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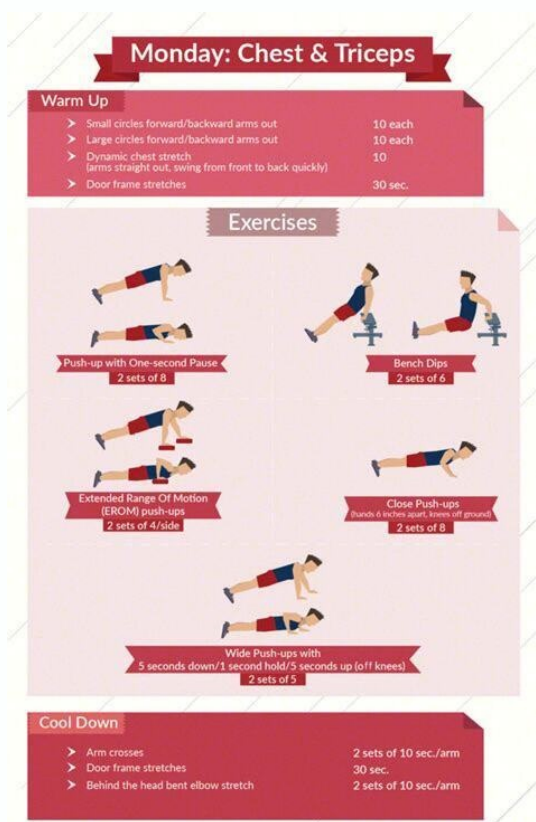
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What is weighted calisthenics. Is weighted calisthenics good. How to start weighted calisthenics. Can you get big with weighted calisthenics.

It was Januray 2019 when I achieved an 80 kg weighted dip courtesy of 4 kettlebells. What was most funny about that was I only tried my max for 'shits and giggles'; I hadn't been training specifically for a weighted dip max, I just wanted to see what I could manage.



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This time I'd had a word with my ego and we'd agreed to treat this as a longer venture; as a training cycle. The program is 10 weeks long with a deload week in the middle to break it up nicely. The program is essentially a peaking program where the volume starts high with the intensity moderate, and then the volume comes down as the intensity rises. This approach is time tested and has been used countless times by powerlifters and other strength athletes. The premise of the plan is to increase your weighted bar muscle up, pull/chin up (your choice) and dip 1 rep max. I (cheekily) trained the weighted ring muscle up alongside the bar muscle up as my ring muscle up had gotten a little sketchy over the summer, thanks to not training it as much. Sadly, I've not been able to truly test my ring and bar muscle up 1RMs up until now courtesy of Covid 19' and the asinine ruling that gyms have to shut in the UK. Although I can say my previous bests were 15kg on the bar and 28 kg on the rings. Previous bests on the pull up and dip were 40 kg x 5 reps (had never gone near a true max) and 80 kg x 1 rep, respectively. The Split? The program is a pull/push/mixed with 2 lower body days - the program actually is designed to boost your back squat and deadlift as well as the lifts I mentioned earlier, but I didn't use the big barbell lifts for a few reasons: It was summer and we didn't have access to a gym and preferred to be outside while we could! was in the middle of working towards a bigger weighted pistol squat, alongside improving my Nordic curl and various other lower body advanced mobility positions - namely the front & side splits I was very very wary of the CNS fatigue I could encounter. I've trained those lifts alongside intense calisthenics before and they tend to compete too much with each other for recovery. And where I'm not a competitive powerlifter, my squat & deadlift poundages aren't my reason for living. So on paper it's 5 days. I did my lower body training every 5th day and always did at least one handstand/mobility/weakness specific session, too. And of course, I had one full rest day each week as well! Recovery/fatigue management?

As I alluded to earlier, the fatigue was managed by a mid program deload and strict guidelines as to how many reps to leave in reserve on each set and each exercise. Nevertheless, it was still a tough program and one which left me not wanting to do much outside of the routine itself. I kept up with leg training and mobility work but even the more high end handstand drills were tougher to want to do well - namely flagging and one arm handstand prep work. Having said that, you only have one ass and trying to ride 2 horses with one ass doesn't end well for anyone and my ass isnt big enough to ride 2 horses at once. If you stick to the reps in reserve guidelines like your life depends on it and keep the other goals/training to a minimum, you'll be just fine. User friendliness/target audience?

