one too difficult, don't get cocky! You will still need to spend some time at this one, until it feels comfortable. Don't try to progress too soon, build the strength up in your shoulders from this move before you try to progress any further. I know deep down everybody looks at the flag and wants to get it first go and prove me wrong, it happens nearly every class I run, but really take the time to work on the regressions first, that way you are giving your body a chance to adapt to what you are asking it to do. Chances are if you are trying to jump right in

to the main move and you keep practicing it over time, you may eventually get some form of flag, but it will take longer, your form will be sloppy and you definitely won't have the strength developed by somebody who worked their way through the progressions, enjoy each one instead of trying to rush through them.

If you struggle with that particular move you can keep your feet on the floor and just work on your arm position. You should be pushing out with the bottom arm and pulling with the top. Happy flagging! I promise once you begin to practice the flag, you will never look at any form of pole - be it a bus stop, football goalpost, or any other pole, even trees- in the same way again. Enjoy, you can now officially call yourself a bar addict!

Our final move in workout two was a half bridge. We are going to keep along those lines and work on some more progressions here. For me I personally found the crab position the most difficult of all these moves within the book. You may be completely different and you may already be able to hold a pretty decent crab if you try it by now. For most people the most difficult aspect is getting the arms out and fully extended. I know that was what I found the most difficult and almost every other person I have shown this move to have experienced the same difficulty. If you are lucky enough to not struggle with this then you are able for a full crab. If, like the majority of people, you are struggling to get the arms to fully extend, here are some movements you can work on to achieve the full crab. As I have stated previously, there is a separate section in the book dedicated to just developing the crab so if you want you can head on over there to look at the progressions and regressions to this move.

At this part we are looking at the wall walks.

Some people class this one as a more advanced version of the crab. I feel that is only the case if you are making it the full way down. If you are not able to make it the whole way, let's say for example you get half way, it is still a great way to really work on extending the arms and open our chest. It also

makes coming up from the floor a lot easier when you then attempt that version. I feel this move acts as a great way to enable us to get used to the movement and enables us to get used to keeping our arms extended.



Instructions

- Begin by standing facing away from the wall
- Bring your arms up over your head and place your palms on to the wall.
- From here begin to crawl your hands down the wall as low as you can.
- When you get down as far as you can, begin to crawl back up the wall until you have returned to the starting position.

Workout Four

We have reached workout four, meaning you are capable of a deep squat, a full push-up and pull-up, congratulations! In this section I want to begin to show you how to progress into more difficult movements. Here I can begin to talk to you about what your eventual aim will be by workout eight. At workout eight you are going to be able to perform a pistol squat, one-arm push-up and a one arm pull-up! It is by this workout that you begin to work on the progressions for these, so this workout really is important in helping you to develop everything that is required in order to achieve the movements I just mentioned. At this moment you may be in either of these positions – you either think that you will never complete the three movements I just spoke about or you are at the stage where you want to skip right ahead to practicing them. I am going to talk to you about why both of those ideas need changing.

The first opinion was that you will never achieve those three movements, if this is you, continue to read this paragraph. If you want to skip right on ahead to workout eight, then read the next paragraph. If you believe that you will never achieve those movements I want you to look back at the previous accomplishments you will have already made by getting to this stage. You can achieve a full pull-up, hold a deep squat and complete a full push-up. As I already spoke about, the vast majority of people cannot do this! You are not lacking strength, you are not lacking any physical ability, what you are lacking is belief. I spoke about this way back at the start of the book, if you see something that truly inspires you and it amazes you, what is the worst thing that can happen by you saying “ I can do that”. What’s the worst thing that could actually happen? You need to believe in yourself, have a strong enough character to know that even if you are not able to achieve it yet, you will get there.

I honestly believe the only difference between any of us is practice. I do not think much of the excuse people throw up of

“oh they have better genes than me” or “ah they have it easier”. Stop looking at others and look at yourself. You cannot compare your life to anybody else’s, just make the most of your own, that’s what the people you are looking at are doing! At this stage you are not expected to complete any of those three moves anyway, but what I am going to do is give you the tools to get to that level, there is nothing stopping you from getting there except the excuses you tell yourself. Believe in yourself, your mental strength will overcome any obstacle.

“ I failed will always be better than what if. I failed means you at least entered the arena.”

If you are at the stage that you don’t think you need to work through the progressions to achieve the three movements I spoke about here are the reasons for why you do. You may have never tried the movement before. You need to allow your body time to adapt to the movement and teach yourself the proper techniques. If you skip on right ahead it is like being asked to play in the world cup final for your country after playing 5-a-side for a few weeks, you are not up to it yet! The reason there are regressions is to help you build up the strength, allow your body a chance to get used to what you are asking it to do, reduce the risk of injury, allow yourself to develop good habits and better movement patterns. If you jump straight into trying the more difficult movements you are going to teach yourself a sub-par version of the exercise you want to achieve. You will not be as strong as the person who has earned their way up to the movement. You are going to teach your body bad habits as your form will undoubtedly suffer when you attempt these movements without spending the time required to improve on the regressions.

You are increasing your risk of injury as even if you achieve the movement your body somewhere is compensating for that movement by placing too much pressure on a certain area instead of the weight being distributed evenly. For example, I see so many guys practicing the muscle-up and believing they have got it when they haven’t. If you ever see this from this

point on you will know that the person hasn't put in enough time to perfecting the regressions. Basically they will pull themselves up over the bar but instead of the weight being distributed evenly they lean too much on one side to bring themselves over, placing too much strain on one side. This is not good! So don't allow this to be you, take as much time as you need with each workout and get the most out of each exercise that you can, be patient and don't undervalue the importance of the regressions. Be sensible, I guarantee if you continue to be patient and work through these you will be so much further ahead of the people who skip this piece of advice, but I know that won't be you, right? Have I given you enough reasons now to ensure you don't skip this workout? Let's get going!



In the last three workouts we have worked on squat, sprints and jumping. If you can perform these, you are ready to advance into practicing for your pistol squat! We have a section specifically for the pistol squat in the book and if it fascinates you and it is the main move you want to gain within this book then I recommend taking a look at that section, as I have said before, use this book for what you want out of it. If you haven't checked it out yet then you are at a good starting point. There is going to be two movements within this section that I would like you to work on that I feel will help you adjust to a pistol squat. They are the 80-20 squat and a squat and roll.

80-20 Squat

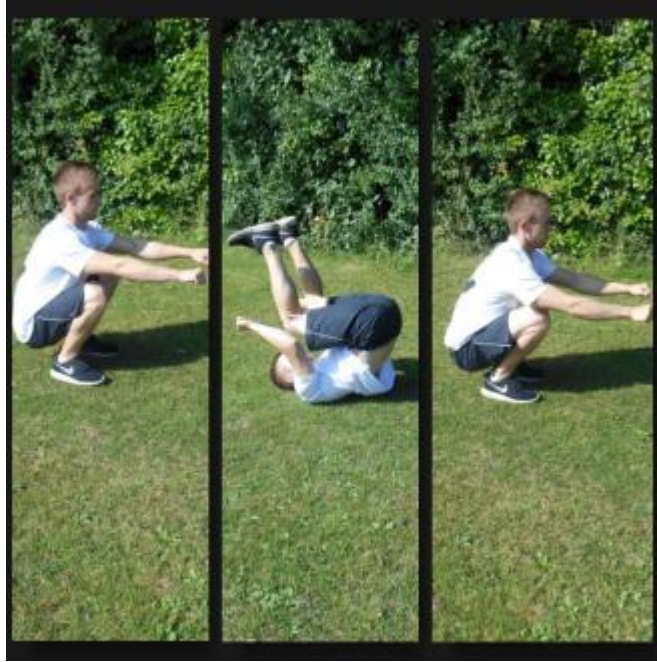


Instructions

- Same body position to a normal squat.
- When you have lowered your body, lean on one leg more than the other.
- Raise yourself back up on this leg, placing 80% of your weight on this leg and 20% on the other.

The reason I have placed this move here is because it gets you used to placing your weight on to one side. This one is great at the beginning because that is exactly what you do when you perform a pistol squat, you place all your weight down one side, so to work on this one initially means that when you do finally attempt that full pistol squat, it is not as much of a shock as it would be if you tried them now. You still have the security of your other foot being on the floor so your body is not freaking out, and neither are you!

Squat and roll



Instructions

- Stand in an upright position feet shoulder width apart.
- From here squat down as low as you can.
- Chest forward and facing forward.
- Allow your back to Round and gently roll on to the floor.
- Tuck your knees into your chest and place your hands on your shins.
- Use your core to rock yourself forward again.
- Place your feet back on the floor and return to a standing position.

The reason this one has been introduced is because of the next movement we will be working on in the following workout, which is a single leg squat and roll. For us to perfect that one we need to be able to perform it on two legs before we worry about one!

At this section we work on a form of push-up. You may have already looked at our different variations of push-ups and whether you have or haven't is cool. What we want to work on here is a decline push-up.



Instructions

- Place your feet on something higher than the ground, keep them together and assume a high plank position.
- Ensure your wrists remain directly underneath your shoulders.
- From here lower yourself towards the ground until there is a 90 degree angle at your elbow joint.
- Keep your elbows tucked in and in line with the wrists.
- Push yourself back up to the starting position.

This form of push-up is more difficult than a regular push-up, purely because of the angle it places more pressure on your chest. This is a good way of progressing and you may find it more challenging than it looks. I like having this one in as the initial regression to a one arm just because you still have the safety of both arms in front but you are still placing more demand on your chest than you would be in a regular push-up.

This for me is a good starting point. Work on these and you will be flying to that one arm in no time!

The next move I want you to work on is pull-ups. I am presuming that you can perform pull-ups but you will only improve your strength at this stage by continuing to practice them. We have two moves in this section to help you get to the

one arm pull-up. Pull-ups and a one arm dead hang. The dead hang is important as it gets you used to holding yourself up with one arm, before you attempt to pull with that arm you have to make sure you can at least hang! Similar to the saying -Crawl before you walk, hang before you pull-up.

Pull-up



Instructions

- Start off by holding the bar with two hands, shoulder width, squeezing as tight as you can.
- Grip and hand position will vary from person to person.
- Keeping your body aligned, pull yourself towards the bar and bring your chin over the bar if possible.
- Ensure you have done this in a controlled movement
- Lower yourself back down fully extending the arms.

One arm dead hang



Instructions

- Grip the bar with one arm, underhand grip.
- Squeeze the bar as tight as you can.
- Hang from the bar.

This move should be performed at this stage as it improves your grip strength and forearm strength, while you also learn how to stabilise yourself while holding your body upright with one arm. It is important to do this one after you have performed your pull-ups because if you perform this one first your pulling muscles will not get much of a workout seen as you will already be tired and losing grip. The last thing you want when practicing pull-ups is to be dropping not because of tired back or biceps, but because of tired forearms and loose grip. Don't allow that to happen and always perform this move afterwards.

You may have noticed that we only have one movement in for your pushing muscles – decline push-ups – and two in for pulling, what you must remember is to distribute the reps and sets evenly here. You should spend as much time on decline push-ups as you do pull-ups and the dead hang. This will

avoid poor posture or overtraining one area more than another. Also, you shouldn't spend too much time on the one arm grip hang, it will not take too long before you are tired on this one considering you will already have performed pull-ups, so don't go too crazy on the one arm grip, just use it to get a feel for this. As I said, it won't take too much time on this position before you are tired from it. In the one arm dead hang you are working smaller muscles, forearms, so it is only natural that these will tire out quicker.

The only other small tip worth mentioning here about the one arm dead hang is to ensure you are squeezing your hand off the bar as tight as you are squeezing the one on the bar. This creates more tension around the body and makes you stronger. Ensure that you keep your core engaged in this one also.

These two moves are all you will need initially to start your training towards achieving a one arm pull-up. Take your time working on these and stay on them until you feel comfortable in all the other moves within this workout.

In the last workout we began to work on the human flag, one of the most impressive moves within Calisthenics training. I hope you enjoyed the first part of that movement. Depending on your previous training experience you may have found that one tough to crack or easy to master. Every person I have worked with in teaching the human flag has developed at different speeds so I am assuming you are the same too.

Whether you find the first one difficult or not is not relevant, what's relevant is that you can now do it! Be proud of that fact and use it as motivation to allow you to continue progressing!

Because every person learns the human flag in different ways I am going to show you two variations that you can try to progress from at this stage. I am going to show you the inverted flag hang first.

Inverted flag hang



Instructions

- Start by gripping the bar with your top hand in an overhand grip position and the lower in a supinated.
- From here bring your feet off the floor and tuck your knees in to your chest.
- Extend your legs and bring your feet up into the air so that you are upside down but still holding the bar.
- Keep your body as straight as you can.
- Lower yourself back down slowly.

The reason I am showing you two different variations to work on at this stage is because I personally didn't learn the human flag by performing the inverted version, however, other people have. As I said before what works for me might not necessarily work for you. What I would like you to do at this stage is perform both variations and see which one you feel you are making the most progress on. If the inverted flag works for you, great.

The other variation I want to show you is the window wiper.



Instructions

- You can do these either lying on the floor or holding a bar.
- Keep your hips and shoulders parallel.
- From here swing your legs over from one side to the other in a half circle type movement.
- Ensure you bring your legs over to both sides.
- Control the movement.

Now you will decide what way you want to progress in the human flag. Some people like to perform the inverted hang and then from there begin to lower themselves down into a full human flag position. I didn't feel that worked for me and I decided to build up strength learning more moves. It will be up to you which road you decide to go down, I am offering you both and leaving the choice up to you.

I learned the window wiper movement as it really gave me strength and was a great movement to strengthen up my core, mainly my obliques. Because of the twist involved, you really have to have strong obliques to complete the movement, and what do you need to hold a human flag? You guessed it, strong obliques! For me this was why I preferred working through the progression movements, because I gained the strength required

to be able to hold a human flag position. I felt as though I would never really gain the proper strength required by just jumping into the inverted flag and trying to lower myself down. However, that's just my opinion and what worked for me. For your own flag training you need to decide what you feel works for you. In the next workouts I will be showing you the other progressions that I worked on to continue to gain the strength I needed to hold a human flag.

The last move in this workout is the crab. I have shown you the progressions leading up to this move and now it is time to get working on the real thing! Some of you may have already been comfortable enough with a crab position without needing to work on the regressions, if that was you, great. It took me a long time to be able to hold a crab position and I only managed it through working on the different variations. As I have said previously if you want to spend more time working on the crab and looking at some of the other variations then check out that section in the book. I feel as though if you have practiced the wall walks and they feel comfortable now then you are at a good stage to try the full crab. You may have even gotten to the stage that you are crawling the whole way down the wall. As I keep saying, every one of us are different and progress at different levels, whether you found it difficult or not doesn't really apply, if it takes you longer to learn than somebody else you will only appreciate the movement a lot more than somebody who could do it without much effort.

I have found this to be true when it may have taken me a while to perform a move and somebody else gets it quicker. You will enjoy the fact you can perform the movement so much more than the person who got it quicker, because you know that there was once a time that you couldn't achieve that move and it fills you with a lot of pride and self-satisfaction every time you do perform it because you have made progress and performing that move is proof of that.

I personally don't think there will ever be a session that goes by where you should not practice a crab movement. There are so many benefits to it that no matter what your goal is it will

have a positive impact on them. So whether you got the crab at this stage or whether you got it sooner, ensure you continue to practice!



Instructions

- Start by lying down.
- From here bring your feet underneath your knees
- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders – Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

Workout Five

You are now in to workout five, if you have gotten to this stage you have made real progress with your training and you should be proud of your achievements so far. Each time you have managed to progress to the next workout is an opportunity for you to stop and check your progress, and be proud of your accomplishment. Whether you are reading this six months down the line from the beginning or a year or even five weeks doesn't really matter, what matters is that you are here!

In this workout I want to show you how you can progress from the last workout, which showed you the initial starting points to teach you how to pistol squat, perform a one arm pull-up and also a one arm push-up. I am going to continue along that road and show you how you can continue to make progress.

The first move from the leg workout I want to show you is the single leg squat and roll.



Instructions

- Similar to squat and roll
- Only difference is when you are attempting to return to your starting position you only place one leg on the floor

instead of two.

- This move is a really good way to build to a pistol, as your balance will be tested in a full pistol squat. If you lose the balance this move will help you to work on it.

If you went through workout four you will have become accustomed to the squat and roll, now this move is essentially the same, minus a leg. Initially if you are struggling, just get used to standing on one leg for a while. You may be surprised at how difficult you find that, then again you may find it easy! What is important is to just try it first, for if you can't stand on one leg you definitely can't squat! When standing on one leg becomes easy then start to worry about squatting down, get down as low as you can until you feel you are beginning to lose balance or if you get the full way down and feel as though you haven't got enough strength to come back up. These will initially be the two problems you face when beginning to train for a pistol squat. You either lack balance or else strength. For me, I lacked more balance than I did strength. If you feel as though one of them is the reason for why you can't squat then you need to figure out what is happening to you in your squat and roll.

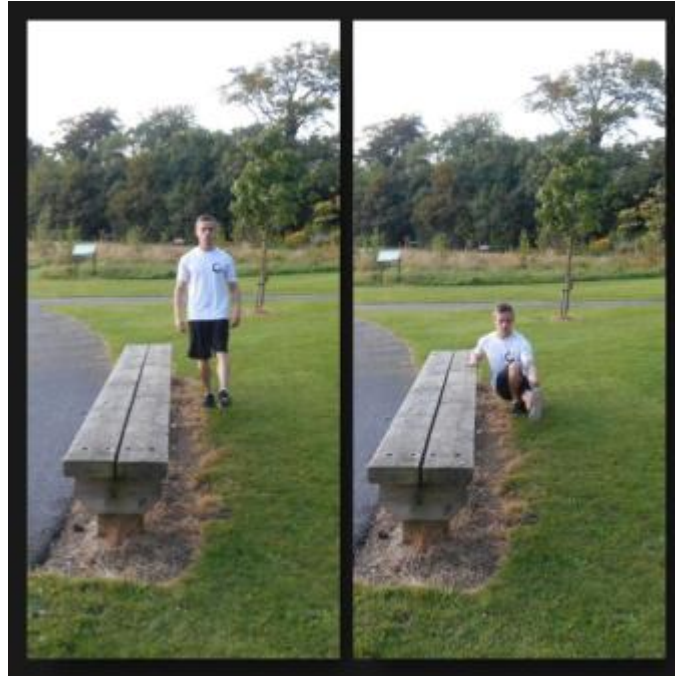
For example, can you get the whole way down but then struggle to get back up? If so then this is strength that you are lacking. If you can only get halfway down and then need to use the roll, you are lacking in balance. Luckily for you, I have an exercise for each one to help you improve!

If you feel you lack the strength, attempt pistol squats with support. Some instructors don't like you to use this however, the same people allow you to train with a band when attempting pull-ups! So this is the same, I only don't recommend this movement if you haven't got the balance. Balance first and strength second guys is what is important to remember!

Balance is more important in a movement such as a pistol squat as if you can't balance it does not matter one bit how strong your legs are, you can't get in to the position! This is why if you were to ask a weightlifter who can squat well over

100kg to pistol squat, they will struggle. It is not their strength letting them down, it is balance!

Here is a pistol squat with support



Instructions

- In the photo we are using a bench for support. This is just an example of what you can use.
- Start in an upright position feet shoulder width apart.
- Perform the pistol squat as we spoke about in previous pages.
- As you lower yourself down, you can use the support of the step to help you back up.

Use this move if you feel you are struggling with strength!

If you feel as though you lack balance what I am going to ask you to do is the roll however I want you to hold the bottom position of the pistol squat

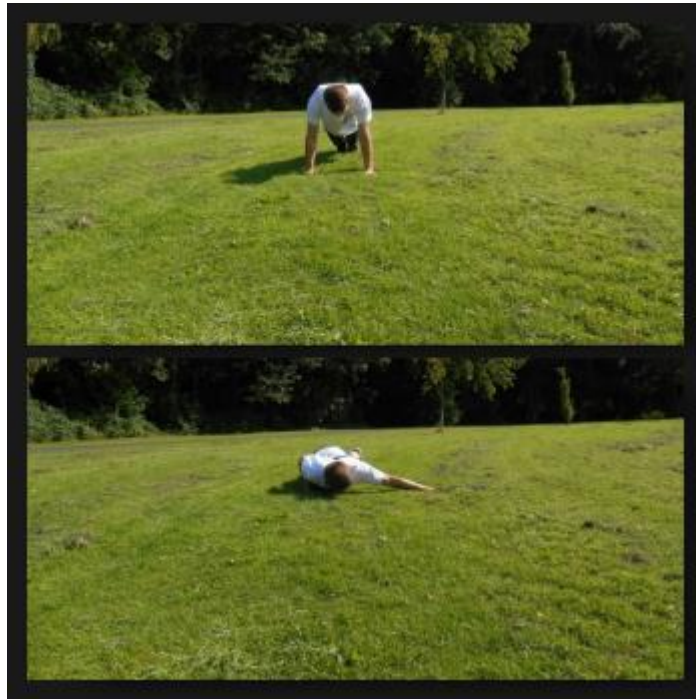


So you will see by this picture I still want you to practice a single leg squat and roll. The only difference is I am asking you to stay at the bottom position as long as you can. This will really help you get accustomed to that position. Ensure as you roll that you really fire your arms forward, allowing your weight to come through your foot on the floor. You should feel the weight distributed evenly across your foot, and ensure you are gripping the ground with your toes. The best saying I heard when it came to practicing the pistol squat was you are not trying push yourself up, you are trying to push the ground down, use this move to really get yourself accustomed to that feeling. Stay in this position as long as you can then roll back down again and come up on the opposite leg. Again hold this position for as long as you can.

These are the only movements from here that you need to improve on in order to get closer to achieving the pistol squat. Discover whether it is balance or strength that is stopping you from perfecting it and work on it!

In our last workout at this stage we worked on decline push-ups. I spoke about how these added extra pressure on the chest, and they are a good progression to move in to the one arm push-up. The next move we are going to do is a rock n' roll push-up. This move is another great one to progress in to a

one arm because we shift our weight onto one side however we still have help from our other arm. It is similar to the concept of the 80/20 squat you worked on in the previous workout, in that you are getting your body used to using one side more than the other.



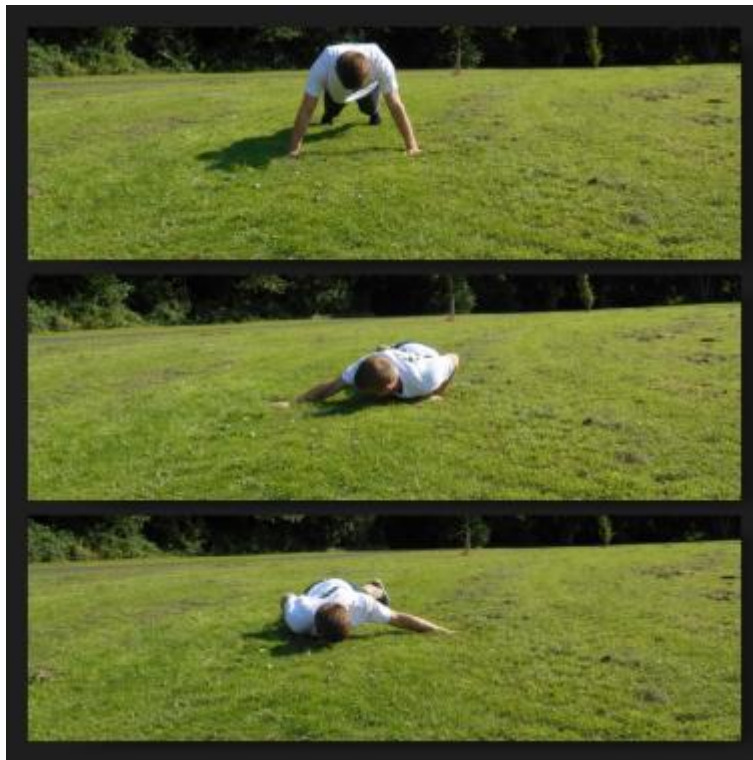
Instructions

- Start in a high plank position
- As you begin to lower yourself to the floor bring one arm out to the side away from your body.
- When the arm you have kept narrow is at a 90 degree angle your other arm should be fully extended out to the side.
- From here push yourself back up with your arm that is still directly underneath your body.
- The arm that is extended out to the side will then begin to slide back in to its starting position.
- Switch the arms and make sure to perform even reps on both sides.

