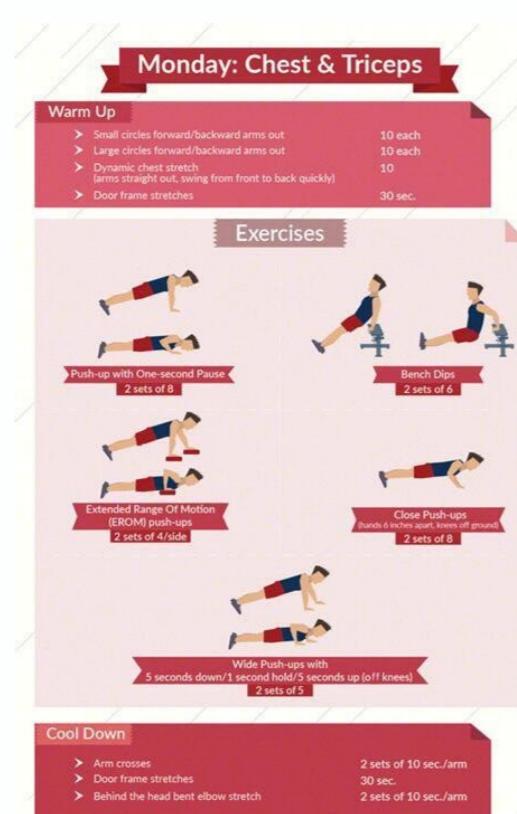


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## What is weighted calisthenics. Is weighted calisthenics good. How to start weighted calisthenics. Can you get big with weighted calisthenics.

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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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. 4 kettlebell dip action shot from 2019 aka +80kg I thought back to the days where I'd get excited that I could do 40 or 50kg for a 1 rep.....but 80kg at the time was just under my bodyweight! Disclaimer: compared to guys like Micha Schulz himself, Solo Nero, Baki Hd and various others, my dip weights are mere warm ups. This post is in now way meant to be elitist or come across like I'm not aware of just how much dip strength is out there in the big wide world. This is simply a great chance for me to review the program I used and share some musings on heavy weighted calisthenics training. It was late 2017 that I managed a +45 kg CHIN up and could barely manage 40 kg in an overhand/PULL up grip. Again though, to me, this was a big weight and one that those around me thought could almost be historical. The irony again here was the fact I never trained weighted pulling or dipping very much. For most of 2017-the end/late 2018 was ring work, levers (front & back), uni-lateral pulling (one arm chin up work) - and if there was any weighted work it would be lightly weighted muscle ups or more specific 'skills-like' moves with extra weight, not the basic patterns. So this further confirms the widely growing theory: you can build your weighted basic strength WITHOUT doing a shit load of weighted training, in the basic sense of the word. 2019 was the best year of my life. I visited 8 countries, made many new friends, enjoyed the company of some great women and in all honesty was probably at my best in terms of pure calisthenic based ability. The fall of 2019 was a humbling one. I had a wrist injury and spent most of my time in an overtrained - or overreached - state. Incidentally, I was using Micha Schulz's KOW ('King Of Weighted') skills and hypertrophy program back then and my intention was to review it, but where I was a dumbass who paid no attention to the clear 'rep in reserve' guidelines and instead, kept trying to force the issue all the time, I figured I hadn't given the program a fair trial. This tough lesson was my inspiration for the video below. Hitting fast forward - mid/late 2020! I bought Micha's programs as a package which meant I got the strength building program along with the skills & hypertrophy plan. Even as far back as 2019 I was looking ahead to eventually run the strength program but obviously after taking a sensible and strategic break/change of training routines and styles in between. In late August of this year I got started! This time I was older, wiser and determined to not fall into the trap of pushing every session to the wall. 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.



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