This program is not for a novice. By its very nature it calls upon at least an intermediate standard of bodyweight strength; you have to be able to do weighted pull/chin ups & dips - AND muscle ups! I suppose you could still use it if you had some muscle ups that needed cleaning up but even still, you would need upwards of 3 muscle ups as your total rep count. Accordingly this program has a very specific target niche: the calisthenics athlete with a solid foundation looking to improve his/her overall strength and maybe even go as far as competing. I would say you would need at least a year or two of proper calisthenics training under your belt before you use this routine - the same can be said of the hypertrophy/skills program as the moves in there are also intermediate, and not to mention the high volume. (Micha does have a lower tier program - 'Road To Weighted' - that's designed to condition you to a level that allows you to use the weighted and hypertrophy/skills programs I've mentioned here though). What next? Was that it? Where were the muscle ups?! Sadly I didn't get to truly test the muscle ups as gyms in the UK closed AGAIN due to the 'pandemic' bullcrap, the week before my official test week. Hence me testing my dip and pull up slightly ahead of schedule. Did this mean I could have got bigger numbers on those lifts? I think so. I'm sure I would be good for 2.5-5kg on the pull up, providing I was on my A-game. And I would have loved to have had an all out crack at the iconic 3 digit dip; 100kg! But I've been in this too long to get carried away lugging plates to parks in colder temperatures and trying to force big weights on bars I'm not as used to. So alas, the experiment couldn't be fully concluded..... Previous bests on muscle ups were 17.5 kg (bar with sloppy form) and 28 kg on rings with decent form. In the ramp up weeks I had hit 15 kg for a single on the bar with good form a few times, and managed 24 kg singles on the ring muscle up many times, too. With full recovery it's not unfeasible to envisage 20 kg on the bar and 30kg+ on the rings *crosses fingers & toes*. The routine has given me a great strength base to now go back to the 'elements', the front/back lever, planche, handstand push up, one arm pull/chin up and various other skills! This will also switch the stimulus up nicely too and give the ligaments, tendons and CNS a breather from all the weight. A summary in a few words? (TLDR;) Intense program for intermediates and upwards. Great for building raw strength and the program could easily be reused every so often, say once per year or maybe even every other year to keep layering on more strength as one's athletic level grows and grows. Links & resources: Micha Schulz on Instagram Micha Schulz on Youtube Micha's Programs For those who like videos, I did a YouTube review of the program as well. I'd love it if you could let me know what you think! Video below..... You are searching for free advice? No problem! Check our guide section to see our free offers. This guide helps you to get ready for your first weighted calisthenics competition. It shows you how to get ready, what the right techniques for the lifts are and what you need to take care of on competition day!This guide shows you how to use and adjust your King Of Weighted Belt in the right way. We support our holistic coaching concept with qualitative products. If there are already great products in one area that can be relevant for our customers, we try to negotiate discounts for our customers. 'You won't find the knowledge and expertise in this book elsewhere'Dive into the nuances of the Front Lever, the Planche, Handstand Push-Ups, Muscle-Ups, Weighted Dips, and Weighted Pull-Ups (chin-ups). This book goes beyond simple explanations. It reveals the biomechanical principles behind each element and gives you the ability to customize your training to your level and individual physical requirements. Whether you're an experienced athlete or a beginner, Understanding Calisthenics but also truly understand the underlying principles. Reduce your risk of injury and increase your athletic performance with this innovative guide. © 2023 King Of Weighted GmbH. All rights reserved>Welcome to the most challenging 30 days of calisthenic exercises you'll ever experience! That's because we will be putting you through our Ultimate Calisthenics Workout Plan. This exercise program is for those looking to push themselves to the limits and get shredded! There are over 50 bodyweight exercises included in this calisthenics workout program that do not require fancy equipment or a gym membership. Our 30-day calisthenics workout plan also includes a free PDF to easily follow along with each of the weekly workout routines and plan out your workout days. I highly recommend you read through the full calisthenics workout program description below before you download the calisthenics workout plan PDF. Let's get started! Who is this Calisthenics Workout For? One thing I can't stress enough: this is not a calisthenics exercise program for beginners. All the exercises in this calisthenics training will require proper form and enough strength to support your own body weight. If you're just starting out on your calisthenics fitness journey it's important to push yourself however, it's just as important to stay realistic and progressively work toward more difficult fitness challenges. If you're a beginner and would like a good starting point I would suggest checking out our Calisthenics Workout Program for Beginners. It's an 8-week beginner calisthenics workout program that you can start today that will get you up to speed in no time. You'll get familiar with the basic movements, different exercises, and bodyweight routines you'll use as the foundation for more advanced training later on. Our Calisthenics Workout Programs Based on Fitness Levels: Ultimate Calisthenics Workout Plan PDF Download >>> Download Ultimate Calisthenics Workout Plan PDF <<< This 30-Day Ultimate Calisthenics Workout Plan is one of our most popular programs for building strength and mass. So if you're reading this, I want you to accept the challenge.