While you are shifting your weight onto one side in this move, you still have the help from the other side, so your body will not freak out at what you are asking it to do too much! Make sure you practice the movement on both sides and if you feel

as though one side is stronger than the other then you should always start on your weaker side. If you can get the hang of these ones, you are well on your way to achieving the one arm push-up!

I am going to add in an extra movement at this stage to help you progress to the one arm push-up. This may look similar to the last move however you will notice the little difference once you have begun practicing them. This move is called the typewriter push-up



Instructions

- Start in a plank position, hands wider than shoulder width.
- From here lean over to one arm placing more emphasis on this side.
- Lower yourself towards the floor.
- From here push yourself over towards the other arm keeping yourself as close to the ground as you can.
- When you have shifted your body over to the other side push up from here until you are back at your starting position.

This is like the rock n roll push-ups big brother! Although they look similar the slight difference in the typewriter makes it a slightly harder movement. If you cannot perform a rock n' roll push-up you won't perform a typewriter, however they both work really well together and will give you a great chest workout, and bring you closer to achieving your first one arm push-up! Make sure you spend time on these!

In this section you are going to be shown some more progressions to the one arm pull-up. If you have begun your one arm training by what I have shown you so far then you will have nailed the idea of the one arm dead hang. In this workout we are going to progress from that with these moves. The first one is an archer pull-up.



Instructions

- Place one hand on the bar in an underhand grip.
- Grip your other hand around the wrist of the arm on the bar.
- From here perform a pull-up, arm fully contracted.
- As you lower yourself back down make sure your arm becomes fully extended.

You will mistakenly see some guys actually call this movement a one arm pull-up, however when you try it you will feel the assistance that you get from your opposite hand. It helps a lot however most of the work is still coming from your arm on the bar. If you can't perform a dead hang yet, you will not get this move, at least not properly without swinging all over the place. I know because I wanted to skip the dead hang position as much as anyone! Trust me, it doesn't work, at least not properly. Spend the time required at that one before you attempt these ones, it will be worth it and save you time in the long run.

The next move I want to show you is single arm bodyweight rows. Some people call these the 'down under' pull-ups, if you want to call them that go ahead, it doesn't really matter what you call them, as long as you do them properly!



Instructions

- Place an underhand grip on the bar.
- Put your chest directly underneath the bar.
- Feet should be on the floor.
- Hips remain parallel to your shoulders.
- Pull yourself up towards the bar, fully contracting your arm.
- Lower yourself back to the starting position.

This is another great way to adjust getting used to pulling up with one arm, but because your feet are on the floor, it makes it slightly easier. You can build up a huge amount of strength performing these and they can be a struggle initially. If you do find them difficult then work on performing the archer version of these, placing your other hand around the wrist of the arm that is holding the bar. Eventually work on letting go and performing these with just one arm.

Next up is our human flag variations! I spoke in the last workout about two ways you can go. Either perform the inverted flag hang and try lower down or work through the progressions. If you found the inverted flag hang more comfortable then that's fine continue working that way. From here I am going to show you a progression that will help you to continue to build strength for the human flag.

Handstand push-ups



Instructions

- You can do these against a wall.
- Start with your back to the wall and crawl your feet up along it.
- As you do this crawl your hands in also.

- You should be in a vertical position. Arms fully extended and a little wider than shoulder width, only your feet touching the wall.
- When have assumed this position and feel comfortable begin to lower yourself towards the floor.
- Control the movement and lower yourself down until your elbows are at 90 degrees.
- From here push yourself back up to the starting position.

Ensure that you are not too tired from the push-up section when you are trying these. You never want to perform these to failure, as you need to leave enough energy to come back down. It is this push that will help you improve your strength for the flag. If I was to rotate the picture, at the top part of the handstand push-up, it is that exact position you are in when you are in a human flag position. So this is a great way to build up the strength in your shoulders to allow you to hold that position.

If you feel as though you have nothing left in the shoulders but you would still like to work on progressing towards the human flag then you can work on this move instead, in the following workout it will be both of these moves anyway, so if you haven't got enough left in the tank in the shoulders, work on this move, the dragon flag.



Instructions

- For this you will need a bench or something that allows you to swing your legs while holding on with your hands for support.
- You need to bring your hands behind your head and have them holding onto something to support you.
- From here you lift your body up vertically until only your upper back is touching the bench.
- From here begin to lower your body back down slowly until you are parallel to the ground.
- Using your core strength to lift your body back to the top position.
- Repeat.

This move is also great at developing core strength for the human flag, and again if you were to look at this move you can see the similarities in this exercise to the human flag. When you are at the bottom position, besides the arms, it is the exact same body position to the human flag, so if you can hold this position, you will have the core strength to hold a human flag.

Our last move is, you guessed it I'm sure, a crab! As I already spoke about, whatever your aims are, a crab is going to benefit

you, and I feel they should be involved in every workout at some stage. I spoke a little about modern lifestyle and how we spend too much of our day staring at screens with rounded shoulders, and this move helps to reverse that. So if you can perform these, you have helped keep your spine healthy, strengthened all the muscles in your back, helped to keep good posture, improved shoulder mobility and strengthened your hips - why wouldn't you ever want to do these or move past them?



Instructions

- Start by lying down.
- From here bring your feet underneath your knees
- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders – Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

Workout Six

You have now reached workout six. If you are at this stage you have developed some really essential skills necessary in order to perform the more advanced moves, if you continue along this path don't worry you will be able to perform all of the movements that we have been leading up to. I hope you are remaining patient and continuing to work through each workout until you feel as though you can't benefit from them any longer. The key is not to get through each workout as fast as you can, but to stay in each workout until you feel they no longer benefit you. It can take time to understand that concept as today everybody likes to rush through everything as fast as they can, think about our phones, fast food, e-mail and online shopping. Everything happens instantaneously. If we have to wait five seconds for our internet to load we go crazy! So I am never surprised when people want exercise to be the same, unfortunately it isn't. I hope that by the time you have reached this workout you have dedicated the time required to get to this level and you appreciate the art of patience. Be proud of your progress so far and accept that it will take time to achieve each level, however, enjoy each one and get the most out of each one you possibly can.

“A jug fills drop by drop” – Buddha



In the last section I gave you two movements to practice to figure out what you felt as though you were lacking in your pistol squat. We spoke that you would either be lacking in strength or else balance. We gave you the two movements to help you improve upon these. I hope you took the time to work on them!

In this section you are very close to achieving the full pistol squat. Once you have figured out if you lacked the balance or strength and worked on it you are really close to achieving your goal of moving in to a full pistol squat. For this workout I want you to work on a pistol squat with your opposite heel on the floor.



Instructions

- Start in an upright position feet shoulder width.
- Place one foot out in front.
- Point your toe towards the ceiling and keep your heel on the floor.
- From here begin to squat.
- Keep your chest facing forward and focus straight out in front of you, core engaged.
- Get down as low as you can in the squat and then bring yourself back up in a controlled manner.
- Repeat on the other side.

Working on this movement is great because you are almost at the level of a full pistol squat now. You are only slightly using your opposite foot for support. Because our heel is still on the floor, we get a limited amount of support from the opposite leg, however our bent leg is still doing most of the work. It is a great move to get used to and once you become accustomed to this one you will have a far greater chance of achieving the pistol squat.

Because we still have that heel on the floor our body does not freak out as much with what you are asking it to do, it still feels comfortable because you have that heel on the floor, so really make sure you put the effort in to this one, get

accustomed to it, and you will have developed what is required to then attempt a full pistol squat.

Next up in our progressions for the one-arm push-up is a wall assisted one-arm push-up.



Instructions

- Stand facing a wall.
- Place one hand on the wall with your wrist directly in line with your shoulder.
- Place your feet in a wide stance position.
- Put your other hand on your hip.
- From here bring your chest towards the wall, ensure your elbow remains tucked in.
- The further back you bring your feet the more difficult this one becomes because you are changing the angle.
- Use this move at the start to get a feel for the movement.

This movement is great because you are now working on getting used to pushing up with that single arm. In our previous moves we still had limited support with the opposite arm, now I am asking you to get accustomed to only using one arm. Because we are higher up however, it makes the movement easier and gives you and your body the chance to adjust to working with only one arm to push. Trust me, this is

a lot more difficult than it may look, so make sure you put the time into practicing this one as it will allow your body to adjust to the extra demand you are placing on one side when you attempt a full one-arm push-up.

At this stage I want to show you the next progression to the one arm pull-up. In this section we are going to work on the towel wring pull-up

Towel wring Pull-up

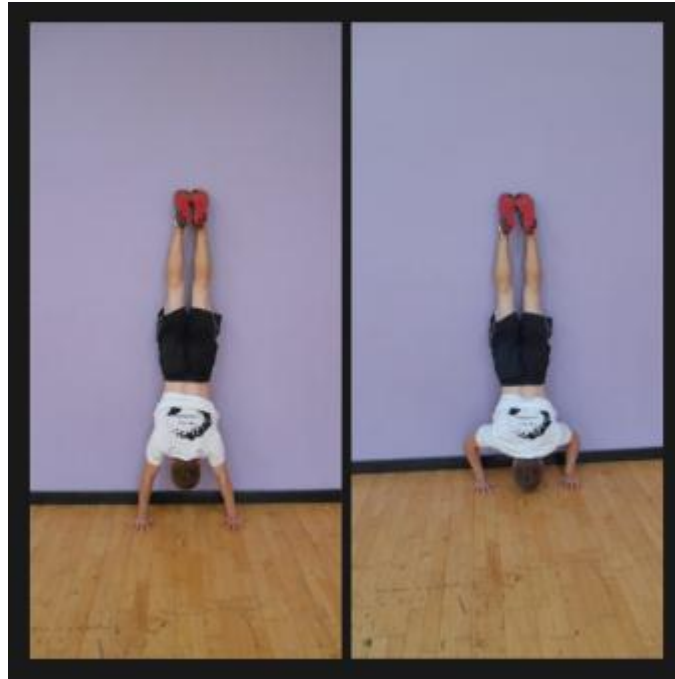


Instructions

- Place a towel (or an item of clothing) over the bar.
- Grab the bar with one arm in an underhand grip and grab the towel with your other hand.
- The towel should be lower than the bar and you should try to have your arm fully extended as you improve on this pull-up.
- From here perform a pull-up. Get your chin over the bar. Your arm on the bar should be fully contracted and the arm on the towel should be out wider.

This move is great because you are getting used to pulling up with only one arm on the bar, however you still have a small amount of support from holding on to the towel. The reason this one is ahead of single arm bodyweight rows, despite using only one arm in them, is because you are now at an upright angle, the way you would be in a full one-arm pull-up and that makes this one more difficult in my opinion. You also no longer have the support of being on the ground. This move also simultaneously helps you improve your grip with the opposite arm as you really have to squeeze the towel hard in order to maintain a hold of it. As we already spoke about, having a strong grip is the key to being able to perform a one-arm pull-up, so even though you are working the other arm more, you are also improving the grip of the arm on the towel at the same time, making this a great move to help you progress to a full one-arm pull-up.

In the next section I want you to work on the progressions for the human flag. In the last section we worked on the handstand push-ups and the dragon flag. In this section I am asking you to work on these again however, I want you to spend more time on whichever one you feel you were weaker on in the last workout. Be honest, there is definitely one you neglected more than the other! So in this section what I am asking you to do is put more time in to the one you neglected. In the last section we had two movements on the push-up part, which may have tired your shoulders out by the time you got to this part of the workout. In this section we only have one, so you can focus more on those handstand push-ups. This is the only section of this workout that has two exercises in it so you can keep fresh and improve upon both of these movements, which will dramatically improve your chances of achieving the human flag by workout eight, you are getting close now!



Instructions

- You can do these against a wall.
- Start with your back to the wall and crawl your feet up along it.
- As you do this crawl your hands in also.
- You should be in a vertical position. Arms fully extended and a little wider than shoulder width.
- When have assumed this position and feel comfortable begin to lower yourself towards the floor.
- Control the movement and lower yourself down until your elbows are at 90 degrees.
- From here push yourself back up to the starting position.

You may or may not be wondering about why I am asking you to do the handstand push-up against the wall again and not progressing into a freestanding version. The freestanding version is an incredible move to achieve.

However, the reason why I am asking you to stay at the wall is because I am asking you to build up the strength in your shoulders in these workouts. If you are attempting these without the wall, it does not matter how strong your shoulders are, because if you cannot hold a handstand you will not get one handstand push-up. Even if you can hold a handstand, the amount of push-ups you get will depend on how long you can

hold it for. I am not trying to get you to work on balance here, I am trying to get you to increase your strength. If you want to attempt these away from the wall, that is great and they are an amazing move to work on, just know that they will not develop as much strength as you can doing them against the wall. You are focusing on developing strength in your shoulders here to perform a human flag, if you want to develop to perform handstand push-ups then work on them, but in this section we are working on the handstand push-up to help us improve our human flag. Always remember what your goal is with each training session. As I said, there is nothing wrong with handstand push-ups away from the wall - they are an amazing feat of balance and strength- however, you need to remember your aim. Every exercise has its own benefit, you need to manipulate it to get what you want from it. We are using the handstand push-up against the wall here to allow you to increase your strength to hold a human flag position. If you are training to hold a handstand, work on moving away from the wall, however that is not what we are working towards here. Keep it simple, work on your strength, and stay at the wall!



Instructions

- For this you will need a bench or something that allows you to swing your legs while holding on with your hands for support.
- You need to bring your hands behind your head and have them holding onto something to support you.
- From here you lift your body up vertically until only your upper back is touching the bench.
- From here begin to lower your body back down slowly until you are parallel to the ground.
- Using your core strength to lift your body back to the top position.
- Repeat.

The dragon flag movement is a really tremendous move to strengthen your core. It is also incredibly difficult, this move was made famous by Bruce Lee - that tells you all you need to know. In the last workout we included the dragon flag, and I have included it again here. It is an amazing move to work on and trust me, spending a little more time on it here will help you reap rewards not just in your human flag training, but in every other aspect of your training. Embrace your inner dragon!

We are at the final move and again I am asking you to work on the crab. If you are at this stage of the workouts, you no longer need me to explain the benefits to this move, you will no doubt already be experiencing them and passing on to others the benefits of working on this move, so keep working on it you bridging ninja! (if you are interested in other forms of bridging, or crab, check out some gymnastics, they have loads of cool different variations, for me this is as far as I want to go as I see all the benefits from performing this one, however, if you enjoy bridging and you feel comfortable at this one then try check out some other forms, such as one arm bridging, bridging twists etc.)



Instructions

- Start by lying down.
- From here bring your feet underneath your knees
- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders
- Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

You may have noticed in this workout that there are less movement at the push-up section and pull-up section than there was in the previous workout. There is nothing stopping you adding one of the moves you worked on in workout five to this workout. Don't forget the saying 'regress to progress' – if you feel you want to add extra movements, then add one from workout five into this workout. As I keep saying, you take from this book what you want from it. There is no problem with adding in a movement from workout five again to this workout, in fact it will only benefit you to continue to work on your form from those movements, as you can almost guarantee that most people move on from them too quickly.

“Nothing is stronger than habit” - Ovidio

Workout Seven

You have now reached workout seven, where you are so close to becoming a bodyweight ninja you can almost taste it! If you are like me then you are feeling a huge sense of excitement and pride that you are at this stage. If you have reached this level you have truly transformed over to Calisthenics and bought into the whole ethos of this form of training, welcome friend! You are almost at the elite level that everybody strives for, only you will know how much effort it took you to reach here, everything you went through, what you sacrificed to get to this level, what I want you to know before you start the next workout is that your training has not been in vein! You are so close to where you want to be now that you must continue, you owe it to yourself for getting this far to get to the final stage. Continue on your path to becoming a bodyweight great, you are so close now that the only obstacle will be you.

*“Every man is his own chief enemy” –
Anacharsis*

If you have got to this stage, you deserve a lot of praise. Not many people are committed to sticking out a programme for this long. This quote I have above makes a lot of sense to me. If you read my ideas at the start when I spoke about training philosophy and my motto ‘‘make excuses or make answers’’ then that quote of every man being his own chief enemy will make sense. How many people out there do you reckon are stopping themselves from achieving what they want from their own lives by not taking any action to be what they want in life? I always hear people saying ‘I want to get fitter’ or ‘I hate my job’, I have a shock for those people, your biggest obstacle is you! If you want to get fitter, what are you doing to achieve that? If you hate your job, what are you doing to change that situation?

Don’t be that person who stops themselves from achieving their own goals, don’t just complain, if there is something you are unhappy with in your own life, put the time in to changing

it for the better. I guarantee the time and energy required to make a positive step will be worth it, and you will spend less time and energy complaining, more time and energy enjoying your life!

Do not allow yourself to be your own chief enemy, you have come this far now and you are on the verge of achieving success in your bodyweight training, you have achieved so much so far and now there is nothing that can stop you. Continue on this path, put the same effort in to this workout that you have in the others, don't skip this one just because you are one step away from the final workout, remember to always take one step at a time in order to make progress, if you try go too far ahead too soon, you will fall. Remain patient and ensure you are working as hard on this workout as you did in the others.



In this section I am going to ask you to attempt a full pistol squat. Congratulations, you've earned it! If you have successfully worked through all the progressions you are now at the stage that you can attempt a full pistol squat. You have developed enough strength and balance, and given your body time to adapt to what you are asking it to do. Now it's time to attempt the full thing! Have fun, and get ready to 'draw your pistol'.



Instructions

- Start in an upright position.
- Feet shoulder width apart.
- Bring one leg out in front and bring your foot off the floor.
- Keep this leg fully extended
- From here squat down on the leg still on the floor.
- Keep your core engaged and arms out in front for balance
- Keep your chest facing forward and look straight in front of you.
- Hips down as close to the floor as you can get them.
From there return to starting position.

If you struggle with the movement remember ‘regress to progress’. If you are struggling for balance, go back and work on holding the bottom position, if you struggle with strength, use support. Figure out what is holding you back from achieving the full pistol squat and work on it. Don’t be stuck, allow yourself to take two steps back if you need to and work on what is stopping you from achieving a full pistol squat. This idea of regress to progress took time for me to understand, however, once I gained the concept you know what happened? My training improved! I went all the way

back to getting comfortable in a deep squat and worked through the progressions all over again when I felt I had lost my pistol squat. Also, I found it harder on one side more than the other, so I spent time working on the other side, while ensuring I continued my work on the other side. This may happen to you, and if it does, don't allow your ego to get in the way of your progress, go back to the start if you need to. If you want to make progress don't be afraid to go back to move forward, otherwise you can just end up stuck in the one place for too long and make no progress, become frustrated and eventually give up because you think it's too hard. As I already said, figure out what the problem is, don't continue on trying to rep out a weak pistol, figure out what it is that is holding you back with your pistol squat and work on it! I guarantee if you are willing to do that you will make progress so much quicker.

Here is a quick recap:

Struggling for balance – Work from the bottom up in a single leg squat and roll, try hold the bottom position of the pistol squat as long as you can.

Struggling for strength – Use support, this can come from a bench, even the floor, whatever you need to push up from that you think will support you. Be safe and ensure whatever you try to push up from can support you, don't just assume it will, test it out before you try.

Allow yourself to continue to work on whatever you struggled with before you got to this stage, whether that was balance or strength. Continue to work on it, and your pistol squat will improve. Don't just assume that because you can now do a pistol squat that you no longer need to work on your weak points. You need to keep that work up to stop your weak points becoming weak again! You are only ever as strong as your weakest points.

This section is the push-up section. In the last workout we worked on the wall assisted one-arm push-up to get you used

to working with one arm. In this section you are going to work on the assisted one-arm push-up.



Instructions

- Start off in a high plank position.
- Bring your feet out into a wide stance position.
- Bring one arm out to the side and place it onto something for support- we are using a bench in the photo but this just an example. You can use something similar that you feel will give you support.
- You can also use a partner either.
- After you set yourself up in this position, complete the push-up.

This position is definitely a step up from the previous exercise we asked you to do, even though you have a little bit of help with your opposite arm. The reason this one is a step up is because of the angle you are now at. You are in the exact same position you will be in when performing a full one-arm push-up, only with a little bit of help from your outstretched arm. Ensure that arm is outstretched and doing as little of the work as possible. You will sometimes see people using the other arm a bit too much without realising it a lot of the time, try

your best to make sure this isn't you. When you go down, you should make sure that your other arm is fully outstretched, slight bend in your elbow just to keep it safe, and doing as little of the work as possible. Make sure you are doing these correctly before you worry about the amount of reps you are getting. If you can ensure you are using proper technique I can guarantee you will achieve the one arm push-up a lot sooner.

At this point you have also worked on a lot of regressions, if you want you can include whatever other movement you wish to add in here. I would recommend choosing a push-up that you felt challenged you the most, or one were you struggled to gain the technique. Also, you can check out our push-up section and take a look at a few other push-up variations if you want.

The next section is our one-arm pull-up. You are getting so close now I will use a pull-up metaphor, you are three-quarters of the way up to getting your chin over the bar. Terrible metaphor but you get the idea. We have two pull-up movements for you to work on here. The negative one arm pull-up and the fingertip assisted pull-up.

Both of these are great movements at teaching you how to perform a one arm pull-up, however, what I have found is that some people prefer one move over the other. What I am asking you to do is spend time on both, figure out which one you feel is helping you more and work with that one. As I have said plenty of times now, figure out what works for you and use that to your advantage. The sooner you realise that you are doing this workout for you and nobody else, the sooner you will be willing to accept where you are with your workout and try to work on progress as opposed to what others will think looks cool.

For example, a pistol squat looks way better than a normal squat, but if you can only get a few pistols and they are weak, what is going to benefit you more? Continuing to work on a pistol squat that has poor mobility, just to say you can pistol squat or figure out what is weak about it and work on it. In the same way with pull-ups, if you need to regress then do. There

is no benefit to performing a movement with poor execution and poor technique just for the sake of it.

This workout is for you and you are learning self-mastery. You are not doing it to impress the guy training beside you – the sooner we all realise that the sooner everybody can move on and make progress.

Now that I have finished off yet another rant, here is the descriptions for both pull-up variations.



Instructions

- Perform a pull-up
- When your arms are fully contracted, remove one arm from the bar.
- Slowly lower yourself back down in a controlled manner.
- Ensure you perform the movement on both sides.



Instructions

- Starting position one arm with an underhand grip, other hand wrap two or three fingers around the bar.
- Pull yourself up over the bar bending at the elbows.
- Fully contract your arms.
- Come back down in a controlled movement and fully extend your arms.

As I said, spend time with both of these exercises and figure out which movement you feel is helping you make better progress.

I worked on both of these and I felt that both helped in their own ways. For example, you become much stronger in the eccentric part of the movement (that is the coming down phase) when you get better at the negative one arm pull-ups. At the same time I felt I improved the concentric part of the movement (that's coming up) by working on the fingertip assisted pull-ups. As you improve on both they will definitely help you become strong enough to perform the one arm pull-up, as long as you put the effort in to these movements and don't skip them! With the fingertip you may initially need three or even four fingers, that's fine, it just means you need to keep working on them until you can eventually get down to

one finger. When working on one finger becomes comfortable, which will take time, you are ready to try the full one arm pull-up, which you aren't going to try until the next workout, right? Be patient, take your time with these ones and give your body the time it needs to adjust to these movements.

You are almost at the stage of attempting the full human flag! I hope you have worked on the dragon flag and the handstand push-ups as they really will have made you stronger. Now it's time to get you back on to that pole and practice our flag! I have two movements for you in this section, the tucked human flag and half tucked human flag.



