

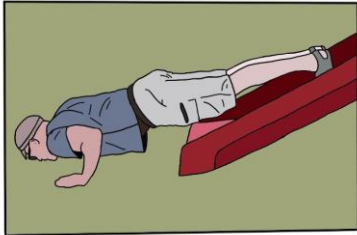
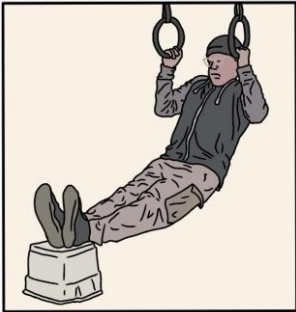

## Form Is Everything

### Intermediate Eight Week Calisthenics Program

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

#### Workouts 1, 2 & 3

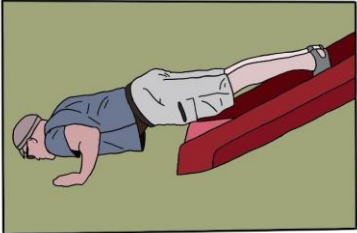
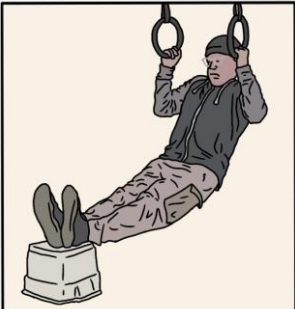

Warmup – Passive hang – 30 seconds, assisted deep squat and hold – 30 seconds

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

Week 2: 3 workouts, 1 day between, 3 exercises, 3 sets each

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

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

|   | <p align="center"><b><u>Workout 1</u></b></p>   | <p align="center"><b><u>Workout 2</u></b></p>   | <p align="center"><b><u>Workout 3</u></b></p>   |
|---|---|---|---|
|    | <p>Decline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Decline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Decline Push-Ups – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> |
|   | <p>Jackknife Pullup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Jackknife Pullup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Jackknife Pullup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> |
|  | <p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>           | <p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>           | <p>Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>           |

Week 3: 4 workouts, 3 exercises, 3 sets each

Workouts 1, 2, 3 & 4

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

| <b><u>Workout 1</u></b>  | <b><u>Workout 2</u></b>  | <b><u>Workout 3</u></b>  | <b><u>Workout 4</u></b>  |
|--|--|--|--|
| Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps |
| Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps |
| Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           |

Week 4: 4 workouts, 3 exercises, 3 sets each

Workouts 1, 2, 3 & 4 -- **TRY TO EXCEED WEEK 3 TOTAL REPETITIONS PER EXERCISE**




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

| <b><u>Workout 1</u></b>  | <b><u>Workout 2</u></b>  | <b><u>Workout 3</u></b>  | <b><u>Workout 4</u></b>  |
|--|--|--|--|
| Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Decline Push-Ups – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps |
| Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Jackknife Pullup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps |
| Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           | Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps           |

Week 5: 3 workouts, 1 day between, 3 exercises, 3 sets each

Workouts 1, 2 & 3




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

|   | <u>Workout 1</u>  | <u>Workout 2</u>  | <u>Workout 3</u>  |
|---|---|---|---|
|    | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   |
|   | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          |
|  | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> |

Week 6: 3 workouts, 1 day between, 3 exercises, 3 sets each

Workouts 1, 2 & 3-- **TRY TO EXCEED WEEK 5 TOTAL REPETITIONS PER EXERCISE**

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

|   | <u>Workout 1</u>  | <u>Workout 2</u>  | <u>Workout 3</u>  |
|---|---|---|---|
|    | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   | <p>Dips – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>                   |
|   | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          | <p>Pullup/Chinup – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p>          |
|  | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> | <p>Bulgarian Split Squats – 3 sets, maximum repetitions</p> <p>Set 1 _____ reps</p> <p>Set 2 _____ reps</p> <p>Set 3 _____ reps</p> |

Week 7: 4 workouts, 3 exercises, 3 sets each

Workouts 1, 2, 3 & 4

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

| <u>Workout 1</u>                                     | <u>Workout 2</u>                                     | <u>Workout 3</u>                                     | <u>Workout 4</u>                                     |
|--|--|--|--|
| Dips – 3 sets, maximum repetitions                   | Dips – 3 sets, maximum repetitions                   | Dips – 3 sets, maximum repetitions                   | Dips – 3 sets, maximum repetitions                   |
| Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     |
| Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     |
| Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     |
| Pullup/Chinup – 3 sets, maximum repetitions          | Pullup/Chinup – 3 sets, maximum repetitions          | Pullup/Chinup – 3 sets, maximum repetitions          | Pullup/Chinup – 3 sets, maximum repetitions          |
| Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     |
| Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     |
| Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     |
| Bulgarian Split Squats – 3 sets, maximum repetitions | Bulgarian Split Squats – 3 sets, maximum repetitions | Bulgarian Split Squats – 3 sets, maximum repetitions | Bulgarian Split Squats – 3 sets, maximum repetitions |
| Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     | Set 1 _____ reps                                     |
| Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     | Set 2 _____ reps                                     |
| Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     | Set 3 _____ reps                                     |

Week 8: 4 workouts, 3 exercises, 3 sets each

Workouts 1, 2, 3 & 4 -- **TRY TO EXCEED WEEK 7 TOTAL REPETITIONS PER EXERCISE**

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

| <b><u>Workout 1</u></b>  | <b><u>Workout 2</u></b>  | <b><u>Workout 3</u></b>  | <b><u>Workout 4</u></b>  |
|--|--|--|--|
| Dips – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps                   | Dips – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps                   | Dips – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps                   | Dips – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps                   |
| Pullup/Chinup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps          | Pullup/Chinup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps          | Pullup/Chinup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps          | Pullup/Chinup – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps          |
| Bulgarian Split Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Bulgarian Split Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Bulgarian Split Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps | Bulgarian Split Squats – 3 sets, maximum repetitions<br><br>Set 1 _____ reps<br>Set 2 _____ reps<br>Set 3 _____ reps |