To make things clear, I am going to discuss exactly what to expect from this bodyweight training program. First off, this workout plan is brutal and will work your entire body over the course of each week. All of the weeks are the same so after you finish week one go through it again in the subsequent weeks. One 'set' is all of the exercises listed. You need to go from one exercise to the next without rest. If you have to rest either after an exercise or in between an exercise because you can't make it to the full amount of reps then that's fine. But really push yourself to do all of the exercises without rest. You're only rest period should be in between sets and after the workout is done. Will This Calisthenics Workout Plan Help Me With Building Muscle Mass? Yes, the main focus is of course building muscle. In addition, by following these calisthenics workouts you will: If you follow these body weight workout plans to a letter, you'll definitely see your muscle mass increase. So if you're ready for huge gains, let's get started! How To Warm Up For Calisthenics Workouts This 30-Day Calisthenics Workout Plan consists of some really intense bodyweight exercises. Because of this, you will need to warm up very well before each workout session to avoid injuries and to get the most out of the training. Your warm-up should be relevant to the workout routines of the day. Since each workout plan can be divided into upper body and lower body exercises you will want to use a different routine for each type of calisthenics training. The two variations can be found below.

(If you want to follow a more general full-body warm-up, you can add some lower-body exercises as well.) Upper Body Workout Warm-Up This warm-up is completely focused on upper body exercises. Notes You should go from A1 to A3 and B1 to B2 without rest between the exercises. The shoulder dislocations should be performed with good form and under control. Do not over-stress yourself or be too fast with the exercise. The goal is to get the blood flowing. After completing one round rest 30-60 seconds. Repeat 3 rounds. Rest 30-60 seconds between A and B. Lower Body Workout Warm-Up This warm-up is completely focused on your lower body. Notes Rest 30-60 seconds between A, B, C, and D. Once complete, you should rest 30-60 before starting with your main workout. 30-Day Calisthenics Workout Plan just a reminder, you can download the workout pdf, print it out and track your progress. >>> Download the free 30-day calisthenics workout PDF here <<< Week 1: Chest Insanity: 4 Sets (Monday) Notes: Rest for 2 minutes then go through all of them again until you finish 4 sets. After you are done with Chest Insanity, go on to Back Brutality below. Back Brutality: 3 Cycles (Monday) Have issues with your grip? Check out a great grip strength exercise here. Arm Assassin: 5 Sets (Tuesday) Leg Shocker Routine: 5 Cycles (Wednesday) Chest Insanity: 4 Sets (Thursday) Notes: Rest for 2 minutes then go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below. Back Brutality: 3 Cycles (Thursday) Arm Assassin: 5 Sets (Friday) 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 5 Cycles (Saturday) 10 Pistol Squats on each leg 20 Hannibal Squats (I call these Hannibal Squats because I learned them from Hannibal. Basically, you have your feet together as you do a no-weight squat.) 15 Pyramid Calf Raises (15,14,13,...) (Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds, then do 14, and so on...) 20 In & Out Squat Jumps (Squat with your feet together, come all the way up and jump out to a squat with your feet out wide. That's one rep.) 20 Lunge Walks 1m Wall Sit Weeks 2-4 are the same. Try to decrease your rest time between exercises and sets over the course of the 4 weeks. How To Cool Down From A Calisthenics Workout This calisthenics workout plan has only one rest day and we recommend you rest Friday or rest Sunday of each week and keep it consistent. Additionally, all of the