Instructions

- Grip the bar with your top hand in an overhand grip position and your lower hand in a supinated position.
- As you push up you can either tuck your legs in front of you or you can place them behind you.
- This will help to take the weight of your legs out.
- Try to continue to raise your body until your hips and shoulders are parallel to the floor.
- Hold that position and then begin to lower yourself down slowly and controlled.

½ tucked human flag



Instructions

- Again grip the bar with your top hand in an overhand grip position and your lower hand in a supinated position.
- You are essentially pushing with the bottom hand and pulling with the top hand.
- Bring yourself up into a tucked position with your legs tucked in either in front or behind you.
- Bring yourself up until your hips and shoulders are parallel to the floor.
- From here bring your top leg out straight until parallel with the floor.
- Hold that position.

This is the first workout where I have placed two progressions in at the same workout. There are a few reasons for this. Because of the strength you have developed from the other movements, you may be able to hold the half tucked position after a few attempts, if so you can progress in to the $\frac{1}{2}$ tucked position. However, you also may not be strong enough, if not don't worry about it, work on the tucked position. If you can hold that for 10 seconds that is a strong hold, that is a strong

enough hold to progress to the next one. I feel that with the strength you have developed from the other movements, you will progress from a tucked position to a ½ tucked position a little quicker than some other exercises within this workout, which is why I have placed the two of them together. The main thing you will notice when you try to progress in to the ½ tucked is your hips beginning to drop. If this is happening to you, stay in the tucked position. You need to work on that position a little longer. It may be difficult to spot this so if you can try and take pictures of yourself performing this move and check out where your hips are. Once you have this position down, you can begin applying to be your local football team's corner flag for the upcoming season.

Our final move for this workout is our crab position, I have already spoken enough about this move and why I continue to put it in each workout, so I don't need to continue explaining, just ensure you continue to add it in to your workout.



Instructions

- Start by lying down.
- From here bring your feet underneath your knees
- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders

- Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

Workout Eight

You are now on to workout eight, congratulations, you have reached the promised land of bodyweight training! I hope that like any journey, you have discovered new paths along the way. Paths along your way to self-mastery. I hope you have discovered things about yourself, tested your character, found out what type of person you are, what you are capable of and that you now know there are no limits to your amazing capabilities. These are the real opportunities that await all of us with training, not just bigger muscles or a flatter stomach. You become a stronger person, not just with what you can do with your body, but with your self-esteem, I know that with my own training it allowed me to finally become comfortable with who I was. I found and discovered the type of person I was capable of being. I realised that I had amazing potential but that it wasn't just me, it's within anybody, and we are all capable of greatness. You getting to this stage I hope you believe that now too, I hope that you are spreading that message to others. If there is one thing I want people to take from this book it is that: We are all capable of greatness – your only obstacle is you.

In this section you have reached the pinnacle of bodyweight movement. These are the moves every person aspires to be able to achieve when they begin Calisthenics training. These are the moves that inspire others to begin training this way, now you are capable of inspiring others. I hope you have used this journey to promote Calisthenics to others. It is not just a form of training, it is a way of life. I hope this book has helped to increase numbers in the bodyweight movement even further.

I hope you have enjoyed your journey so far up to this point. I want you to realise also that this is not the end. This is the beginning.

There will always be something you can improve on, there are guys out there constantly raising the standard in Calisthenics, there will always be somebody better than you and me, and

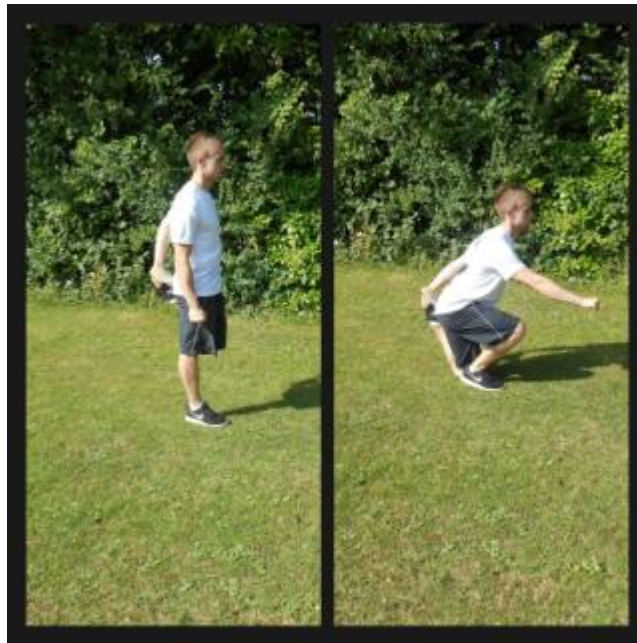
what this book has hopefully done is give you the confidence to believe that one day the people you aspire to be can one day be your competition. If you can achieve all the movements within this book, I bow my hat to you. These movements take nothing but dedication and not everybody is willing to put the time and effort in that it takes to reach this level. The amazing thing for me with Calisthenics, and I already spoke about it, is that you see improvements through being able to perform better movement patterns. Even if you have gotten to this point and you are capable of literally every move in this book, there is still so much more you can improve on. The learning does not end here, this is your starting point. Use what you have gained so far to become the best person you can be. Don't stop your learning here, as I said, there will always be somebody raising the bar, showing us new moves that we can aspire to achieve, use this book to give you the confidence to realise you can get there too. Use this book to realise your amazing potential.



If you are at this stage and you have worked through the progressions you are now capable of a pistol squat. Get ready to 'draw your pistol' once more as we show you some variations to this movement. If you can pistol squat it is up to you what challenge you want to take on with it next. The possibilities are endless. We worked on jumping in workout three and now you can take that one step further, you can try jumping pistol squats. You can also try shrimp squats, or you can try a mix of shrimp/pistol squats. How you decide to

progress from a pistol squat is up to you. Your background or training experience or sport will decide which one you feel is going to benefit you most. What I will do is show you in this section the moves and you can decide which one you want to work on.

Shrimp Squat



- Stand on one leg and place the other leg behind you in contact with your glutes.
- Hold onto your ankle with your hand.
- Squat down until your knee touches the floor and return to starting position.

This is the advanced version of a shrimp squat – To check out the regressions to this move check it out in the legs section.

We also have a variation here, a shrimp/pistol squat, which you can try either.



Instructions

- Starting in an upright position
- Bend one leg back behind you
- Core engaged and hands out in front of you.
- From here lower yourself towards the floor.
- When your hip is in line with the knee, Bring your bent leg through until it's in front of you. You should be in a pistol squat position.
- From here push yourself back up to your starting position.

This is a cool move to work on when you have achieved both of these moves and trying to combine them is a great exercise.

You can also attempt side jump pistol squats. These really test your balance on a single leg and are another fantastic challenge to present yourself with. Be creative!



Instructions

- Starting in an upright position. Feet shoulder width.
- From here lower yourself toward the floor, explode up jumping towards the opposite side.
- Land on the leg of the side you jumped towards. I.E if you jumped to the left land on your left leg.
- From here you can either perform a shrimp squat or attempt to go straight into a pistol squat.
- When you have performed either, jump over to the other side and perform the same move again. Or you can alternate, going from a pistol squat to a shrimp squat, be creative!

You can also begin trying to practice a pistol jump squat, you can do this jump on benches, or anything that is higher up. These are a great plyometric move and really are a step up from a normal pistol as they require you to generate a tremendous amount of force from the one leg. They create an amazing amount of power in your legs. Do not attempt this one until you are comfortable enough in a regular pistol squat.



Instructions

- Performing a regular pistol squat.
- Keep one leg extended without allowing any part of that leg touch the floor.
- When you have reached the bottom position, attempt to explosively power yourself up on to whatever you are using to practice these jumps.
- Ensure whatever you are using as a base to jump on to is safe and secure. Test it out before you try it!

As I spoke about at the start of this workout, there will always be a new challenge for you, here are just a few examples of how you can continue to challenge yourself with Calisthenics training even after you have achieved a pistol squat, I guarantee there are tons more and you can continue to challenge yourself and continue to improve using only your bodyweight as resistance.

At this stage you are now ready, wait for it, to try a one arm push-up! If you have successfully worked through the progressions then I would feel comfortable for you to try a one arm push-up, if you have tried to skip a few thinking you don't need to work on that move then I recommend going back and working on the move you skipped. You might be surprised at how much that move you haven't tried yet will test you. What I always find ironic when I am training people is that they ask

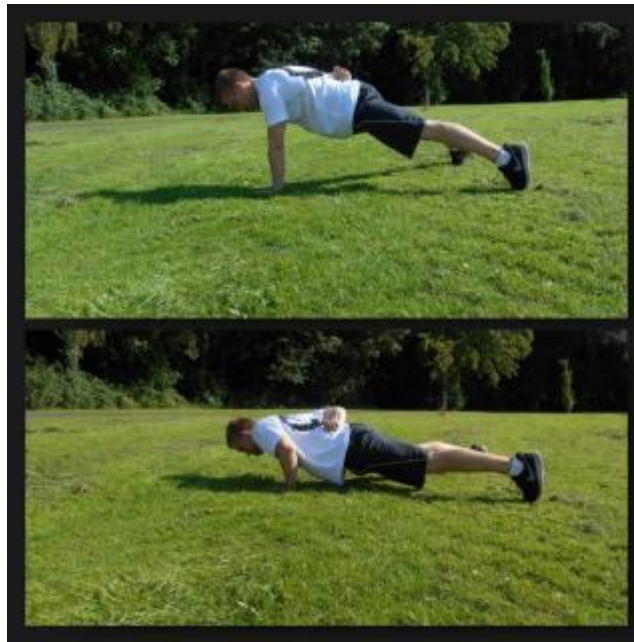
for your advice, you give it to them and then four weeks later they are doing something completely different! Please do not do that with this book. You have bought it because you wanted to become an expert in calisthenics, I have shown you how to step-by-step, Literally I cannot do any more to show you how to achieve all these movements so please don't skip half of it and then go in to the main move because you wanted to get there as fast as you could in order to brag about performing these moves. If you got in to calisthenics to brag you are in the wrong form of training. Calisthenics is not full of guys with big egos, it is full of guys who respect each other and admire each other. This is because we all know how difficult it is to achieve the movements within Calisthenics and when you see somebody else performing them you know that they have spent so much time and effort into practicing them. There is so much mutual respect in the world of calisthenics and that's what I love about it. For me as a trainer, the biggest buzz I can get comes from seeing people achieve these moves, and it is because I will have seen these people dedicate months, even years, just to these movements and to see them finally achieve it is amazing.

I genuinely hope you are one of these people that you have taken months to work on the move, you haven't cheated just to look good in a photo that you uploaded, and you are capable of the movements. For anybody in calisthenics, seeing others perform them gives us all as big a kick as being able to perform them ourselves. I constantly add challenges to my classes and when I see people achieving them it is hugely rewarding, not just for them, but for me too. I am just as excited as others when they see progress. I hope that you too buy in to this mentality and that you remain humble when achieving these moves. One of the best descriptions I heard about Calisthenics is 'self-mastery'. You are doing this to become the master of yourself, not the master of others. You are working as hard as you are on these movements, not to brag to others about how great you are, but to show others how great they can be. You are getting to this level for yourself and master yourself. I think once that concept becomes clear to

people, they happily work on the progressions, they aren't training to impress the guy beside them, they aren't training because the summer is getting close, they are training because they want to become a better version of themselves.

*“No man is free who is not master of himself” –
Epictetus*

And with that thought fresh in your mind, we move on to the one arm push-up.



Instructions

- Start in a high plank position
- From here bring your feet out in a wide stance position
- Place one hand on your hip
- From here lower yourself towards the floor.
- Get your chest down as close to the floor as you can
- Ensure your hips and shoulders stay in line throughout the movement.
- Push yourself back up.
- Repeat on both sides.

If you can achieve this move you are one of the very few who have mastered this. Seriously, there are not too many people that can achieve this move. Ask a weightlifter that can bench over 100kg comfortably to try a one arm push-up and the

majority of them can't. I know because I have trained a lot of them who presumed this stuff would be a walk in the park for them. It wasn't, and I'm glad to say it knocked the ego right out of them!

It can be very humbling for a guy who has dedicated his life to building strength to find out he can't lift himself up and down. This is not to show off, but to get Calisthenics the recognition it deserves. Too many people look at it as an easier alternative to weights or just to be used as a warm-up, and if you really want to gain strength you need to lift weights. If anybody ever says that to you ask them to rep out some of these and see if they still think Calisthenics is 'easy'. I guarantee their opinion on what you are doing will change.

In this section we are at the one arm pull-up! This move is a real statement of strength. As I said, few people can achieve a one arm push-up, there are even fewer who perform a one arm pull-up. This is because guys spend more time doing push-ups in the gym than pull-ups. You may gain strength also from performing a bench press and most people will achieve a one arm push-up a bit quicker than the one arm pull-up. I have huge respect for any guy I see performing these, I know how difficult they are, and how long it took me to achieve them. There are some guys out there who make these look ridiculously easy, trust me they are not. As I said few people perform push-ups when you walk in to an average gym, however, there are even fewer performing back movements with their arms over their head. This is why I say the pull-up is even more impressive. It is less practiced and if you achieve this you will have put in a serious amount of practice to it. You can walk into almost any gym and perform something that almost everybody else in that gym can't -Unless you walk into a gymnastics hall!



Instructions

- Grip the bar with one arm in an underhand grip.
- Ensure you have your core engaged.
- From here pull yourself up bending at the elbow joint.
- Ensure you get full contraction in the arm to class it as one!
- Lower your body down in a controlled movement until your arm is fully extended.
- Ensure you work on both sides.

As I said, if you can achieve this movement, you have gained a tremendous amount of strength and you should be proud of the fact you have reached this point of your training.

Remember, if you are at this point, you have the capability to inspire others, so make sure you are doing that. Strong people don't put others down, they lift others up. So if you can lift yourself up with one arm, you can sure as anything help lift others.

The next move is the full human flag! This move is one of the most famous in Calisthenics and definitely the most sought after I think when people begin training this way, so if you can now achieve this level of strength, you have a lot to be proud of.



Instructions

- Place both hands on a straight bar, wide grip with the above hand having an overhand grip and the other a supinated grip.
- Essentially you are pulling with the above hand and pushing with the hand underneath
- Lift your body until it is parallel to the floor.
- Both arms must be straight and whole bodyweight sustained upright without any support.
- Legs closed together and body straight.

So now you can work on the human flag, you will never look at the world the same! You will be looking at every possible object and seeing it as something you can train off. If you are waiting at a bus stop, you now have an opportunity to train, and you will probably be the only person there praying the bus is late! Any pole you can think of is now an opportunity to train, you no longer need a gym, you no longer need to be

stuck in a sweaty overfilled room - the world has become your gym!

The last move, as always is the crab! As I said, if you feel you have this move, then it's up to you if you want to progress further than here. Personally I feel once I have it from here then that I have gained all the amazing benefits the crab has to offer me. You can try experiment with more difficult variations, such as falling back into it, crawling up and down walls, going from a handstand in to this position, the choice is yours!



Instructions

- Start by lying down.
- From here bring your feet underneath your knees
- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders – Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

You have now completed our final workout, I bow my hat to you. You have become a bodyweight ninja, and if I could, I would present you with some form of plaque or if you are in to martial arts, a black belt. That is the equivalent level you are at now, a black belt of calisthenics. Never take for granted each exercise and how much effort it took to get to this level.

Remember that we all start as beginners and when you gain experience you have the potential to show others how to improve. This is what I have tried to do with this book. I am by no means an expert and I learn more and more every day, you should never feel as though you are finished learning.

Use what you have gained from this book to continue learning, continue improving and using your own experiences to share and pass on with others.

Beyond the workouts

In this section what I have decided to do is give you a variety of different exercises, all under the headings of legs, push-ups, pull-ups and core work. These are all extra movements you can do. You may have bought this book because you specifically wanted to learn a particular move. This section will give you that opportunity. We also have a variety of alternate moves that aren't in the workout section but are still some of the most popular within Calisthenics. Examples of these are the muscle-up, front and reverse lever, and a planche hold. These are all amazing movements to learn. We also have ways on how you can specifically develop your pull-up if you aren't currently able to get one, how to improve your mobility in order to be able to squat properly and also how to build up to full push-ups. If you are just looking to add a few different moves to your routines then we have loads in here for you to try out! For example, you may just want to learn a particular form of pull-up try new moves and learn new things. You will find that in this section!

I have summed all of these up under four headings, basically because the more you look at exercise you realise every move is just an adaptation of a squat, push-up, pull-up or everybody's favourite ab exercise, the sit-up. Whether the move is more difficult or not is not the point. It is an adaptation of these movements. You are still working the same muscles, just in a different way or placing different demands on them. The reality is if you were to do just four moves -a squat, push-up, pull-up and a plank instead of a sit-up – You are working your entire body. There is a former bodybuilder who competed until the age of ninety. His name is Manohar Aich, Mr. Universe in nineteen fifty two. He is still alive today at the time of writing this – at the grand old age of one hundred and two.

This man's physical exercise regime involved only five bodyweight exercises – squats, push-ups, pull-ups, leg raises and sit-ups. He is still famous and is spoken about in many of

today's modern fitness articles, books and blogs for his approach to training. For me it shows that we don't have an actual need to move on from these exercises, he is proof that they are all you need. However, I get that everybody likes variation, myself included. I love the challenge of trying to move my body in different ways, I guarantee that is what you will be presented with when you try the moves in these sections.

There is absolutely nothing wrong with trying to improve your movement patterns, in fact when you begin to train this way it gets addictive. There is also nothing wrong with focusing on the basics. It is all about getting what you want from your own training. As I keep saying, use this book for what you want from it.



Legs

“Don’t skip leg day”

In this section I have a variety of leg exercises you can work on. One of the big quotes in fitness now is “never allow your friend to skip leg day”. This is true, you should never allow your friend to skip leg day! You should also never allow yourself! It is not just so you can have legs the size of tree trunks. You need to train your legs in order to become a functional athlete. In our primal days we needed to run in order to hunt for food. We also needed to jump, we needed to be able to climb- all of these movements involved using your legs. Leg day is possibly the most skipped day in any gym. You will most likely all know somebody or seen somebody with a great upper body physique but not got the legs to match. Don’t allow this to be you. The fact is leg work allows greater overall improvement in physique. If you don’t believe that take a look at a sprinter! Movements such as squats, jumps and sprints produce a huge amount of human growth hormone causing our body to grow more muscle and burn off fat. Whatever your aim is, you should ensure you are working your legs.

The squat is a highly undervalued move. I have spoken about it a lot in this book already. For me it is the king (or queen) of leg movement. So many people struggle with this movement despite it actually being a resting position. Before we were lucky enough to be able to sit in chairs a squat was our way of sitting. How long could most of us stay in a squat for now? Being able to perform a squat is not just a sign of good leg strength. It is a sign that you have good mobility throughout your whole body. A deep squat where you can hold that position also shows good mobility in your upper body. Leg training also helps us to develop a tremendous amount of balance, think of a pistol squat or any movement where you go into a single leg pattern.

Those movements require incredible balance. Having good balance is a necessary component in any form of training. Balance is defined as an ability to maintain the line of gravity of a body within the base of support with minimal postural sway. What balance gives is more than just the ability to stop yourself from falling. It gives you an increased chance of preventing injury. It will help you improve your posture, it will improve your movement patterns. I have attended some workshops in acrobatics, not enough to say I am an expert in any way, I am a complete beginner when it comes to acrobatics and I will happily admit that, however when you see the leg routines these guys go through it shows the incredible feats we are capable of. They have acquired tremendous balance and function in their legs in order to develop for their specific form of training. When you see the amazing movements they are capable of in acrobatics you will not want to skip leg day!

You will also gain more overall strength when you train your legs. In movements like jumps you are required to generate a tremendous amount of force that causes a tremendous improvement in power. Strength is defined as the ability to exert force. Power is strength and speed combined. There are not too many other movements that cause this. This is not just in the world of Calisthenics, if you look at weightlifting and movements like a clean and jerk or a snatch, in both of these movements it is the legs that do the majority of the work, not your arms. Both of those moves require a tremendous amount of power. Our biggest force of power is generated from our hips, think of movements like a deadlift or a barbell squat, both really popular moves in weightlifting, and they require a tremendous amount of power coming from the hips.

As you can see, if you want to develop your physique, your mobility, your strength, your balance and your power, you need to be working your legs.

In this section of the book I have given you a series of leg exercises. None of these movements train any part of your legs in isolation. You will always be recruiting more than one

muscle group, making the legs more functional and improving your psychomotor function. As I already spoke about, movements within Calisthenics are closed chain kinetic exercises, meaning you never work the body in isolation, you move multiple muscle groups at once, the way you are designed to move. I have tried my best to write the exercises in a series of progressions, making the first move the easiest until you can eventually progress on to the hardest, however, this is difficult because you never know how people progress and what I find difficult you may not. The best way I think you can use this is to start from the beginning and find out for yourself what level you are at with your leg training. It is up to you how you use this section. You might look through and find an exercise that looks appealing and you decided you want to work on that one. As I said, it is up to you.

Friends don't let friends



Skip leg day

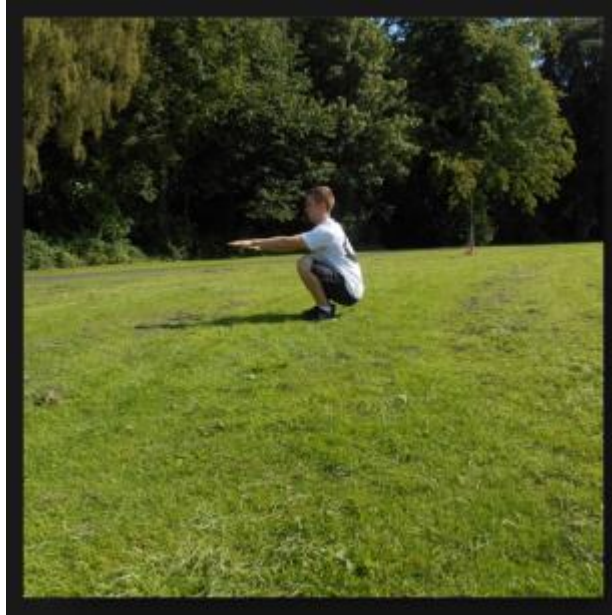
Crawl into squat



Instructions

- Start on all fours, chest facing the ground. You can place your knees on the floor if you wish.
- From here begin to crawl your hands backwards towards your legs.
- At the same time move onto your feet.
- Keep crawling your hands in until your heels are on the floor.
- Feet should be shoulder width and toes pointing forward.
- From here bring your arms up in line with your shoulders and maintain an upright torso.
- Chest should be facing directly outwards, chin up looking straight out.
- Hold this position.

Squat



Instructions

- Upright position, feet shoulder width apart and facing forwards.
- Lower yourself towards the floor, as if sitting in a chair.
- Keep your heels on the ground.
- Chest should stay facing forward.
- Head remains in neutral position
- Keep arms out in front for balance.

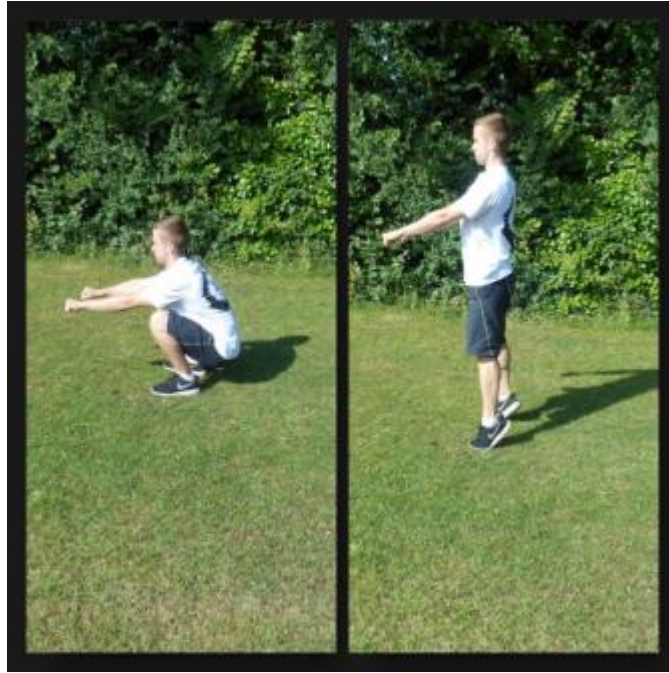
Prisoner Squat



Instructions

- Essentially the same movement as the squat mentioned above.
- Only difference in alignment is you place your hands behind your head.

Squats with calf raise



Instructions

- Again, essentially same body position to a squat.
- Adding a calf raise at the end of the squat.
- Bring heel up off the floor keeping the ball of the foot on the floor.
- Hold for 2-3 seconds then return to start.

Adductor Squat



Instructions

- Standing upright, lower your body into a position a little higher than a squat.
- From here bring your legs in and out as fast as you can.
- Keep your chest up and facing forward.

Skater Squat

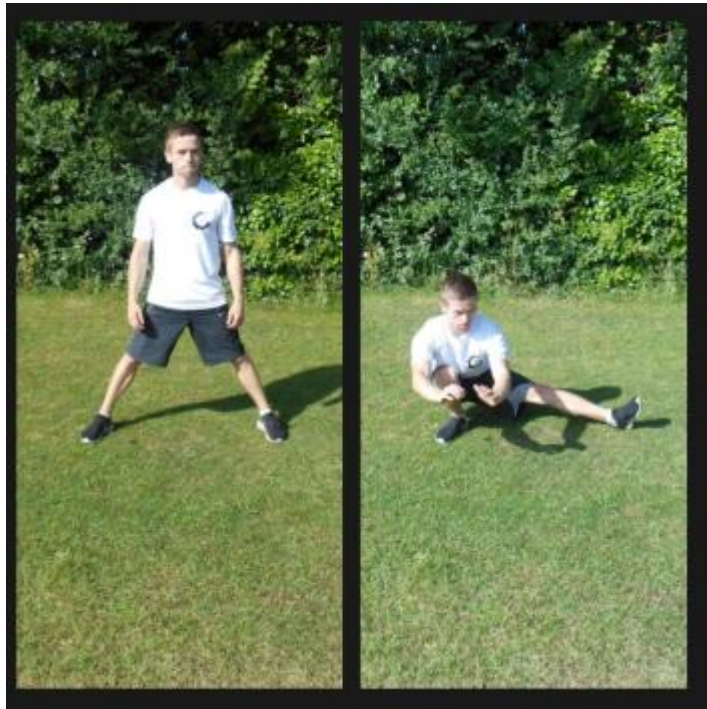


Instructions

- Start in a standing upright position

- From here bring one leg back behind you as you begin to squat.
- Bend this leg so it comes out sideways from your body, past your front leg but still behind it.
- Keep your foot off the floor if you can, or else touch the floor.
- Return your foot to the starting position and then repeat with the other leg.

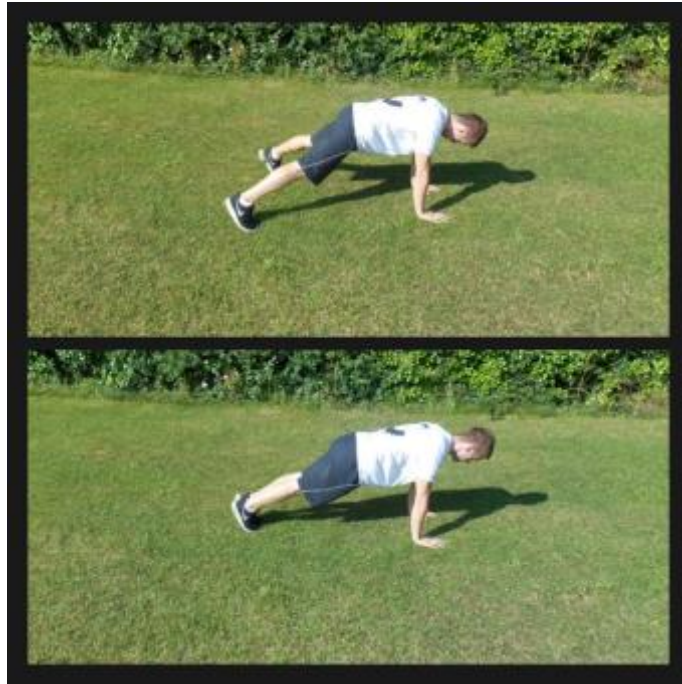
Side Squat



Instructions

- Must have a wider stance than a normal squat. Feet as wide as you can get them.
- From here lean to one side. Ensure your knee does not go past your ankle.
- Lower yourself down into a squat position. Your trailing leg should be extended with toes pointing towards the ceiling.
- You should feel the pressure all on the side you have leaned on.

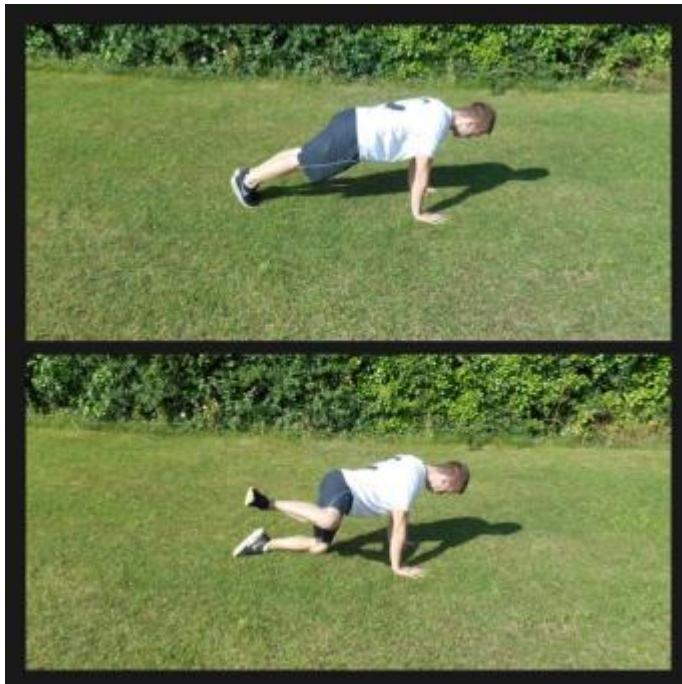
Plank Adductor



Information

- In a plank position.
- From here bring your legs in and out as quick as you can.
- Ensure to keep the core engaged throughout the movement.

Plank Abductor



Instructions

- Prone position with one knee on the floor, directly under your hip.
- Raise the other leg and try to get your knee directly in line with your hip, toe pointed forward, towards the knee.
- Leg can either be placed straight out or else bent at the knee.
- Keep the leg on the floor straight, avoid leaning.
- Arms must stay straight.
- Hold that position. Repeat on other side.

Plank abductor circle

Instructions

- Same position as plank abductor above
- Rotate your leg backwards in a circular motion.
- Repeat on other side.

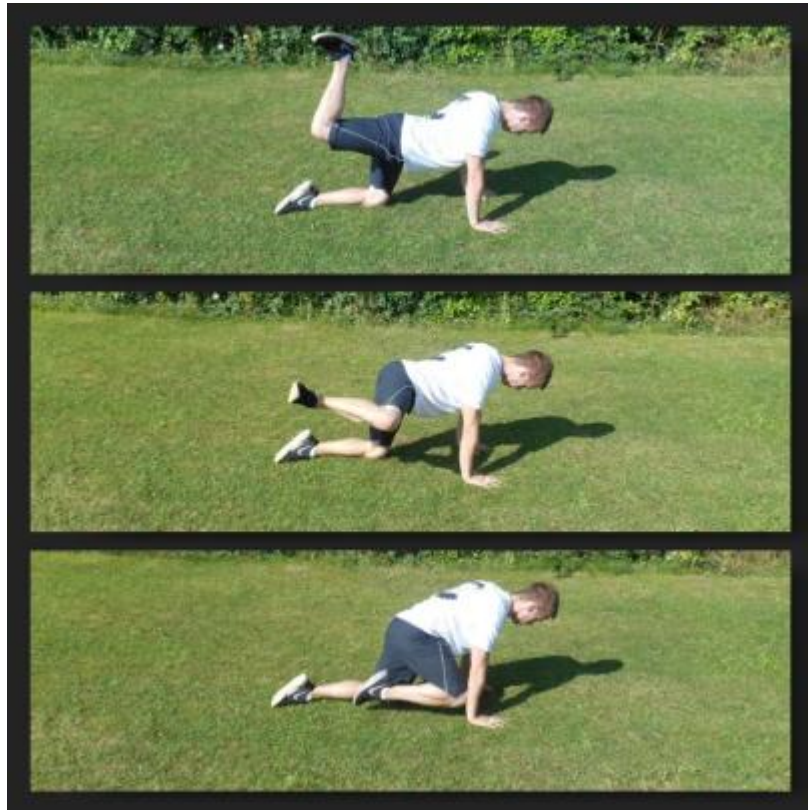
Gluteal lift



Instructions

- Same start position as abductor lift.
- Lifting your heel towards the ceiling, ensure the bottom of your foot is towards the roof.
- You can either hold this position or return to start and do it for repetitions.
- Repeat on other leg.

Up, Side, Drive



Instructions

- In same position as previous moves.
- Start by doing gluteal lift and holding that position – Up
- Then move leg out to side, same as plank abductor – Side
- Then drive your knee into your forearm – Drive
- Ensure core is engaged throughout

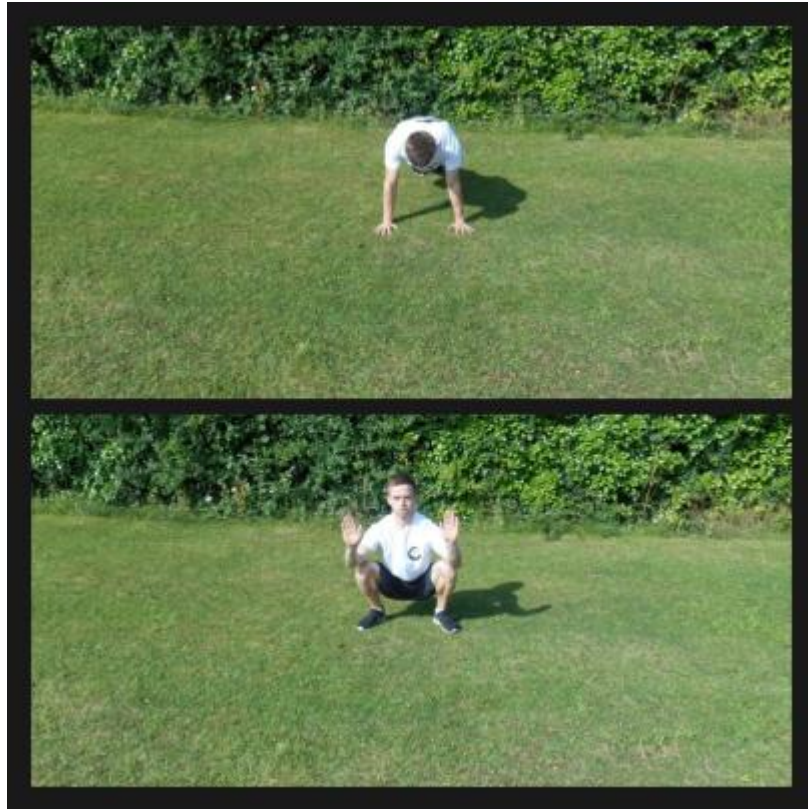
Burpees



Instructions

- Stand upright with arms to sides.
- Bend over and squat down.
- Place hands on floor, slightly wider than shoulder width.
- While holding upper body in place, kick legs back.
- Land on forefeet with body in straight, plank position.
- Keeping upper body in place, pull legs forward under body returning feet in original position.
- Rise up to original standing posture.

Plank to Squat



Instructions

- Start in a prone plank position.
- From here quickly move your feet forward and your hands up.
- Place your feet in the position your hands just were.
- Bring your hands up.
- Settle yourself into a low squat position.
- Return to start position.

360 Burpees



Instructions

- Similar to our Burpees at the start
- Start in upright position, jump as high as you can and control your landing.
- Bring your hands to the floor and form a high plank position.
- From here move yourself in a clockwise motion, rotating at your wrists and moving your legs around in a full circle.
- When you get around a full 360 degrees, perform a jump
- This time go around in an anti-clockwise direction.
- Repeat.

Lunges



Instructions

- In an upright position create a split stance with one foot forward and one foot back.
- There are many variations to lunges.
- Jumping lunges, reverse lunges, squat lunges, Box lunges, hip drive lunges.
- Our photo is demonstrating a squat lunge
- Be creative!

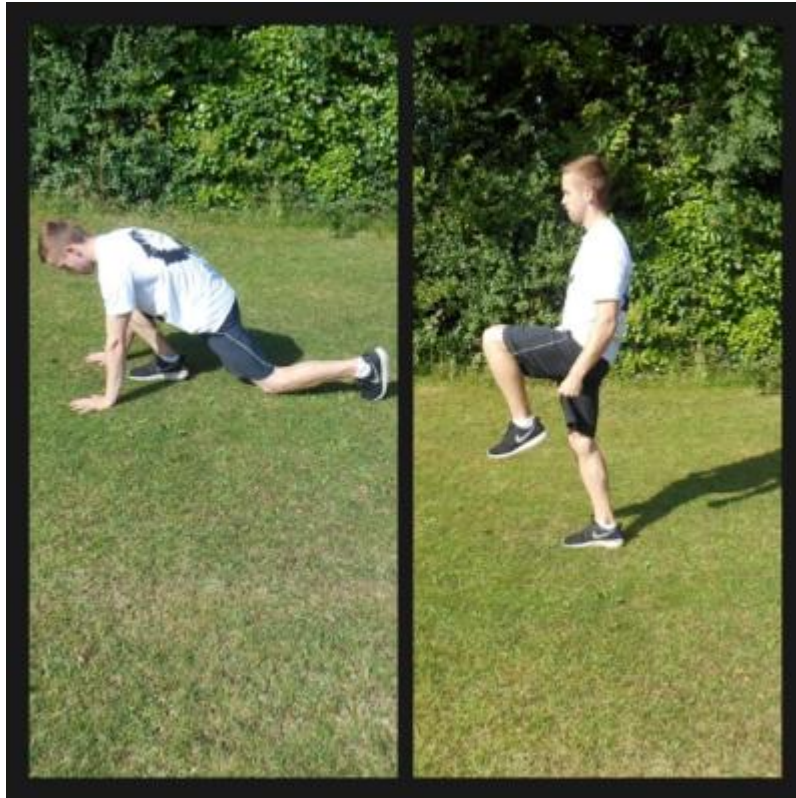
Standing sprints



Instructions

- Standing position, upright posture
- Bring opposite arm and opposite leg forward and back.
- Elbows at 90 degrees
- Drive arms
- Remain in the same position.

Hip thrust from starting position



Instructions

- Prone position.
- One leg back behind the other with hands on the floor.
- Other leg bent with knee in towards chest.
- From here drive back leg up bringing knee forward in line with the hip.
- Jump on the opposite leg keeping the core engaged

Return to start position and switch legs.

Hip thrust from starting position with jump



Instructions

- Prone position.
- One leg back behind the other with hands on the floor.
- Other leg bent with knee in towards chest.
- From here drive back leg up bringing knee forward in line with the hip.
- Return leg to start position. Switch sides.

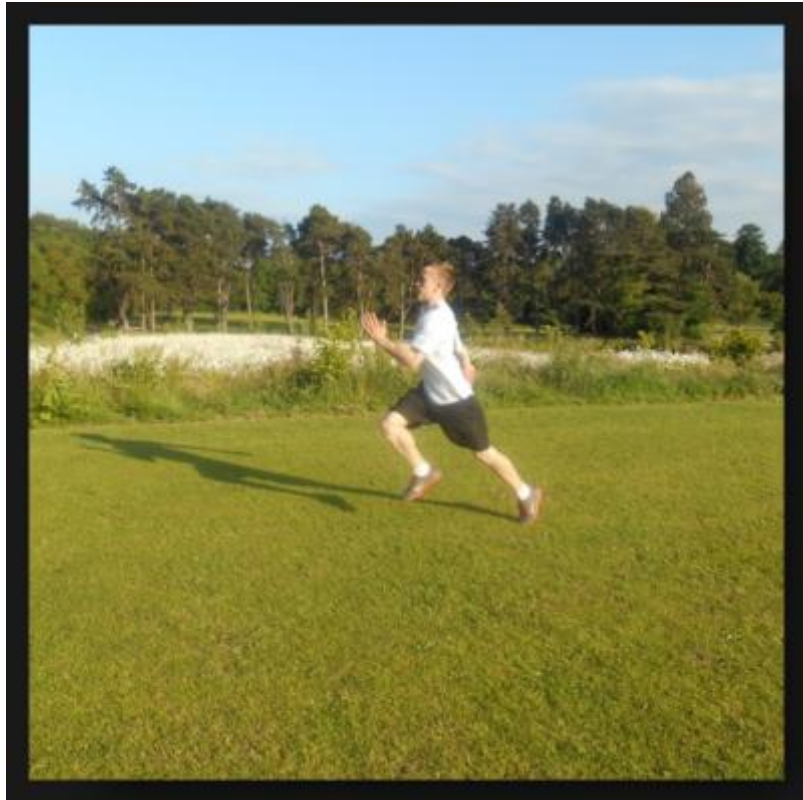
Sprint forward four strides and back



Instructions

- Standing position, squat down until your fingertips touch the floor, keep your chest up and focus forward.
- Sprint as quick as you can taking four strides forward.
- Touch the floor with your hands
- Sprint backwards for four strides and touch the floor again.
- Repeat.

Sprint



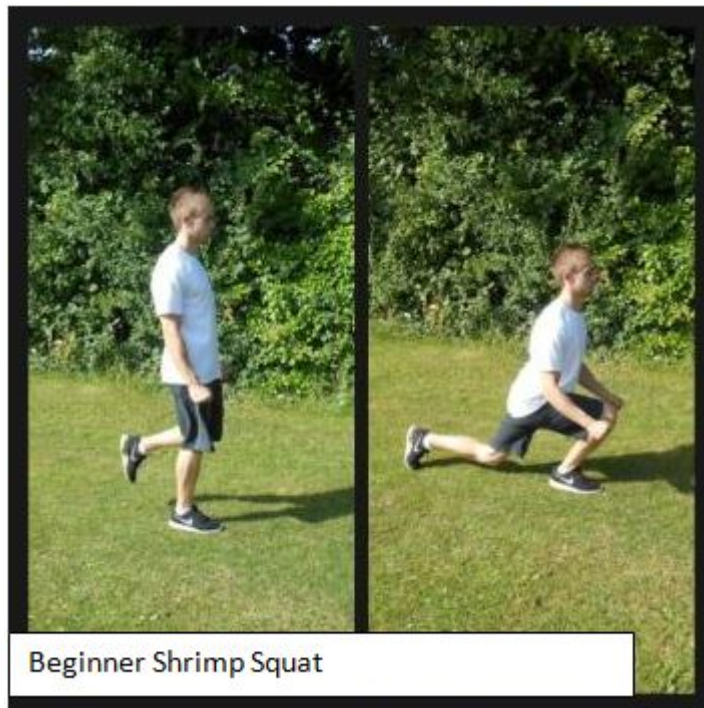
Instructions

- Exhale when starting
- Drive forward with arms
- Opposite arm with opposite leg
- Push off ball of foot
- Keep a straight line between head, spine and back leg
- Good stride length
- Keep elbows at 90 degrees

Shrimp Squat

Instructions

- Three different versions of the shrimp squat.
- Start off in an upright position



- **Beginner** – Begin to bring one leg behind you, Lower your front leg in a squat movement, place your foot on the floor and then return to starting position. Try to place as much tension on your front leg as possible.
- **Intermediate** – Bring one leg back and squat down as far as you can without letting your back foot hit the floor. Return to starting position. Try to place as much tension on your front leg as possible.



- **Advanced** – stand on one leg and place the other leg behind you in contact with your glutes. Hold onto your ankle with your hand. Squat down until your knee touches the floor and return to starting position.

Frog Jump



Instructions

- Feet out wide at an angle
- Squat down
- From here jump trying to raise your knees
- Land softly and controlled
- Chest facing forward and core engaged

Kneeling Jump Squat



Instructions

- Starting position, kneeling on the floor
- Sit back on your heels
- Keep your chest facing forward
- Explode your hips forward replacing your knees with your feet and getting your feet flat on the floor.
- Drive through until you are in a squat position
- You can use your arms for momentum with this move

Donkey Kick



Instructions

- Start in a plank position
- From here bring your knees in towards you
- Explosively kick your legs out behind you.
- Land them softly
- Control the movement, don't allow your legs to go too high.
- You can practice this one leg at a time initially if you want to get used to it.

Vampire Squat



Instructions

- Start in a kneeling position
- Cross your hands and place them on the opposite shoulders
- Core engaged
- From here begin to lean back keeping your hips up.
- Lean back as far as you can
- Bring yourself back to the starting position.

Pistol Squat

This is possibly the hardest move of all our moves under the legs heading and because of this we have a complete section on moves that can help you achieve the pistol squat. It is a move that is achieved through practice and some people may actually find it easier than others to do. I know I have shown this to some people and they have gotten it first go. It personally took me six or seven months before I got my first one. The main thing is I had fun along the way and finally achieved my target. Get ready to draw your pistol!



Instructions

- Start in an upright position.
- Feet shoulder width apart.
- Bring one leg out in front and bring your foot off the floor.
- Keep this leg fully extended
- From here squat down on the leg still on the floor.
- Keep your core engaged and arms out in front for balance
- Keep your chest facing forward and look straight in front of you.

- Hips down as close to the floor as you can get them.
From there return to starting position.

This is an advanced move. The moves we do after this are moves to help you build up to a pistol squat.

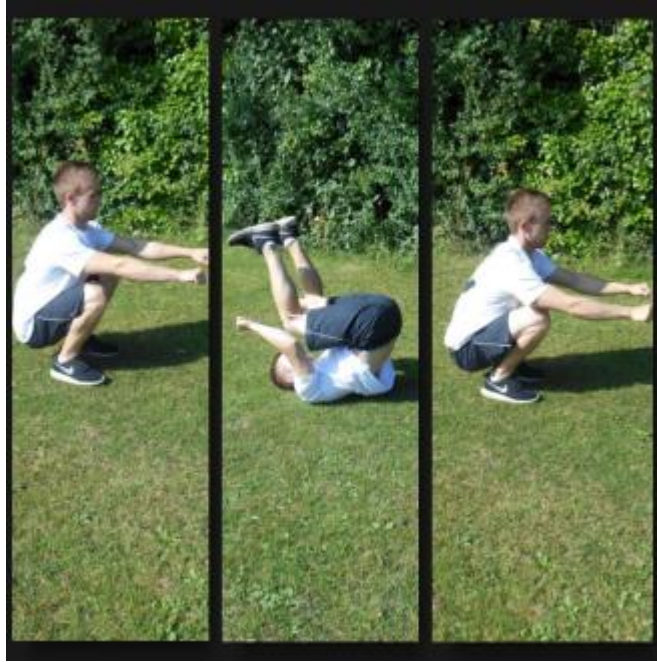
80/20 Squat



Instructions

- Same body position to a normal squat.
- When you have lowered your body, lean on one leg more than the other.
- Raise yourself back up on this leg, placing 80% of your weight on this leg and 20% on the other.

Squat and Roll



Instructions

- Stand in an upright position feet shoulder width apart.
- From here squat down as low as you can.
- Chest forward and facing forward.
- Allow your back to Round and gently roll on to the floor.
- Tuck your knees into your chest and place your hands on your shins.
- Use your core to rock yourself forward again.
- Place your feet back on the floor and return to a standing position.

Single Leg squat and roll



Instructions

- Similar to squat and roll
- Only difference is when you are attempting to return to your starting position you only place one leg on the floor instead of two.
- This move is a really good way to build to a pistol, as your balance will be tested in a full pistol squat. If you lose the balance this move will help you to work on it.

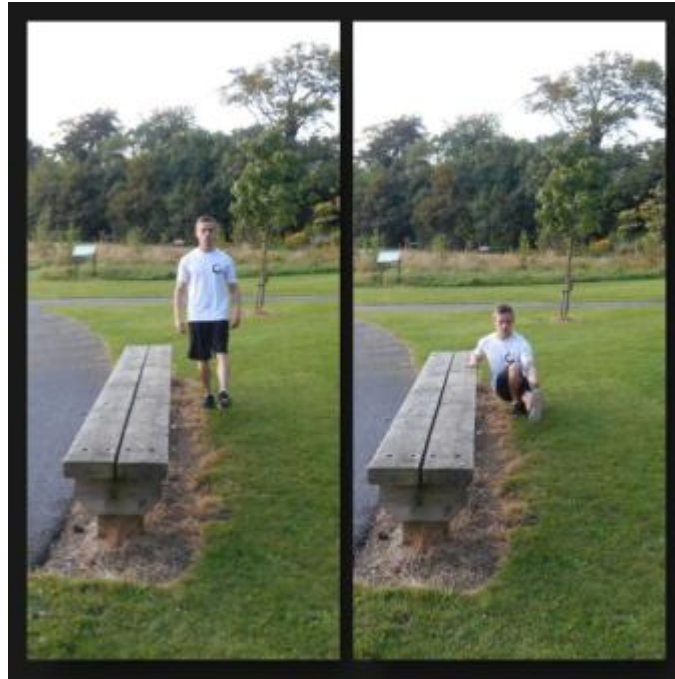
Pistol squat against the wall



Instructions

- Exact same body position and alignment to a pistol squat.
- Leaning against a wall for support.
- Keep your arms out in front of you and keep your core engaged.

Pistol squat with support



Instructions

- In the photo we are using a bench for support. This is just an example of what you can use.
- Start in an upright position feet shoulder width apart.
- Perform the pistol squat as we spoke about in previous pages.
- As you lower yourself down, you can use the support of the step to help you back up.

Pistol squat heel on floor



Instructions

- Start in an upright position feet shoulder width.
- Place one foot out in front.
- Point your toe towards the ceiling and keep your heel on the floor.
- From here begin to squat.
- Ensure you keep your heel on the floor as you slide that leg out in front of you.
- Keep your chest facing forward and focus straight out in front of you, core engaged.
- Get down as low as you can in the squat and then bring yourself back up in a controlled manner.
- Repeat on the other side.

After achieving a full pistol squat you can then attempt to move on to some variations. As I have spoken about already, there is never an end to your bodyweight journey, there will always be something new to challenge you and the pistol squat is a great example of that. Once you have achieved a pistol squat you can continue to challenge yourself with some of these variations.

Side jump pistol squat



Instructions

- Starting in an upright position. Feet shoulder width.

- From here lower yourself toward the floor, explode up jumping towards the opposite side.
- Land on the leg of the side you jumped towards. I.E if you jumped to the left land on your left leg.
- From here you can either perform a shrimp squat or attempt to go straight into a pistol squat.
- When you have performed either, jump over to the other side and perform the same move again.
- Or you can alternate, going from a pistol squat to a shrimp squat, be creative!

Shrimp with a pistol



Instructions

- Starting in an upright position
- Bend one leg back behind you
- Core engaged and hands out in front of you.
- From here lower yourself towards the floor.
- When your hip is in line with the knee, Bring your bent leg through until it's in front of you. You should be in a pistol squat position.
- From here push yourself back up to your starting position.

Pistol squat jump



Instructions

- Performing a regular pistol squat.
- Keep one leg extended without allowing any part of that leg touch the floor.
- When you have reached the bottom position, attempt to explosively power yourself up on to whatever you are using to practice these jumps.
- Ensure whatever you are using as a base to jump on to is safe and secure. Test it out before you try it!

Push-ups

The aim of this section is to show you a variety of alternate push-ups. I want to show you exactly how to progress to do your first push-up, using other moves to help you gain the strength to progress to that first one. From here there is then a variety of alternate push-ups you can work on. We also show you how to progress specifically in movements such as the planche hold and also the one arm push-up. So this section contains something there for anybody no matter what their current level.

The benefits of doing push-ups are there for everybody to see. Everybody in some way or other performs a form of push-up in their training routine. What this section is doing is giving you alternative ideas and variations. Push-ups should be a part of everybody's routine, not just people involved in calisthenics. No matter what level you are at, any type of workout should involve a form of push-up.

The push-up is another natural movement that we are designed to do. It works all our pushing muscles, specifically our chest, shoulders and triceps. It also requires our core for stabilization and balance. Push-ups also benefit the scapula as it allows it to go through a full range of motion, unlike a bench press.

Despite the push-up not being as popular now as it once was, people involved in Calisthenics are managing to make it 'cool' again. People are seeing the amazing movements that people are performing in Calisthenics and they all start from being able to perform push-ups. Every person involved in Calisthenics, not just me, will tell you that in order to advance in your Calisthenics training you need to be able to perform push-ups. Calisthenics has really been able to inspire others to think positively about push-ups again and not just see them as a boring exercise or even, in some cases, a warm up movement.

I don't ever feel as though you should see a push-up as a warm up movement. The reason for this is when you see guys who

class the push-up as a warm up they never do them properly, always going too fast and never actually completing one. Ensure your push-up training is done at a correct tempo, never try blast through loads of reps really quickly just to impress the guy beside you. Take your time and ensure correct form.

The only time you should class the push-up as a warm up movement is if you are planning on working on some harder variations that training session, such as the variations of the planche or the one arm push-up. However, you should always ensure you are using correct technique and tempo. I personally don't use a push-up as a warm-up movement, I will do smaller movements than a push-up in my warm up and then build up to full push-ups in my main phase before I move on to whatever form of pushing exercise I plan on working on that day. I would suggest you do the same and never view the push-up as a warm up movement.

I personally believe to think of a push-up as a warm-up is to do the exercise a disservice. People in Calisthenics appreciate the true benefits of a push-up. Not many people realise this, however a push-up is a harder version of a plank, yet nobody relates to a push-up being a core exercise. Nobody ever thinks to increase their core strength that they could do this by performing push-ups. It is all associated with developing the chest, and our secondary muscles in use such as triceps and shoulders. What I want you to realise is that the push-up is a full body movement and requires you to create tension throughout the body in order to perform it efficiently. When you perform a push-up with tension throughout your body it becomes a full body exercise. You should always perform them under tension because it makes you a lot stronger and enables you to perform the movement correctly.

I have spoken to many people before about their push-up and all we had to do was get them to create tension and they were able to improve their push-up straight away. The push-up is capable of improving more than just your chest. It improves your core as we just spoke about, it improves your shoulders and triceps. We also, as we spoke about earlier, have to use our

scapula to perform the movement. This means we activate our back muscles also in a push-up. It also improves our stabilisation muscles and our balance.

Another benefit of push-ups, you can do them anywhere! There is nothing stopping you from taking a break while you are reading this and dropping down and doing ten push-ups, whatever variation you are currently at. You don't need to go anywhere to perform them, you can literally stop whatever you are doing at any point of the day and perform push-ups. Whatever your reason for training, you will need to add in a form of push-up, so stop reading - drop and give me ten!

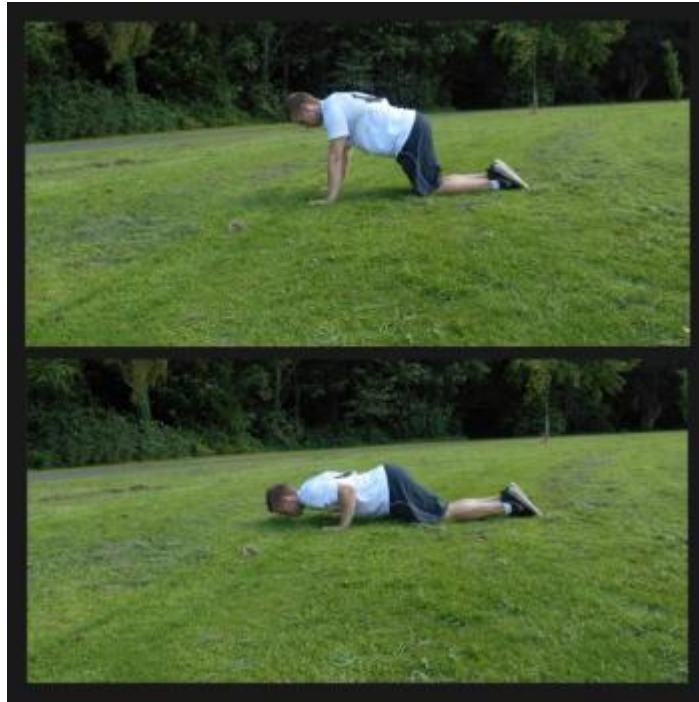
Wall assisted push-up



Instructions

- Begin facing the wall. Place your hands against the wall.
- Arms should be straight wrists in line with shoulders. Palms against the wall.
- From here lean forward toward the wall.
- Push yourself back up to the starting position.
- Elbows must remain tucked, don't allow them to flare out.

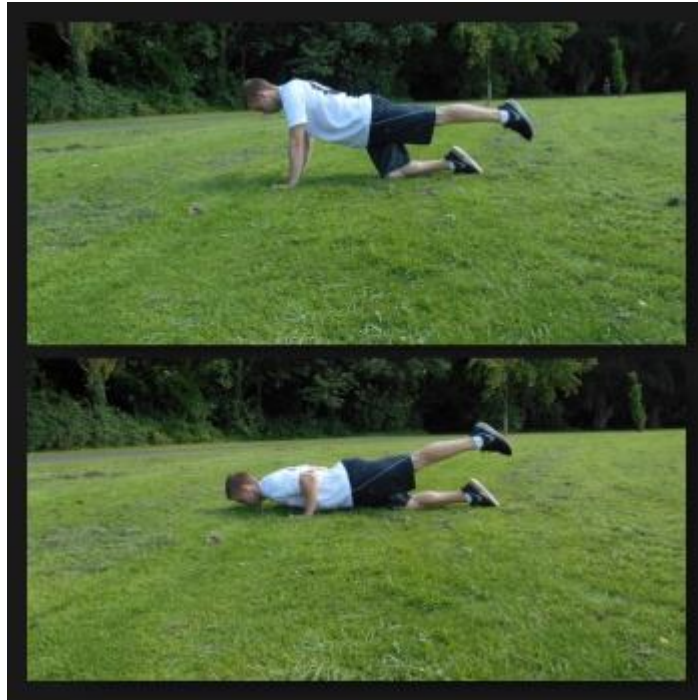
Knee Push-ups



Instructions

- From a prone position, place your knees on the floor and your hands directly underneath your shoulders.
- Core engaged.
- Lower your chest towards the floor until you have a 90 degree angle from your shoulder through your elbow to your hands.
- Push yourself back up to the start position.

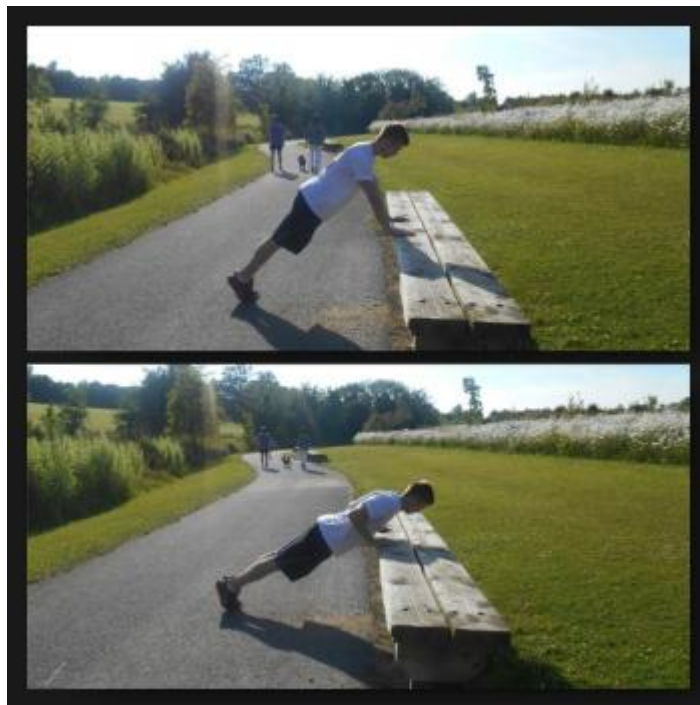
One knee Push-ups



Instructions

- Same position as the previous move except this time you only place one knee on the floor and leave your other leg fully extended.

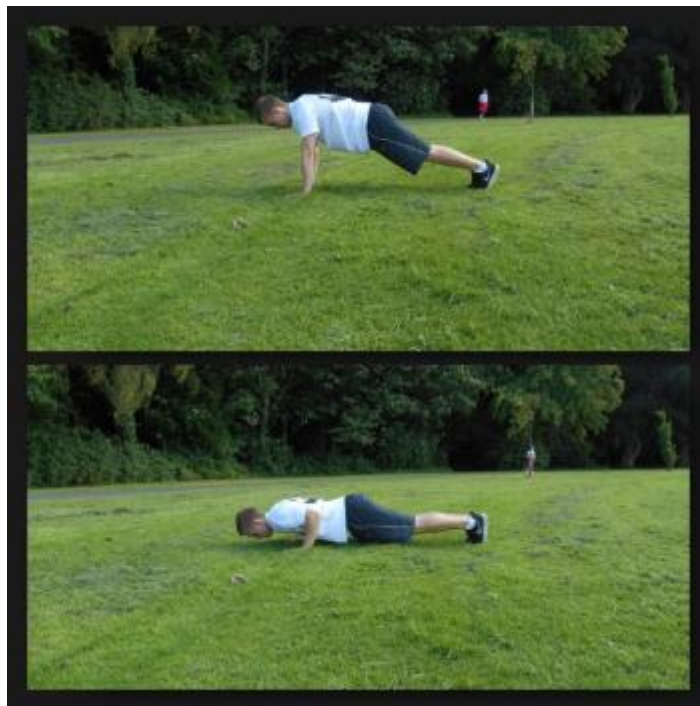
Incline Push-Up



Instructions

- Starting with your body at an angle placing your hands on an object above the ground. Ensure this is safe and stable.
- The lower down you go in an incline the harder the exercise.
- When performing this move, the wider you bring your feet out the easier the move becomes.
- Ensure your wrists remain in line with your shoulders.
- From here lower yourself down until there is a 90 degree angle in your elbow joint.
- Push yourself back up to the starting position.

Push-up



Instructions

- In a plank position, put feet together.
- From the head through the spine to your coccyx should be a straight line, meaning your hips should be directly in line with your shoulders.
- Place your hands directly underneath your shoulders.
- Engage your core.
- Lower your chest towards the floor until you have a 90 degree angle from your shoulder through your elbow to your hand.
- Push yourself back up to the starting position.

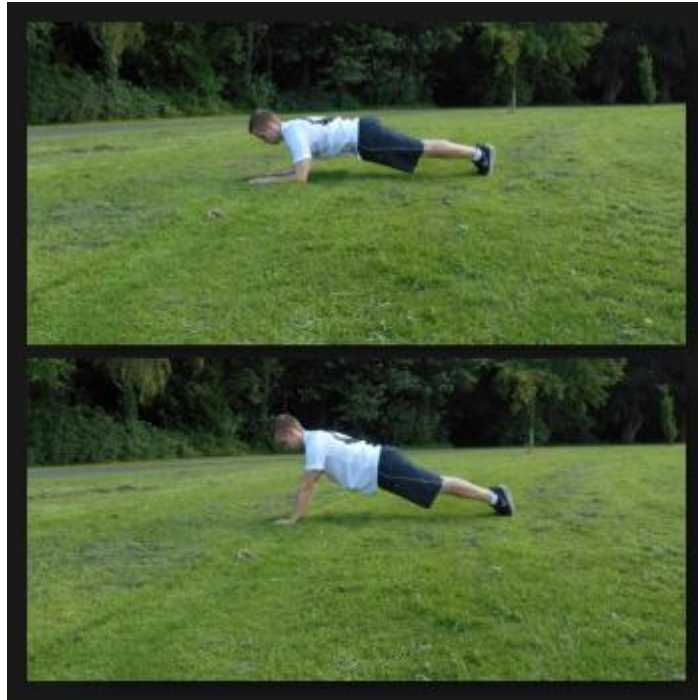
Push-up with shoulder tap



Instructions

- Same position to a normal push-up.
- At the start position touch your opposite shoulder before you begin.
- Switch the shoulder you touch each time.
- Progression – On one leg.

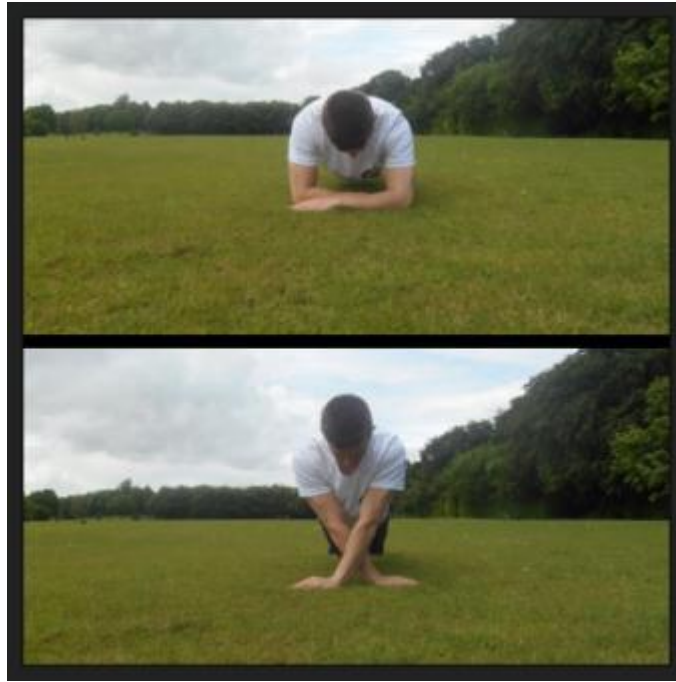
Plank Push-up



Instructions

- From a plank position with forearms on the floor, push yourself up into a high plank position.
- Hands flat on the ground, palms down on the floor.
- Push until arms are fully extended.
- Ensure your arms remain underneath your shoulders.
- Regression – up on one arm at a time.
- Regression - Bring one arm directly out in front of you and back down. Switch arm each time.

Forearm X Push-up



Instructions

- In a plank position
- Place forearms on the floor and turn your arms in towards each other.
- Your hands should be coming across your body, with your fingers in line with the opposite elbow, one arm in front of the other.
- From here push yourself up until your arms are fully extended. Your elbows should be in line with each other and your arms should look like the letter 'x'
- Allow yourself to return to the start position in a controlled movement.

Diamond Push-Ups



Instructions

- Plank position, from here bring your hands in towards each other to the centre and directly underneath your chest.
- Your index fingers and thumbs should be in contact with each other to make a triangle or diamond like shape.
- Keep your elbows tucked in when lowering yourself towards the floor.
- Bring yourself down towards the floor until your shoulders and elbows are parallel.
- From here push yourself back up to the starting position.

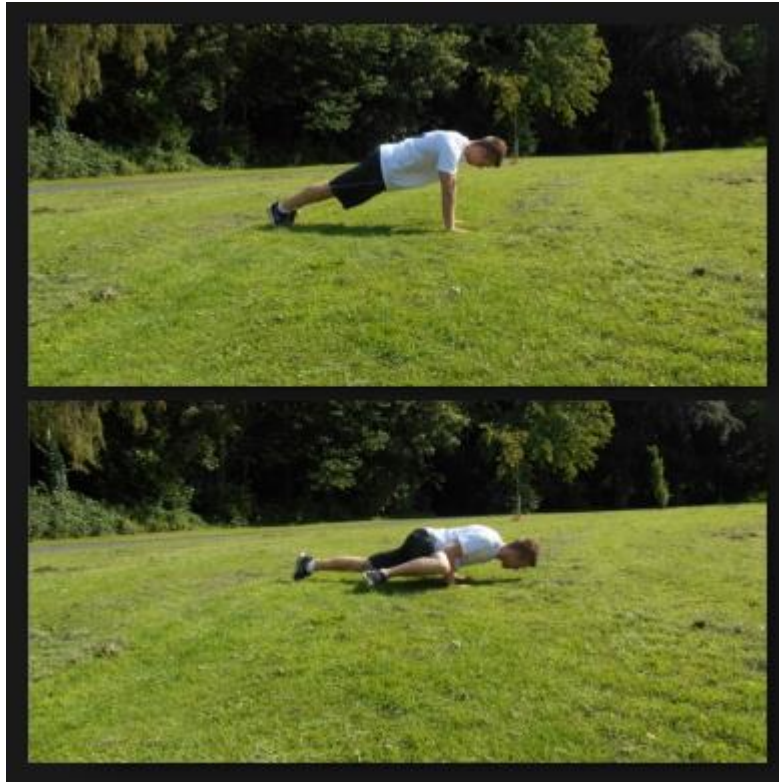
Travelling Push-up



Instructions

- Start in a plank position
- Perform a push-up.
- From here bring your leg and arm out to the side.
- From here perform a wide push-up.
- Then bring your other leg and arm to the side towards you so you are back in a plank position.
- Repeat this pattern and then travel back to where you started.
- So if you started going left, travel back on the right until you are back to your starting position.

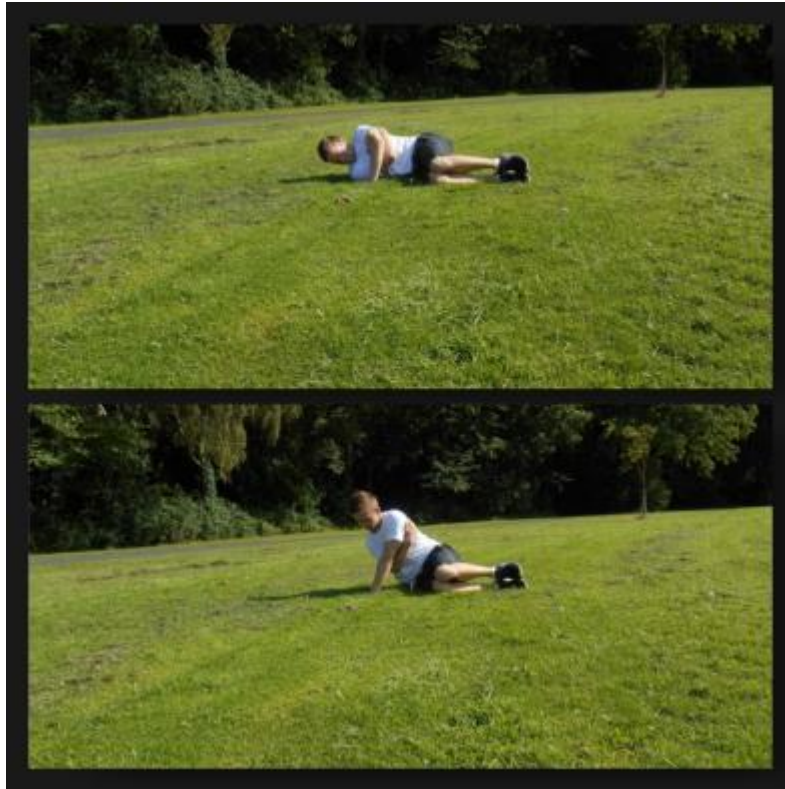
Spiderman Press-up



Instructions

- Start in a high plank position.
- As you begin your press-up begin to bring one leg forward.
- Leg should be bent with your knee driving forward past your hip.
- Ensure that your leg moves at the same speed as the push-up. I.E your knee should be at its furthest point when you are at end of the push-up.
- As you push yourself back up, your leg should also return to its starting position.
- Perform on both sides.

One arm huddle push-up



Instructions

- Lie down on one side.
- Bring your knees together and bring them up in line with your hips.
- Wrap the arm on the floor up around your torso.
- Bring the other arm's hand to the floor, your palm should be parallel to your body.
- From here push your body up.
- Practice on both sides.

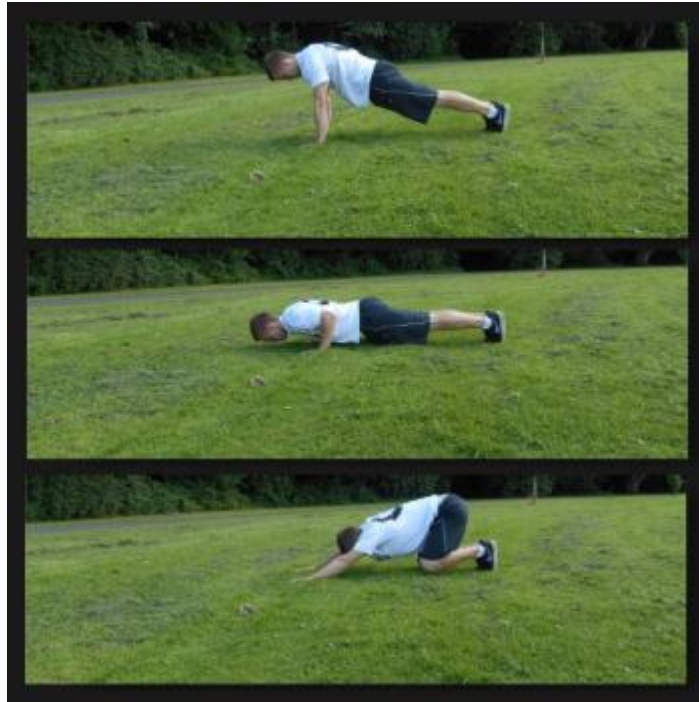
Pike push-ups



Instructions

- Start in a plank position
- Bring your hips high into the air.
- Turn your hands in towards each other.
- From here lower yourself towards the floor.
- Elbows should go out to the side and you're aiming to get the top of your head to touch the floor.
- From there push yourself back up to the starting position.

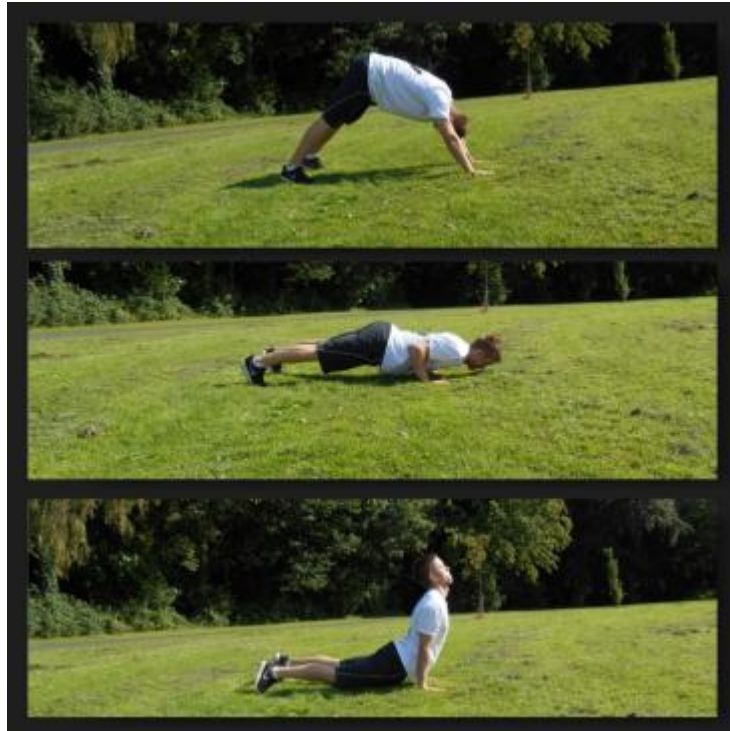
Reverse Press-up



Instructions

- Start in a high plank position.
- As you lower yourself down into a push-up position, instead of pushing yourself back up bring your body back until your arms are fully extended and your hips are in contact with your heels.
- From here explode back to a high plank position ensuring you use your core to control the movement and not allow your shoulders to go past your wrists.

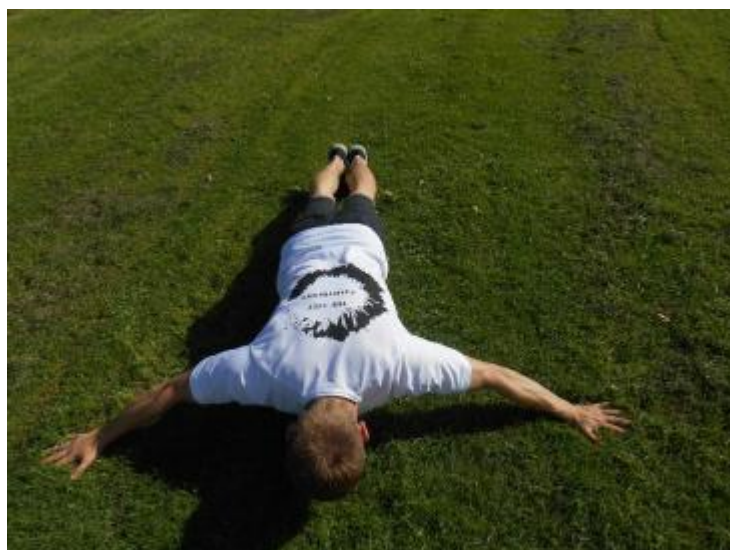
Dive-bomber Push-up



Instructions

- Start in a high plank position
- Hands slightly wider than shoulder width.
- From here raise your hips as high as you can.
- Lower your shoulders towards the floor.
- Allow your chest to glide through until it is facing out in front of you.
- Keep your knees and hips off the floor
- From here reverse the move.

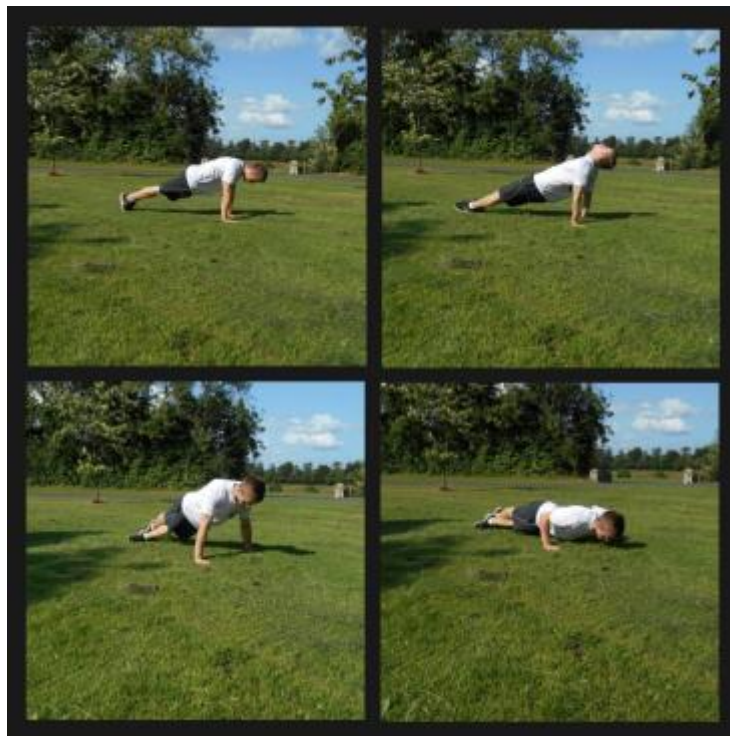
Crucifix



Instructions

- Start in a high plank position.
- With your hands directly underneath your shoulders turn your hands outwards to the side of your body.
- From here slide yourself towards the floor and attempt to get as close to the floor as you can.
- Hold that position for as long as you can.
- To get out of the move you can either reverse it or drop your knees to the floor allow yourself to bring your hands back in.

Windmill Push-ups



Instructions

- Start from a normal push-up position.
- From here bring one arm over your body and towards your other side.
- You should now be looking towards the ceiling.
- From here bring your other arm over to the same direction. This arm should be at a slightly lower position to your other hand. Your body should be in a side plank position.
- From here perform a push-up.

- Then reverse the move and perform the exercise on the other side.

Push-up with leg jacks



Instructions

- Start in a high plank position
- Lower yourself towards the floor to do a push-up
- Bring your legs out as wide as you can get them.
- As you push yourself back up bring your legs back in.

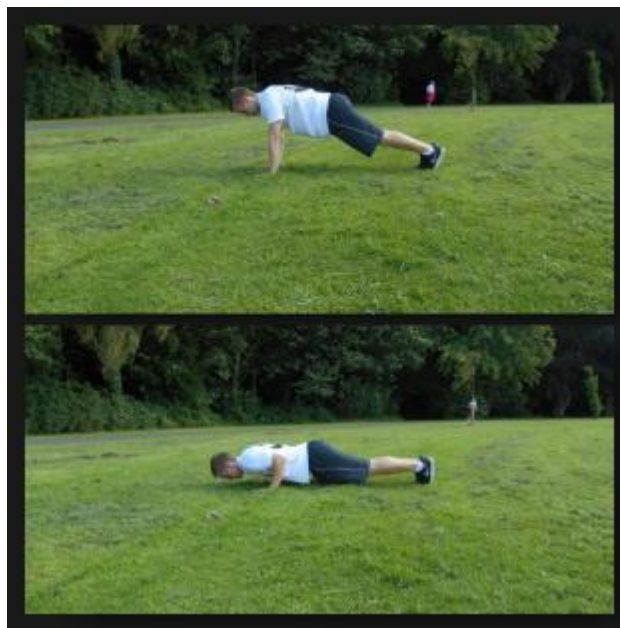
Grasshopper push-ups



Instructions

- Start in a high plank position.
- Lift one foot off the floor, bend your knee and from here rotate your hip so that your knee is tucked underneath you.
- At the same time complete a push-up.
- Ensure to complete on both sides.

Isometric Push-ups



Instructions

- Start in a high plank position.

- Lower yourself down into a push-up position.
- Hold that position for as long as you can before you push yourself back up to starting position.

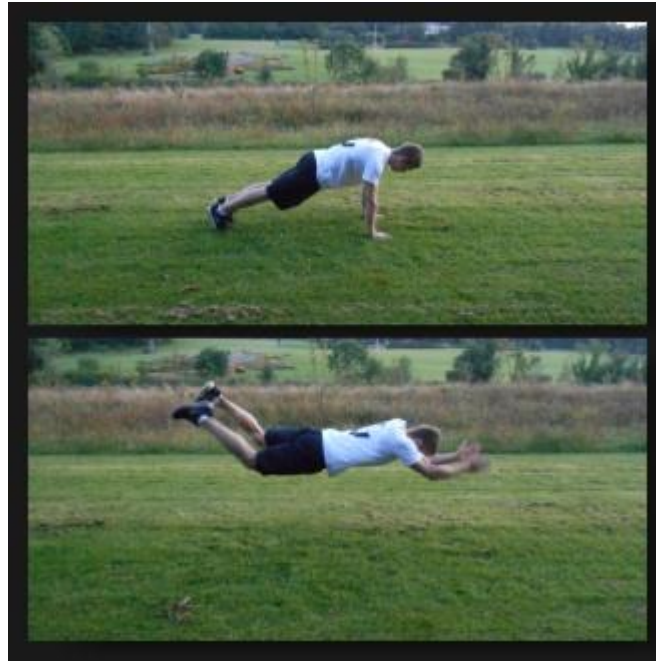
Rotational Push-ups



Instructions

- Start in a high plank position
- Lower yourself down and push yourself back up.
- As you come back up rotate your upper body and bring one arm into the air.
- Bring the arm back down.
- Repeat on the other side.

Clap Push-ups



Instructions

- Start in a high plank position
- Lower yourself down and explode back up as quickly as you can and clap your hands together.
- Land your hands back on the floor.
- Ensure you control the movement.

*The clap push-up can then lead to many variations E.G slap your hips, behind you (Muay Thai push-up) slap your knees or even your feet.

Flying Superman Push-Up



Instructions

- Start in a high plank position
- Lower your body towards the floor, as you get down explode yourself back up.
- Try to fully extend your arms out in front of you and bring your feet into the air.
- Control the movement and land your hands and feet back onto the ground softly.

Regressions – there are a lot of variations to build up to this move.

1. Start in a high plank, bring your opposite arm and leg out. Alternate each time
2. Push up and bring one arm out in front at a time. Keep feet on the floor.
3. Drop to your knees and perform the movement from here. Keeping your feet on the floor, only extend your arms out

As you get used to these moves it will make the Flying Superman easier.

Make sure you attempt it on soft flooring! Make sure you feel confident enough to try this move.

Planche



Instructions

- A full planche position involves the body being directly off the floor only supported by the hands.
- Keep the hips level with the shoulders.
- Keep the elbows straight.
- Hold that position.

The planche is an incredible movement to hold and requires tremendous strength throughout the body. From here I want to show you a list of progressions that are designed to help you build up to the planche hold.

Pseudo Planche Push-Up



Instructions

- Start in a high plank position, Wrists down in line with your hips
- From here lean as far forward as possible.
- Arms stay fully extended.
- Hand positions can either be out to the side or directly behind you.
- From here lower yourself towards the floor.
- Push yourself back up.

Frog Stand



Instructions

- Starting point of planche training.

- Assume a full squat position and place your hands on the ground, in front of your feet.
- Your knees should be resting on your elbows for support.
- From here lean forward and put the weight on your hands.
- With training you should be able to keep your feet off the floor.

Tuck planche



Instructions

- Similar position to the frog stand.
- As you get comfortable in the frog stand, tuck your knees into your chest instead of placing them on your elbows.

Advanced Tuck Planche



Instructions

- Main progression with advanced tuck planche is the position of your back.
- Normal tuck planche is performed with a curved back.
- Advanced tuck planche is performed with a straight back.
- Extend your hips up and behind you until your back is straight.
- Bring one leg out straight.

Straddle Planche



Instructions

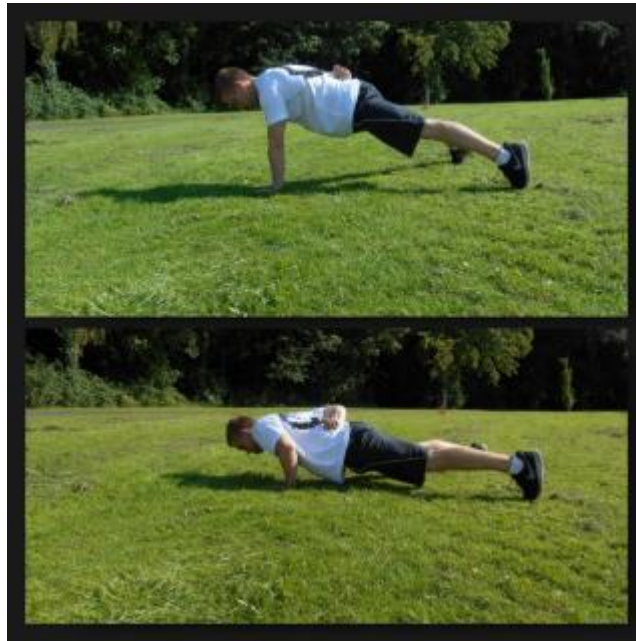
- Straddle planche builds on the tuck planche by extending the legs out from that position.
- When in the tuck planche position slowly bring your legs out from the chest and bring them behind you.
- You will need to lean forward to counter balance the shift in weight.
- You can bring your legs out wide and then try to bring them in closer to each other as you progress.

As we said earlier these moves are all progressions to help you to achieve the planche. They are like building blocks one move leading on to the other. Achieving the planche is a tremendous accomplishment and takes a lot of time to practice and build up the strength. However, if you can achieve it all the effort you put in will be worthwhile. This can then lead

you to try other variations such as planche push-ups and attempting them on different surfaces such as Olympic rings or a flat surface.

As we have shown here how to progress with a planche movement we are also going to show how to progress to a one arm push-up.

One Arm Push-Up



Instructions

- Start in a high plank position
- From here bring your feet out in a wide stance position
- Place one hand on your hip
- From here lower yourself towards the floor.
- Get your chest down as close to the floor as you can
- Ensure your hips and shoulders stay in line throughout the movement.
- Push yourself back up.
- Repeat on both sides.

Again this is an advanced move. However it can be achieved through practice and working through the progressions just like with the planche. Below we have the list of progressions to help you achieve a one-arm push-up. To be able to perform this move will give you great benefits, not just to be like Sylvester Stallone in Rocky! You will gain great strength, increased balance, greater stabilisation and improved core strength.

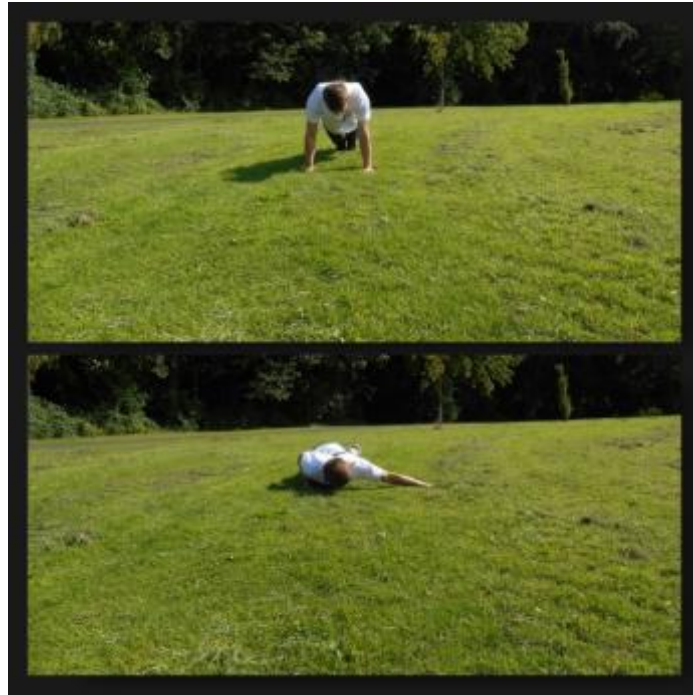
Decline Push-Up



Instructions

- Place your feet on something higher than the ground, keep them together and assume a high plank position.
- Ensure your wrists remain directly underneath your shoulders.
- From here lower yourself towards the ground until there is a 90 degree angle at your elbow joint.
- Keep your elbows tucked in and in line with the wrists.
- Push yourself back up to the starting position.

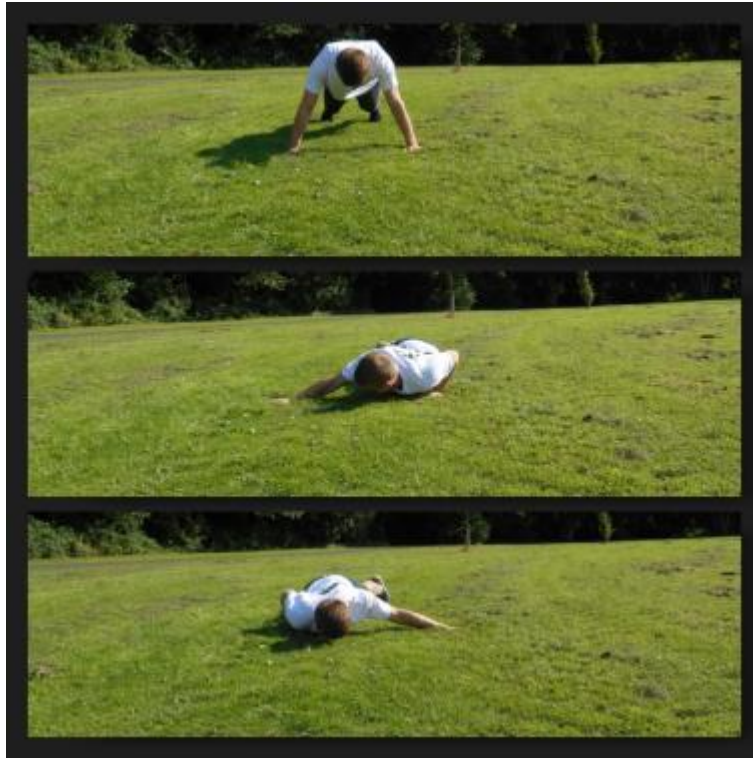
Rock n' Roll Push-up



Instructions

- Start in a high plank position
- As you begin to lower yourself to the floor bring one arm out to the side away from your body.
- When the arm you have kept narrow is at a 90 degree angle your other arm should be fully extended out to the side.
- From here push yourself back up with your arm that is still directly underneath your body.
- The arm that is extended out to the side will then begin to slide back in to its starting position.
- Switch the arms and make sure to perform even reps on both sides.

Typewriter Push-up



Instructions

- Start in a plank position, hands wider than shoulder width.
- From here lean over to one arm placing more emphasis on this side.
- Lower yourself towards the floor.
- From here push yourself over towards the other arm keeping yourself as close to the ground as you can.
- When you have shifted your body over to the other side push up from here until you are back at your starting position.
- Regression – Drop to your knees.

Wall assisted one-arm push-up



Instructions

- Stand facing a wall.
- Place one hand on the wall with your wrist directly in line with your shoulder.
- Place your feet in a wide stance position.
- Put your other hand on your hip.
- From here bring your chest towards the wall, ensure your elbow remains tucked in.
- The further back you bring your feet the more difficult this one becomes because you are changing the angle.

Assisted one-arm Push-Up



Instructions

- Start off in a high plank position.
- Bring your feet out into a wide stance position.
- Bring one arm out to the side and place it onto something for support- we are using a bench in the photo but this just an example. You can use something similar that you feel will give you support.
- You can also use a partner either.
- After you set yourself up in this position, complete the push-up.

Pull-up

In this section we have a variety of pull-ups. The section begins to show how you can build up to perform your first pull-up, and then from there we have a variety of different moves you can work on. We show you moves such as the front lever, reverse lever, muscle-up and one arm pull-up. These are just some of the incredible moves that you are capable of performing using just a pull-up bar. The pull-up bar is the only piece of equipment I have used in this, besides benches for support movements. Despite what modern misconceptions would have you believe, we are all designed to be capable of pull-ups.

A pull-up is a necessary movement for our body to adapt to. If you went back to our ancestors, their day would have involved a serious amount of climbing, whether that was up trees or mountains and hills. There would always have been a time where a pull-up was necessary in order to hunt or avoid being hunted. Don't buy into this stigma that we are not able to do them. I am talking to men and women here! We are both designed to perform this type of movement. Don't fear the bar, get comfortable with it.

Initially some people have a fear of jumping up on the bar, it is amazing that I have never seen a child act this way. They always say that the younger you learn something the better. I suppose this is partly true, however I also believe it is never too late to start something and you should not let your age be an excuse to stop you from achieving something you want. I understand the theory behind learning the younger you are because you have less fear, you worry less about what can go wrong. For example, I had an operation when I was young and it didn't scare me one bit. Now that I personally know people studying to be in this line of work and I am older and know people in the industry, I think an operation would scare the life out of me!

If fear is an issue for you when it comes to jumping up on the bar don't worry, build up through the progressions in this section, we have plenty for you to work on before you go near a bar.

“Overcome fear – behold wonder” - Aeschylus

You should also keep this quote fresh in your mind when it comes to training on the bars and getting used to it. Most people who have ever been nervous about something and conquered it will understand the idea behind this quote. Not just in fitness terms, think about the first time you asked somebody out, I am sure that you were terrified, I know I was. If they said yes that wonder right there is the amazing feeling you get. This can happen with your training. That amazing feeling of happiness. The day you achieve any of the movements you work on in this book for the first time you will get exactly what this quote means.

It's time to embrace your inner monkey!



Lat Pull-down



Instructions

- Standing position, feet shoulder width apart

- Bring your hands up over your head with your palms facing away from each other. Back of the hands touching.
- Bring your shoulders back as far as you can and lower your elbows down towards your sides.
- Return to start position.
- If you want you can use a resistance band also for this exercise.