training days are pretty intense so if you want to be able to get through the entire 30 days you will have to spend adequate time in recovery. A well-designed cool-down is going to help you recover a lot faster than if you didn't perform one and will allow you to train day after day. There are various exercises that you can use during your cool down: Foam rolling exercises Stretching exercises Mobility exercises During your cool down, you should target the muscles that were trained the most during your main workout. The cool-down routines are also going to be divided into upper and lower bodies. Upper Body Cool Down During the upper body workouts, we mostly targeted your lats and chest muscles. For this reason, the main focus of the cooldown is going to be on these two muscle groups. Then in order of importance, you should focus on your shoulder muscles and last on the arm muscles (biceps and triceps). Cool Down #1 Notes Cool Down #2 Notes The stretches should be very light with the intention to relax the muscle. You should stretch one side and then with minimal rest the other. Then repeat one more time. You can combine these two cool-down routines if you'd like. Lower Body Cool Down With the Leg Shocker Routine, you targeted the glutes and quads. So these two muscles will be the main focus of the lower body cool down. Cool Down #1 Notes The 3-5 minutes refers to each side. So far A1 to be complete 6-10 minutes are required. The C1, D1 and E1 exercises are optional and you should do them only if you have the time required. Cool Down #2 A1: 2x30s glutes stretch B1: 2x30s quads stretch C1: 2x30 calves stretch Notes Stretches should be very light with the intention of relaxing the muscle. Stretch one side and then with minimal rest, the other. Then repeat one more time. You can combine the two lower body cool-down routines to improve your recovery. 2 Reasons You're Not Fully Recovering From This Body Weight Workout Training for six days per week can be pretty tough, especially if you haven't trained this intensely before. Poor recovery can slow your calisthenics progress. There are two reasons that will hold you back from being able to follow the training plan. Reason #1: You Are Not Used To Training So Often If you have been training with plans that require training 3 times per week, it's going to take time for your body to get used to doing a full-body workout 6 times per week. This issue is very simple to deal with.

Most common reasons: You're still at the beginner calisthenics fitness level The number of reps is too high You don't have the time to train six times per week One rest day isn't enough You can't perform some of the bodyweight exercises Keep reading and I'll show you how to modify the program so that you can solve these problems. Problem #1: You Are Still A Beginner Again, this calisthenics workout plan isn't for beginners. The healthier you lifestyle the faster you are going to recover. If your lifestyle isn't healthy, your recovery rate is going to be slower. Some of the actions you could take to increase your recovery rate are: Other than the lifestyle factors, you can implement recovery sessions into your training plan. The only drawback of these is that they usually require extra training time (30-60 minutes). How To Adjust This Bodyweight Training Plan According To Your Needs One of the most common questions I have been getting is this: "What if this plan is too difficult for me?" There are various reasons you might not complete the current training plan successfully. Most common reasons: You're still at the beginner calisthenics fitness level The number of reps is too high You don't have the time to train six times per week One rest day isn't enough You can't perform some of the bodyweight exercises Keep reading and I'll show you how to modify the program so that you can solve these problems. Problem #1: You Are Still A Beginner Again, this calisthenics workout plan isn't for beginners.