Prone Lat Pull-down



Instructions

- Stomach on the floor, lift your feet up off the floor.
- Keep your focus on the ground.
- Bring your hands up over your head palms facing away from each other and back of the hands touching.
- From here bring your elbows in towards your sides, keep your hands above your elbows making sure the elbow is bent.
- Draw your shoulders back as far as you can.
- Return to start position.
- Again you can use a resistance band if you wish.

For both of these moves try to visualise there is a hand going along the middle of your upper back and you are trying to squeeze that with your shoulder blades as hard as you can.

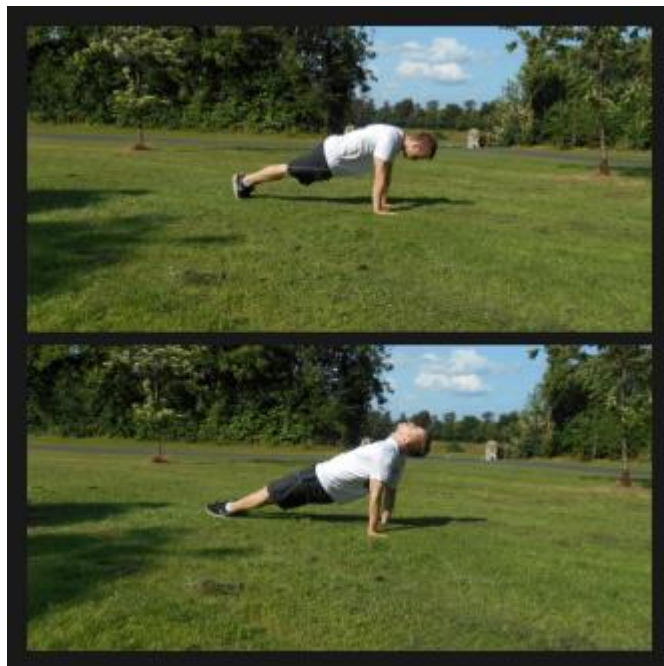
Plank row



Instructions

- Start in a high plank position
- Bring one arm up bending your elbow and keeping it tucked in along your side.
- Bring it back as far as you can.
- Return to starting position.
- Repeat on both sides.

Windmill



Instructions

- Start in a high plank position
- From here bring your right arm behind you and around to the left side of your body.
- You should now be facing the ceiling.
- Then bring your left arm over past your right arm.
- From here reverse the move, bringing your left arm back and then you're right.
- Keep your hips up throughout the movement.
- Repeat on the other side.

Back extension



Instructions

- Lying down on the floor. Place your fingertips on your temple each side.
- From here bring your chest up off the floor and breathe out as you do.
- Ensure the move is done in a controlled way.
- Return to the floor.
- Keep your feet together and on the floor throughout the movement.

There are many variations to the back extension. You can bring your hands out directly in front of you. You can bring the opposite arm and leg up off the floor. You can also perform superman twists, rotating your torso at the top of the movement.

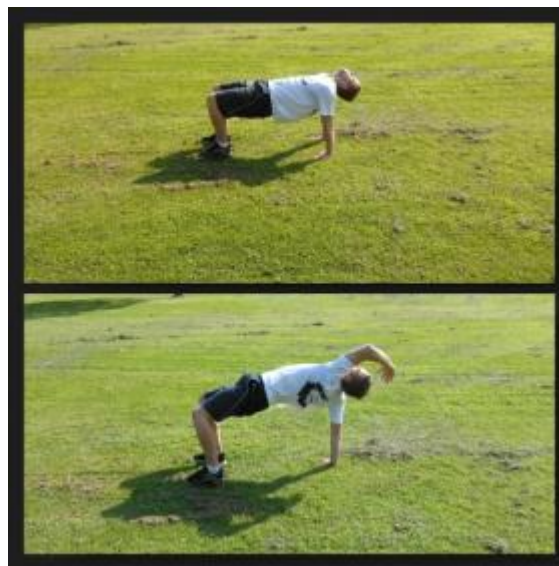
Crab Walk



Instructions

- Start with your hands and feet on the floor and your chest upwards towards the ceiling.
- Move forwards or backwards, your choice.
- Do this by moving the opposite arm and leg.
- The higher you try keep your hips up the more challenging it becomes

Crab Reach



Instructions

- Start in the same position as a crab walk

- This time drive your hips into the air and bring one arm back behind you.
- Bend your elbow and try to get your hand as close to the floor as you can.
- Return to start position and repeat on the other side.

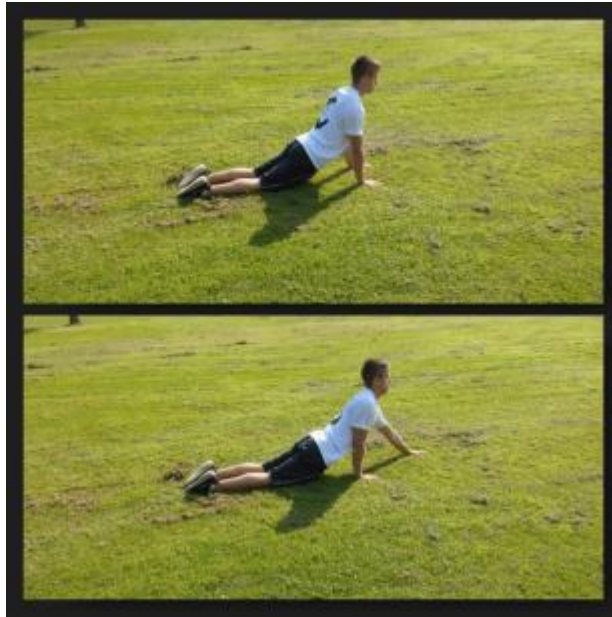
Bear crawl



Instructions

- In a high plank position
- Bring the opposite arm and leg forward and begin moving forwards.
- I.E right leg left arm, then followed by left leg right arm.
- This can be done backwards either or else in a static position.

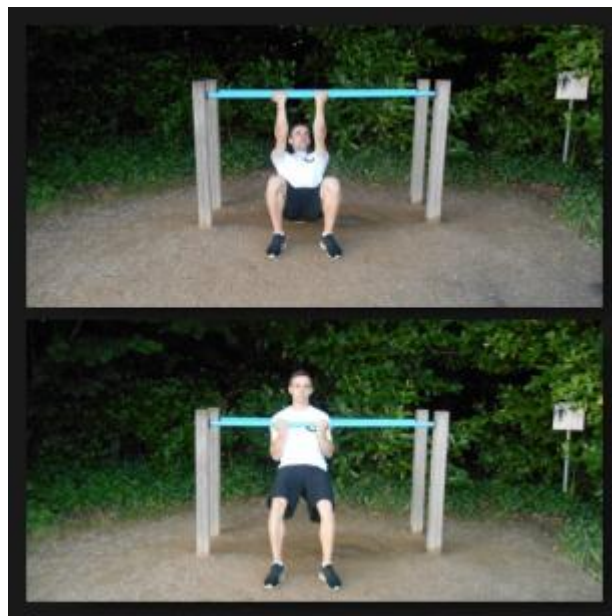
Walk outs



Instructions

- Lie down on the floor
- From here you are going to pull yourself along the floor using only your arms
- You can bring your chest up off the floor.
- Do not use your feet allow your legs to drag.
- You can pull yourself forwards and backwards.

½ Pull-up



Instructions

- Start in a pull-up position

- From here place your feet on something to take the weight of your legs out.
- You can use a wall to put your feet on, you could use a step, or whatever you can think of that will take your weight and is safe. We are using a bench in this photo.
- Perform a pull-up movement with your arms fully contracted and extended.

Bodyweight rows



Instructions

- Using a pull-up bar or equalizer you can perform a bodyweight row.
- Maintain a strong grip on the bar you can either have an overhand or underhand grip.
- Make sure your chest is directly underneath the bar.
- Pull yourself up towards the bar ensure your arms are fully contracted.
- Keep your hips in line with your chest throughout the whole movement.
- Return to start position.

Negative pull-ups



Instructions

- Starting off with this one find a bar you feel you can jump high enough to get in to a contracted pull up position.
- Try to jump up to the top of a pull-up position, when you are at the top of the contraction.
- From here try to control it on the way down.

You can also perform what's known as a dead hang, grip the bar in either an overhand or underhand grip position and hang from it as long as you can. Ensure you squeeze as tight as you can. This will increase your grip strength and in turn help you improve your pull-up.

Dead Hang



All of these moves will help you to progress to a full pull-up. Once you have gotten a full pull-up there are so many more exercises out there that you are capable of practicing. I want to show you some examples of moves that can be practiced on the bar. This one tool allows you to practice so much and achieve remarkable progress in your training.

Pull-up



Instructions

- Start off by holding the bar with two hands, shoulder width, squeezing as tight as you can.
- Grip and hand position will vary from person to person.
- Keeping your body aligned, pull yourself towards the bar and bring your chin over the bar if possible.
- Ensure you have done this in a controlled movement
- Lower yourself back down fully extending the arms.

Wide Grip Pull-Up



Instructions

- Place your hands wider than shoulder width. The wider you go the more difficult this pull-up is.
- From here keep your body in a straight line, don't allow yourself to swing.
- Grip has to be an overhand grip.
- From here pull yourself up towards the bar, bending at your elbows.
- Try to get your chin over the bar.
- Return to starting position.

Typewriter pull-up



Instructions

- Hands wider than shoulder width when you grip the bar.
- From here perform a pull-up.
- As you get to the top of the contraction fully extend one arm out to the side.
- Then return it to the pull-up position and return to the start.
- Repeat on the other side.
- Keep your legs up throughout the movement if you wish.

L-sit Pull-Up



Instructions

- Grip the bar as tight as you can using an underhand grip.
- From here raise your feet until they are parallel with your hips. Your entire body should be at a 90 degree angle.
- From here perform a pull-up keeping your body at 90 degrees.
- Return to starting position.

Narrow Grip Pull-up



Instructions

- Bring your hands in to each other until they are touching.
- Can be performed with an overhand or underhand grip.
- From here pull yourself up, keep your body straight and get your chin over the bar.
- Return to starting position in a controlled fashion.

There are so many variations on the bar and it really is a great tool to use to improve your fitness levels.

We have a lot more examples in the next few pages of exercises you can work on.

Front lever



Instructions

- Strong grip on the bar to start.
- Overhand grip, hands shoulder width apart.
- From here you are going to pull your body up until it is parallel.
- Ensure that you feel the body moving because of your upper body muscles working, if you just kick your legs up you will not hold it.
- You must keep your body straight with hips extended.
- Ensure you keep your core engaged and there is tension throughout the body.
- Hold that position

This is another advanced move, however, as we have done with other moves we will show you the progressions on how you can build up to this move. It is achievable, like anything in life, through practice.

Knee raises



Instructions

- Hang from the bar with a strong overhand grip.
- From here raise your knees up into your chest.
- Try to control the movement on the way up and down.
- Ensure your knees go past your hips.

Leg raises



Instructions

- Similar to knee raises
- Strong overhand grip on the bar

- From here bring your legs straight out until they are parallel to your hips.
- Keep your back straight.
- Lower your legs back down in a controlled movement.

Tuck Lever



Instructions

- Strong grip on the bar, overhand grip.
- From here raise your knees in to your chest.
- Raise your body into the air keeping your knees tucked into your chest.
- Keep a straight alignment from the hips through to the shoulders

Single leg Tuck lever



Instructions

- Perform a tuck lever.
- From here bring one leg out straight.
- Keep your hips extended and remain parallel from the shoulders through the hips to the leg you have outstretched.
- Alternate legs.

Straddle Lever



Instructions

- Perform a tuck lever
- From here bring both legs out as wide as you can
- The wider you bring them out the easier it is. Attempt to gradually bring the legs inwards.

All these moves will help you to progress to be able to perform the lever. Do work through the progressions and you can reach your target.

Reverse Lever



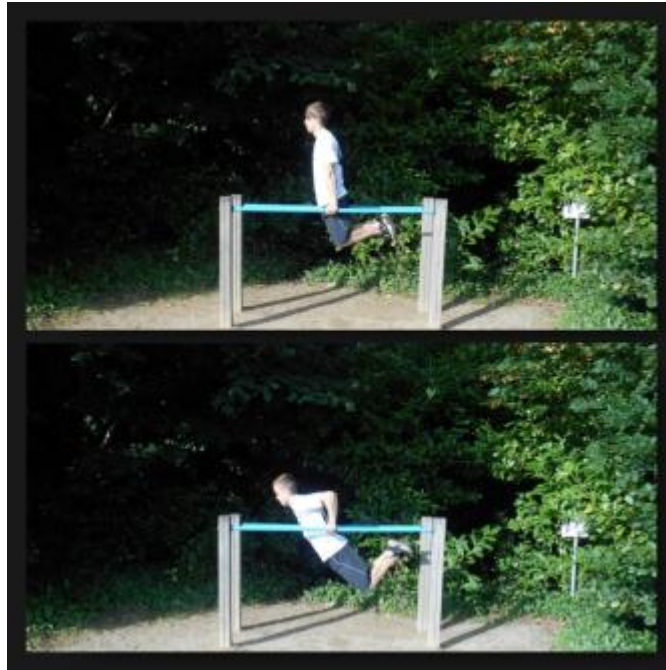


Instructions

- Grab the bar in an overhand grip.
- From here tuck your knees in to your chest.
- Continue to allow your knees to pass through until your body is now behind you.
- From here straighten your legs out until you are parallel to the floor from your shoulders through your hips to your feet.
- Hold this position.

This is another advanced move. However, it can also be achieved through practice and working on the progressions.

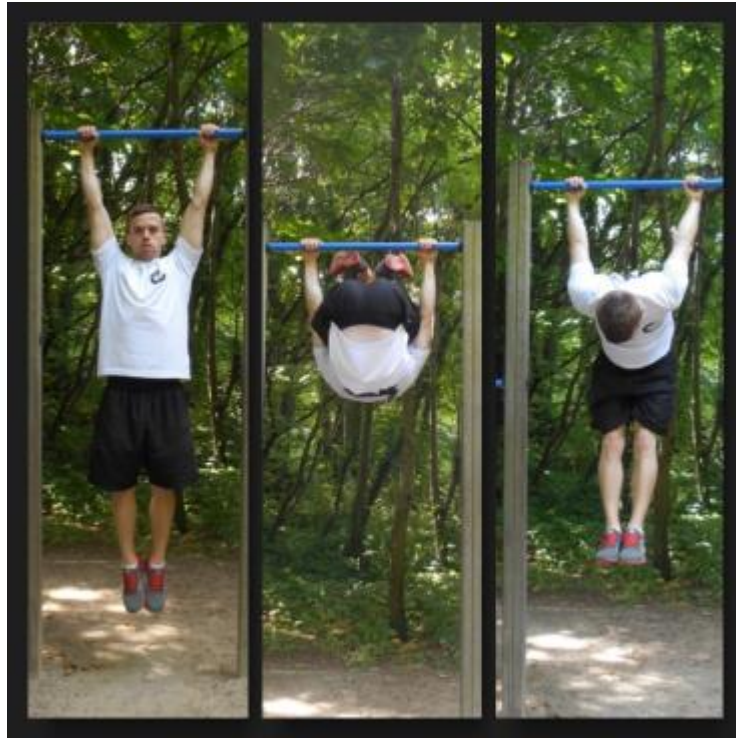
Tricep Dips



Instructions

- Using dip bars or something you can find to allow you to lower your body.
- Start by gaining a strong grip on the bar, wrists remain neutral.
- Feet must come off the floor, you can bring them back behind you.
- From here lower your body until your shoulders are parallel to your elbows.
- There should be a 90 degree angle from your shoulder to your hands.
- From here push yourself back up to your starting position.

Skin the cat



Instructions

- Start in a dead hang position, overhand grip on the bar.
- From here tuck your knees in and bring them around fully, towards your head and then allow them to pass through until your feet are pointing towards the ground.
- Allow your legs to be fully extended but not touching the ground. Arms also fully extended.

Inverted hang position



Instructions

- Start in a dead hang position with an overhand grip.
- From here tuck your knees in and bring them in towards your chest.
- Rotate until your head is towards the floor and your knees are towards the ceiling.
- You can then try to fully extend your legs so that your feet are pointing towards the ceiling.
- Hold this position and then return to starting position.

Reverse Lever tuck



Instructions

- Similar to the reverse lever.
- Keep your knees tucked in to your chest throughout the movement instead of extending your legs.
- Everything else the same as a full reverse lever.

Reverse lever Pull-Up



Instructions

- Bring your hands in towards each other so they are touching. Overhand grip.
- Perform a 'skin the cat' movement
- Tuck your knees in towards your chest.
- From here pull yourself up towards the bar.

One leg tuck lever



Instructions

- Again similar to the full reverse lever.
- Keep the legs tucked in.
- When you have brought yourself around fully keep one leg tucked in and the other fully extended.
- Should be parallel to the floor.

Again try to work your way up through the progressions to be able to achieve the reverse lever. Working through the progressions will enable you to build up the strength and skill required to achieve the movement.

The next move we want to show you in this section is the muscle-up. Again this is an advanced move but there are progressions you can work on to achieve this move also.

Muscle-Up



Instructions

- For a muscle-up you use what is called a 'false grip'. See the picture for this.
- From here pull yourself up towards the bar.
- Bring your hands underneath the bar and your elbows up over the bar.
- From here push yourself up until your arms are fully extended.

Tips for the muscle-up:

1. Try to get your chin over the bar, 'flip your hood over your head'
2. Drive your elbows up.
3. You should attempt to do the move slowly, however when building up to it you can use momentum to get used to the movement. As you improve try to slow down your momentum. This is known as a 'kip'.

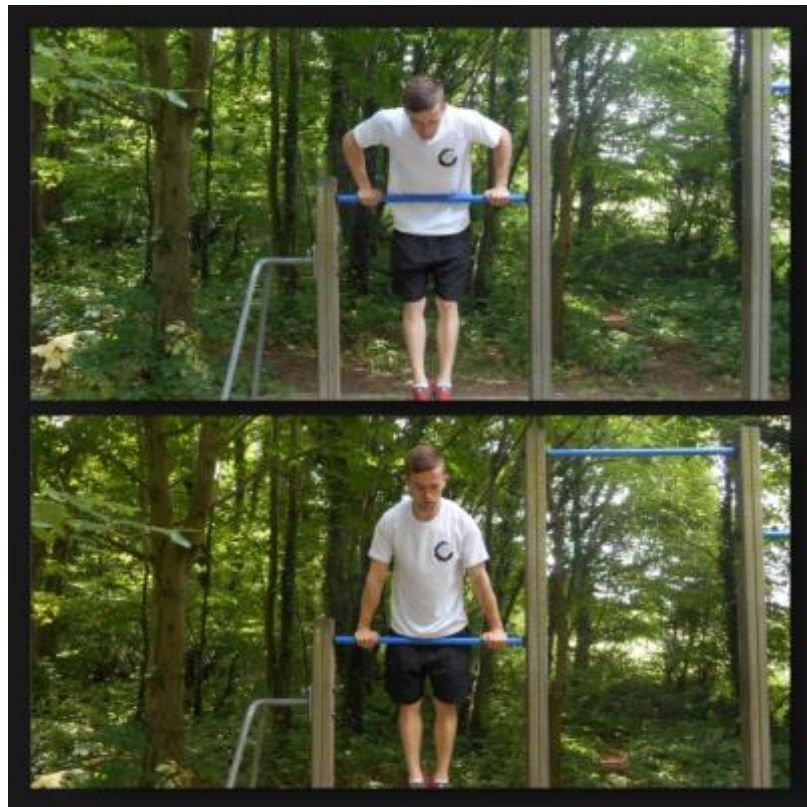
From here we will show you the progressions you can do to achieve the muscle-up.

Essentially a muscle-up is a pull-up and a dip so to improve on these will help with the muscle-up.

- Pull-ups
- Tricep dips

There are other moves that can help to improve the muscle-up. You can essentially work from the top of the muscle-up down.

Muscle-up Dips



Instructions

- Start with your position over the bar.
- Hands wider than shoulder width.
- As you lower yourself down your elbows should be directly over your wrists. Wrists neutral
- Ensure both arms are in line and you go down to a 90 degree angle from your wrists to your shoulders.
- From here push yourself back to the starting position

The Switch



Instructions

- Starting at the end position of the muscle-up dips.
- From here allow yourself to switch your arm position.
- I.E elbows are above your wrists drop them below until you are underneath the bar.
- Control the movement.
- This can sometimes be the hardest part of the movement for some people. This transition can be difficult as people are capable of a pull up and a dip so getting used to the transition can take time. Ensure you put the time into this particular move.

Chest to Bar Pull-Up



Instructions

- Hang from the bar with your hands in a 'false grip' position.
- Hands slightly wider than shoulder width.
- From here pull yourself up by bending at the elbow.
- Aim to get your chest over or in line with the bar as you pull up.
- Control the movement.
- Lower yourself back down to the starting position.

½ Muscle-up



Instructions

- Use a low bar.
- Start in a bodyweight row position, maintain a ‘false grip’ on the bar.
- Keep your feet on the floor and perform ‘the switch’.
- As you get over the bar perform a ‘muscle-up dip’
- Bring yourself back to the start position.

One Arm Pull-Up



Instructions

- Grip the bar with one arm in an underhand grip.
- Ensure you have your core engaged.
- From here pull yourself up bending at the elbow joint.
- Ensure you get full contraction in the arm to class it as one!
- Lower your body down in a controlled movement until your arm is fully extended.
- Ensure you work on both sides.

Again this is another advanced move that, with practice, can also be achieved. Work through the progressions and you can achieve this move.

To be able to complete a one-arm pull-up you must first be able to achieve full pull-ups. Using all the other pull-ups will help you also.

After you have built up to be able to complete all the other pull-ups within this manual you can start to work on these.

One arm dead hang



Instructions

- Grip the bar with one arm, underhand grip.
- Hang from the bar.
- From here you can either just hang from the bar, or progress to knee raises and then leg raises.

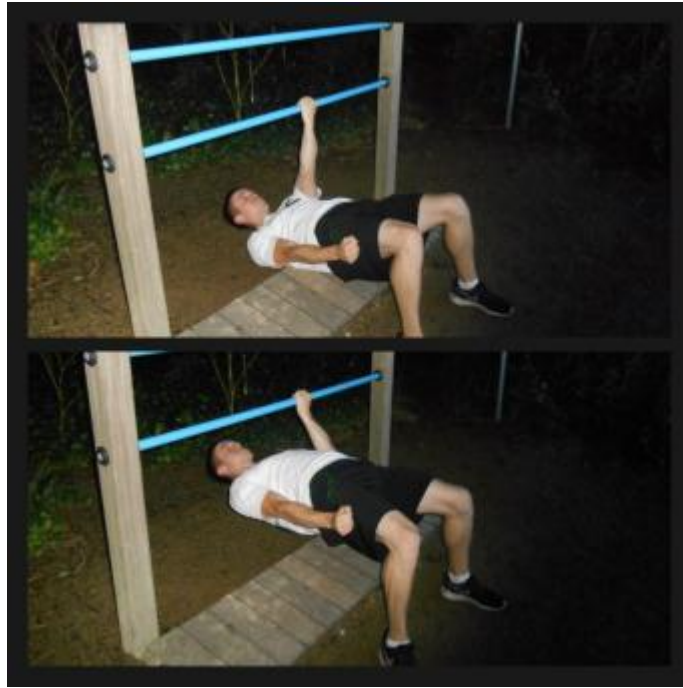
Archer Pull-up



Instructions

- Place one hand on the bar in an underhand grip.
- Grip your other hand around the wrist of the arm on the bar.
- From here perform a pull-up, arm fully contracted.
- As you lower yourself back down make sure your arm becomes fully extended.

Single Arm Rows



Instructions

- Place an underhand grip on the bar.
- Put your chest directly underneath the bar.
- Feet should be on the floor.
- Hips remain parallel to your shoulders.
- Pull yourself up towards the bar, fully contracting your arm.
- Lower yourself back to the starting position.

Towel wring Pull-up



Instructions

- Place a towel (or an item of clothing) over the bar.
- Grab the bar with one arm in an underhand grip and grab the towel with your other hand.
- The towel should be lower than the bar and you should try to have your arm fully extended as you improve on this pull-up.
- From here perform a pull-up. Get your chin over the bar. Your arm on the bar should be fully contracted and the arm on the towel should be out wider.

Negative one arm Pull-ups



Instructions

- Perform a pull-up
- When your arms are fully contracted, remove one arm from the bar.
- Slowly lower yourself back down in a controlled manner.
- Ensure you perform the movement on both sides.

Fingertip assisted one arm pull-up



Instructions

- Starting position one arm with an underhand grip, other hand wrap two or three fingers around the bar.
- Pull yourself up over the bar bending at the elbows.
- Fully contract your arms.
- Come back down in a controlled movement and fully extend your arms.

Core

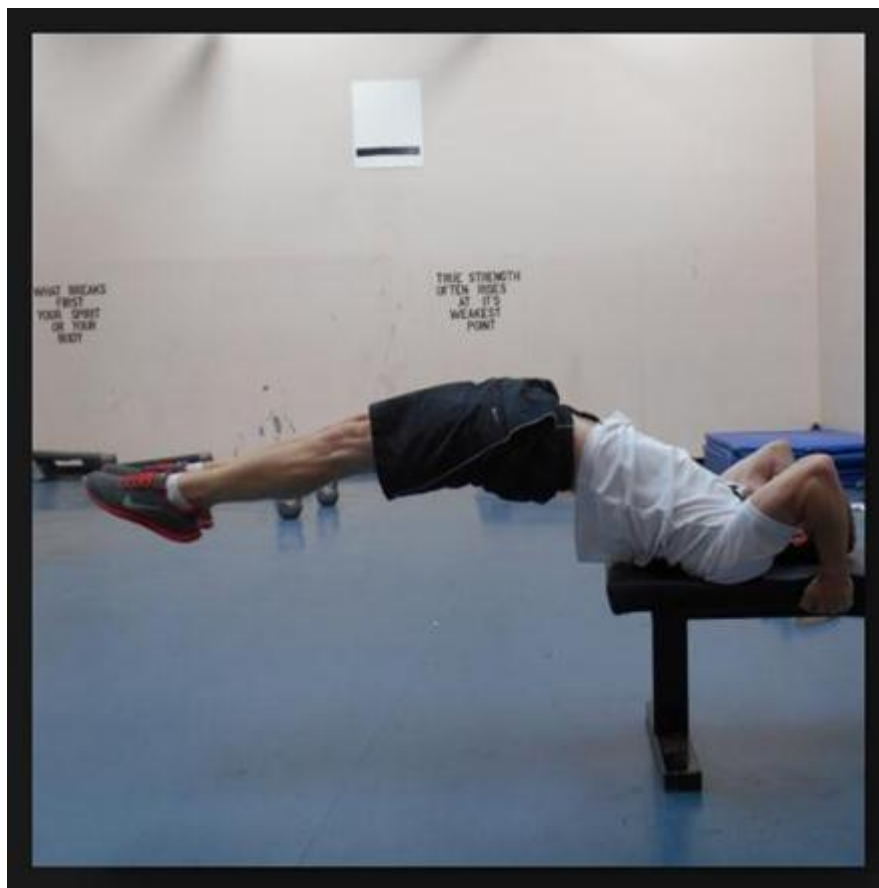
In this section I want to show you a variety of core movements. Core is possibly the most over used phrase in the world of fitness right now. Most people now talk about it despite not even knowing what it means. The main function of the core is to facilitate movement. Whether you move your arms, legs or torso, you use your core. Core development is quite possibly the most important part of training as one of its most important roles is to prevent injury. For example, you may have noticed a lot of people when they perform a push-up, or a harder form, that their back begins to arch. This is the sign of a weak core, not a weak chest. In order to improve that persons push-up core strengthening is required, not chest. Every movement requires your core to become activated.

The core is a wide variety of muscles located in your centre, such as the pelvic floor muscles, transverse abdominus, internal and external obliques, rectus abdominus and erector spinae. It wraps around the entire middle area, front and back. This is why you will hear people telling you to keep your bum tight when they talk about core engagement. It will help protect your lower back. The core also helps us to develop good posture, a strong core will align the spine, ribs and pelvis.

Core activation is really important, and is thought specifically in martial arts. Let's face it, if you are going to be getting a lot of punches in the stomach, what is safer, a flat relaxed tummy or a solid abdominal wall? They work specifically on your breath in order to keep our core activated. This does not involve long breaths out, they are designed to relax, which is the exact opposite of what you want when trying to activate your core. It is a short breath out through your front teeth. You cannot perform this breath without activating your core. If you have never done this before try it, it will make your core training so much better!

A strong core and abdominal wall does more than just give you that six pack everybody looks for. It makes you stronger as a whole, it makes your body a more functional machine. I will attempt a metaphor here to try explain. If you have been training before without using this breath, it is like using your computer without plugging the charger in. You will notice a huge difference and you will definitely become stronger. Use this technique not just when you specifically train your core, but when you take part in any form of movement.

In this section we have a variety of core exercises for you to develop and work on. We show you a variety of moves and also show you how you can develop your L-sit, your crab and human flag! These three moves require a tremendous amount of core strength. Once you can perform these three moves you will have the core strength to develop the rest of your Calisthenics movements. Time to get working on that core!



Plank



Instructions

- In a prone position
- Resting on your forearms, keep your elbows directly under your shoulders and bring your body up off the floor.
- Keep your hips in line with your shoulders.
- Engage the core.
- Maintain this position.

Mountain climber



Instructions

- Start in a plank position, shoulders parallel to hips.
- Wrists directly underneath the shoulders.
- From here drive your knees one at a time in towards your chest.

Pike walkout



Instructions

- Start in a plank position.
- From here begin to crawl your hands in towards your feet.
- Your hips should be the highest point of your body as you crawl your hands in.
- After you crawl in as far as you can begin to crawl out as far as you can.
- Core engaged throughout.
- Ensure when you crawl out as far as you can that your back doesn't arch. Keep your hips in line with your shoulders.

Shoulder, Hip, Toe tap



Instructions

- Start in a plank position.
- Lift one hand off the floor and touch it off your opposite shoulder, then hip then toe.
- Your hips should rise as you touch each point.
- Return your hand to the start position and switch arms.

Scorpion kick



Instructions

- Start in a plank position.
- From here drive one knee out past the opposite elbow.
- Bring the leg back and then drive your foot into the air.
- Repeat on the other side.

In-out abs



Instructions

- Start in a plank position
- From here drive both your knees in towards your chest.
- Bring your feet back out. Control the movement and keep your hips up.

Ski-Abs



Instructions

- Start in a plank position
- From here bring both your legs along the outside of one of your arms.
- Return your legs back to the starting position
- Bring your legs out to the other side.
- Return to starting position.

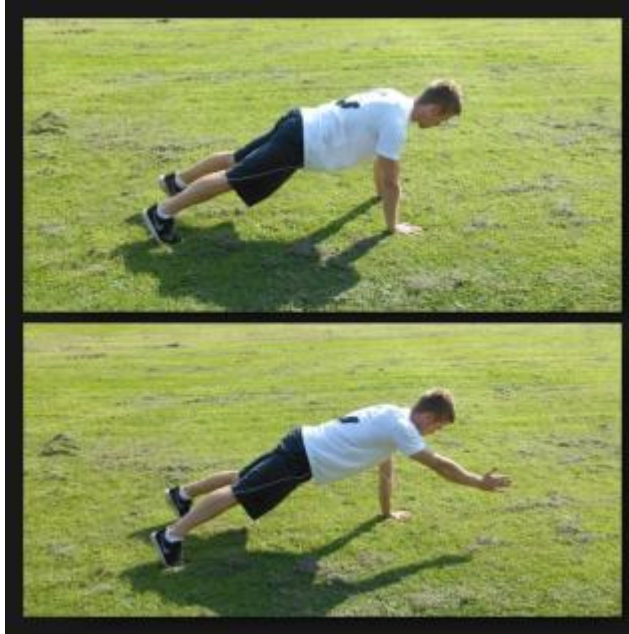
Three way ab-attack



Instructions

- Essentially putting in-out abs and ski-abs moves together.
- Start by performing in-out abs movement.
- Then perform a ski-abs movement.

Plank slaps



Instructions

- Start in a high plank position.
- From here bring one arm directly out in front of you as if slapping a hand.
- Then bring the other arm out.
- You can do this with a partner alternatively and slap each other's hands.

Side plank



Instructions

- Resting on one side, place one arm directly underneath your body I.E elbow directly underneath your shoulder with your forearm directed away from the body.
- Should be a 90 degree angle from your wrist to your shoulder.
- From here bring your hips up off the floor and hold that position.
- Make sure to perform the move on both sides.

There are then many variations to the side plank.

If you are struggling initially you can bend your leg that is closest to the floor behind you to help with balance and take a little bit of the weight out.

If bringing the arm up is a struggle initially you can keep it on your side.

As you improve on the one pictured you can then try to lift one arm and one leg up.

Disc Hold



Instructions

- Lie with your back on the floor.
- Bring your shoulders up off the floor as high as you can and keep arms fully extended and behind you.
- Bring your feet up into the air until you feel tension in your lower abdominals.

- Hold this position.

Boat Pose



Instructions

- Sit on the floor. From here bend your knees and bring your feet up off the floor and keep your knees in line with your ankles.
- You can then place your arms out in front of you. Hold that position.

There are many variations to this move.

- You can move your arms up and down from that position. This is called hundreds.
- You can place your arms up over your head instead of out in front.
- You can cross your hands over to the opposite shoulders and then drive your knees in towards you. Ensure your back is rounded and bring your shoulders towards your knees also.
- Russian twists – Keeping your knees up twist to the side touching your hands to the floor. Repeat on the other side.

Hands to shins



Instructions

- Lie flat on the floor
- Arms fully extended behind your head.
- Bring your legs up as high as you can and then bring your arms up to touch your shins. Hold that position for a few seconds and then lower yourself back down slowly to the starting position.

Variations

1. Only bring your leg up, or your arms.
2. Touch your hands to the side of your feet. Keep your feet on the floor.
3. As you bring your legs up bring them up sideways instead of straight and get your hands to touch the opposite direction. I.E if you are moving your legs towards your right side touch your left leg with your hands and vice versa.
4. Bring one leg and one arm up at a time.

Scissor kicks



Instructions

- Lie flat on the floor
- Bring your legs out as wide as you can and then bring them into the centre crossing them over. E.G left leg over your right.
- Switch which leg is on top each time.

Variations

1. Bring both feet in together, keep them up off the floor until you feel tension in your lower abdominals, most commonly known as '6 inches'.
2. Keeping your feet together bring them around in a circular motion, either clockwise or counter clockwise. – 'Around the world'
3. Bend your knees and bring your feet up off the floor. From here bring your knees sideways towards the ground and then back to the centre and go to the other side. – 'Pendulum'
4. Move the legs as if cycling a bike. 'Bicycle kicks'.

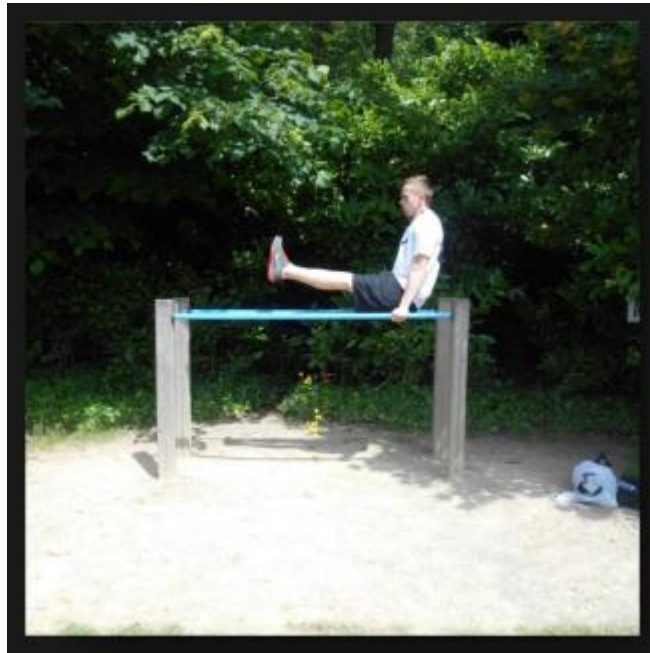
Catapult



Instructions

- Lie on the floor with your knees bent.
- Fully extend both arms behind you with one hand over the other.
- From here bring your whole upper body up off the floor until your shoulders are parallel to your hips.
- Control the movement, ensure you are not jerking your back.
- Lower yourself back down slowly.

L-Sit



Instructions

- You can perform the l-sit on a variety of equipment.
- If you are using a form of parallel bars as we are in the picture then ensure you have a strong grip on the bar with wrists neutral.
- From here lift your legs up and out straight until they are parallel to the floor.
- Hold this position.

Variations

1. There are lots of ways you can vary the L-Sit.
2. Use a different form of parallel bar such as an equalizer or push-up bars.
3. You can go on your fingertips.
4. You can go flat on your hands.
5. You can progress to a v-sit, lifting your legs up higher so that your body is in a 'V' shape.

Knee raise



Instructions

- Regression from the 'L-sit'.
- Raise the knees up as high as you can.
- Keep the arms straight and grip as tight as you can.
- Keep your core engaged.
- Hold this position

One leg L-sit



Instructions

- Hands on the ground, bend one leg in, ankle under the knee. Keep this foot on the floor.
- Fully extend the other leg.
- Keep your arms straight.

- Hold this position.

The next move we want to show you is the human flag. This is an amazing move to achieve and is a fantastic example of great upper body and core strength combined. As we have told you with all other moves it can be achieved through practice and working through the progressions. Once you begin your human flag training I guarantee you will never look at the world, or more specifically bus stops, the same again!

Human Flag



Instructions

- Place both hands on a straight bar, wide grip with the above hand having an overhand grip and the other a supinated grip.
- Essentially you are pulling with the above hand and pushing with the hand underneath
- Lift your body until it is parallel to the floor.
- Both arms must be straight and whole bodyweight sustained upright without any support.
- Legs closed together and body straight.

Again this is another advanced move, one of the most difficult bodyweight moves to master. However, with commitment and application it is another move that can be achieved.

We have a list of progressions that you can work through to help you get to the stage of achieving the human flag.

Plank.

Side Plank.

Incline side plank



Instructions

- Place your feet on something higher than the ground to place your body in an incline position.
- The rest of the move is the same to the side plank.

Hanging feet lifts



Instructions

- Place your hands on the vertical bar as if attempting a human flag, the top hand is in an overhand grip and the other supinated.
- From here attempt to keep your feet off the floor by a few inches.
- Hold this position.

Inverted Flag Hang

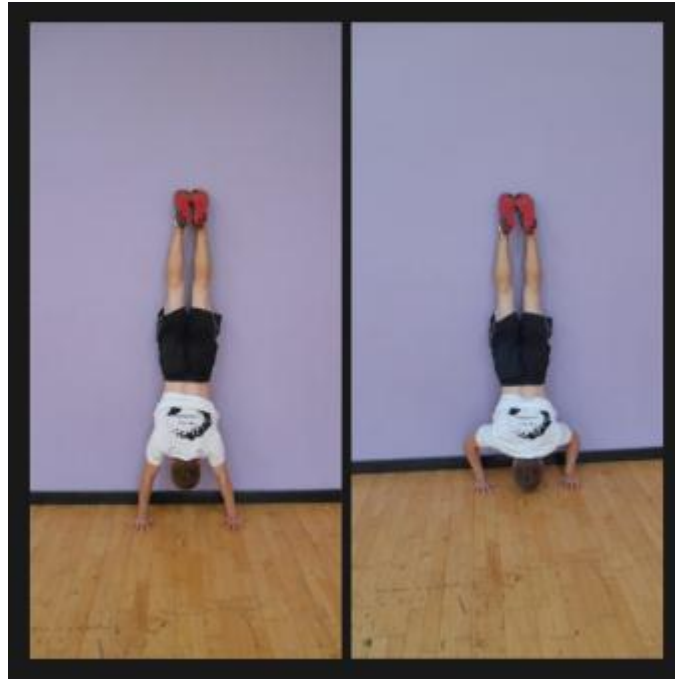


Instructions

- Start by gripping the bar with your top hand in an overhand grip position and the lower in a supinated.
- From here try to bring your feet up into the air so that you are upside down but still holding the bar.
- Keep your body as straight as you can.
- Lower yourself back down slowly.

Some people say they learned to do the human flag by attempting this position and then beginning to lower themselves down into a human flag. I personally didn't learn it this way however everybody is different and you may find success by attempting to achieve the human flag this way. We have other moves that we feel will help you build up to it.

Handstand Push-ups



Instructions

- You can do these against a wall.
- Start with your back to the wall and crawl your feet up along it.
- As you do this crawl your hands in also.
- You should be in a vertical position. Arms fully extended and a little wider than shoulder width.
- When have assumed this position and feel comfortable begin to lower yourself towards the floor.
- Control the movement and lower yourself down until your elbows are at 90 degrees.
- From here push yourself back up to the starting position.

Window wiper



Instructions

- You can do these either lying on the floor or holding a bar.
- Keep your hips and shoulders parallel.
- From here swing your legs over from one side to the other in a half circle type movement.
- Ensure you bring your legs over to both sides.
- Control the movement.

Dragon flag



Instructions

- For this you will need a bench or something that allows you to swing your legs while holding on with your hands for support.
- You need to bring your hands behind your head and have them holding onto something to support you.
- From here you lift your body up vertically until only your upper back is touching the bench.
- From here begin to lower your body back down slowly until you are parallel to the ground.
- Repeat.

Tucked human flag



Instructions

- Grip the bar with your top hand in an overhand grip position and your lower hand in a supinated position.
- As you push up you can either tuck your legs in front of you or you can place them behind you.
- This will help to take the weight of your legs out.
- Try to continue to raise your body until your hips and shoulders are parallel to the floor.
- Hold that position and then begin to lower yourself down slowly and controlled.

½ Tucked Human Flag



Instructions

- Again grip the bar with your top hand in an overhand grip position and your lower hand in a supinated position.
- You are essentially pushing with the bottom hand and pulling with the top hand.
- Bring yourself up into a tucked position with your legs tucked in either in front or behind you.
- Bring yourself up until your hips and shoulders are parallel to the floor.
- From here bring your top leg out straight until parallel with the floor.
- Hold that position.

As you can see there are so many moves that you can work on in the world of calisthenics. They all take time and practice, there is no getting away from that and there is no definite time-frame on how long it will take you to get through each one. The most important thing is that you enjoy the journey!

Crab

If you have read the workouts, you will know how I feel about the benefits of working on the crab. For me it is an essential move. This is because of our sedentary lifestyle now. Think about how much of our day is spent with our back either slouched forward or standing up straight. When do we ever bring our spine this way? This is a necessary movement now in my opinion. We are capable of this movement with practice. If you are capable of this movement imagine how healthy your spine is? For me personally I suffered with back injuries and to be able to perform this move is a highly rewarding movement for me. I am really proud to be able to perform this exercise as it is another bit of proof for me that with hard work I can continue to achieve. It also shows that despite having back problems I am capable of improving my back health if I am willing to try change habits. There is nothing stopping anybody else from achieving this move. Use the progressions in this section to be able to progress to the crab.

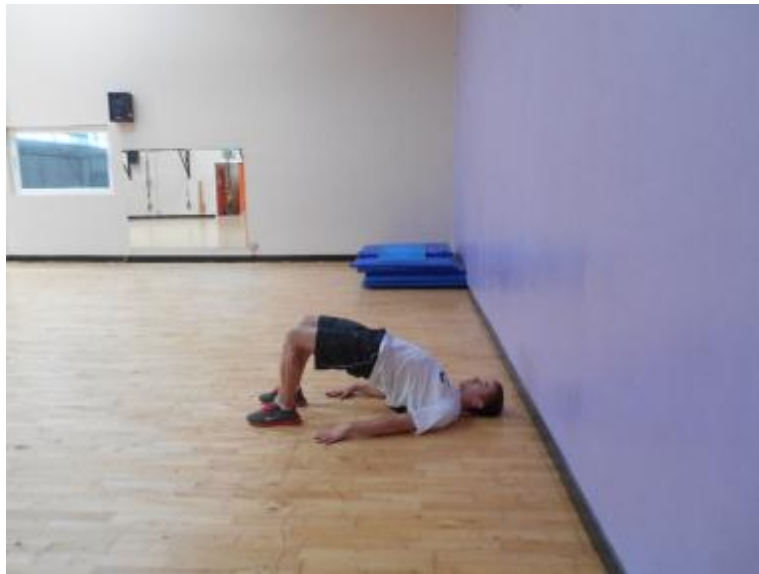


Instructions

- Start by lying down.
- From here bring your feet underneath your knees

- Place your hands behind you bending your elbows and your fingertips pointing towards your shoulders – Your elbows should be the highest point of your arm at this point.
- From here push yourself up into the position shown.
- Really push your feet in to the floor. Extend your arms fully.

Hip raise



Instructions

- Lying down bend your knees, bringing your ankles directly underneath.
- Push your feet into the ground.
- From here drive your hips up.
- Push your hips up as high as you can.
- Hold this position.

Crab reach



Instructions

- Start with your chest facing upwards. Knees bent and arms underneath your shoulders in a straight line.
- Drive your hips into the air and bring one arm back behind you.
- Bend your elbow and try to get your hand as close to the floor as you can.
- Return to start position and repeat on the other side.

Half Crab



Instructions

- Start with your hands and feet on the floor and your chest upwards towards the ceiling.
- Ensure your wrists are directly underneath your shoulders.
- Drive your hips up.
- Push your feet into the ground.
- Hold this position.

Wall sit with reach



Instructions

- Back against the wall. Legs out straight.
- Bring your arms up over your head, bending your arms at the elbow. Your elbows should be in line with your shoulders.
- From here drive your elbows down.
- Return to start position.
- Ensure you keep your back against the wall the entire time.

Feet elevated crab



Instructions

- Place your feet on an elevated surface.
- Ensure your feet are flat and your heel is pushing down.
- Place your palms on the floor hands directly underneath your shoulders.
- From here push your body up off the floor.
- Ensure you lock your arms out.

Wall walks



Instructions

- Begin by standing facing away from the wall

- Bring your arms up over your head and place your palms on to the wall.
- From here begin to crawl your hands down the wall as low as you can.
- When you get down as far as you can, begin to crawl back up the wall until you have returned to the starting position.

Conclusion

I hope this book has helped you in some way. I hope it has managed to convince you that you are capable of greatness. I hope that I have inspired you. What I want you to realise is that we all have that capability. We are all capable of inspiring others. I guarantee you that you inspire somebody in some way or form, maybe without even realising it. Some of the biggest inspirations to me have no interest in fitness whatsoever, but they've raised families, they've made ends meet, they've put food on the table every day. They have helped others get through rough times. We are all capable of inspiring others and we are all role models. People listen to our opinions, don't forget your opinion is more valuable than you think. Your opinion has power. What you think, say and act has a huge effect on others. You can either inspire others to make the most of themselves or you can have the opposite effect. Your thoughts, words and actions have a huge effect on those closest to you and can shape their destiny, positive or otherwise. So why not be the person that inspired others towards greatness? You do this by action. By being positive with your own life. Why would you ever want to put somebody down when you could be the reason they are great?

This was my main aspiration with this book, to help inspire others. If I have done that for you then I have achieved my aim. I hope you enjoyed the challenges that were put in front of you and you took them on with your best effort, and you are now in a position yourself to help inspire others. I hope that you are convinced that leading a lifestyle based on quality exercise, a healthy diet and sleep is only going to be beneficial to your life. I wish you continued success in your bodyweight journey and in your life.

“More men have become great through practice than by nature” - Democritus



Stay Strong

Jamie

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