It's not possible to modify the difficulty of the exercises themselves. However, I recommend our Calisthenics for Beginners Program to master the form and movements. Minimum standards before attempting advanced bodyweight exercises: Problem #2: Too Many Reps This is the most common problem when following this calisthenics workout plan. Even if you meet the standard reps as described previously, you may still not be able to complete the necessary reps. A good way to overcome this problem is by not completing all of the reps during the first couple of weeks. The goal is to complete as many reps as you can while resting during the exercise. For example, if you can't complete 10 straight bar dips consecutively, you can do as many sub-max sets to reach your max. You may do, for example, 4—2—2 during the first set and then continue with the rest of the exercises. When you arrive at the dips during the next set, you could do 3-1-1 and so on. After a while, you should be able to complete all the prescribed reps. Problem #3: Can't Train Six Times Per Week Most of us lead very busy lifestyles and don't have the time required to follow this program exactly as planned. In this case, I would recommend you reduce the number of training days to at least four per week. During these four days, choose the exercises necessary to have a balance between upper and lower body workouts. For example, your work week might look like this: Monday: Chest Insanity + Back Brutality Tuesday: Leg Shocker Routine Wednesday: Rest Thursday: Arm Assassin Friday: Leg Shocker Routine Problem #4: One Rest Day Isn't Enough Even if you follow the proper recovery guidelines described in the previous section, you may still not be able to recover fully because you aren't used to training six times per week. The best way to get over this issue is to still follow the six-day approach even if you can't complete the necessary reps. This way you are slowly going to adapt to training six times per week. Meanwhile, you should always try different methods to improve your recovery rate. Problem #5: Can't Perform Certain Movements Despite meeting the standards to train with this plan, some of the exercises might be hard for you. Such an exercise is, for example, the pistol squat. If you have this problem, you can easily overcome it by training with an easier pistol squat progression like partial or assisted pistol squats. Going Beyond The 30 DayMark While this is only a 30-day calisthenics workout plan, if you complete the 30 days successfully and you are satisfied with the results, you can repeat the process for another 30 days. In fact, I would recommend that you do so. This way you will be able to get the full benefits of this program. Some things to keep in mind are, that you should have a deload week after the 30 days to recover fully. In addition, you should always try to improve your time, reps, etc, to make even more gains. If eventually, this plan becomes easy, instead of increasing your reps, you should replace some of the exercises with harder ones. For example, in the chest insanity, you could replace regular push-ups with diamond push-ups and the diamond push-ups with plyometric push-ups.

Other Frequently Asked Questions In this section, I am going to answer some other common questions that haven't been covered so far. Question #1: Can I Modify The Training Plan According To My Goals? Unfortunately, you can't. This specific calisthenics training plan is designed to help you build muscle. Since every workout consists of high-rep circuits that go almost to failure it's very hard to modify it into a strength-based program. You could, of course, replace some of the workouts with strength-based ones, but this will be a completely different program. If you want to follow a program that is more focused on strength and yet will help you build muscle, you can check out some of the AMRAP training programs. Question #2: What If I Miss A Day?

While it's not the optimal way of following this program, missing workouts is very probable. If you miss only one day, it's not a big deal overall and you should continue with the workouts as planned. However, if you start missing more workouts, your progress will not be as expected and you will not make the gains you are looking for. If you miss more than two workouts in a single week, I suggest that you start your program over from the start. Question #3: What Should I Do If I Don't Have Access To Some Of The Equipment Required? Taking a look at the program, minimal equipment will be needed to complete some of the workouts. You are going to need a place to perform pull-ups and dips. If you don't have a bench or parallel bars to perform dips, you can instead use a chair for the bench dips or two chairs for the straight bar dips.

With the pull-ups, the situation is a little more complex because the program suggests that you do different variations of them. So eventually you must have access to something that allows you to perform all of these variations. Other than a pull-up bar, you can use, for example, tree branches. You could also try a street workout and find a local park to get these exercises in. Question #4: Will I Get Ripped In 30 Days If I Follow This Plan? Well... It depends. Getting ripped isn't only affected by your training but by your overall lifestyle and especially nutrition. If you have this stuff taken care of this program will indeed help you become ripped. Keep in mind that 30 days isn't a lot of time and you will probably need more than one training cycle to get where you wanna be. Question #5: How Do I Test Myself? Throughout the program, you'll see noticeable differences in your physique. But I also recommend doing this Bodyweight Exercise Progression Test before and after the program. You'll be amazed at how much stronger you are and it's nice to have quantitative numbers as a benchmark, not just qualitative. Do you still have more questions? Feel free to ask in the comments section below. I would love to help you out.

- Bodyweight Todd Find More Advanced Bodyweight Calisthenics Workouts & Exercises: