

# CALISTHENICS PLAYBOOK FOR PUSH PULL SQUAT

Get Strong with Comic-Style Bodyweight Fitness

Wayne Foong Weng Hui

# FOREWORD

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Looking back at the earliest days of [Gravgear](#), I realized our approach was flawed. Posting product images on Instagram felt intrusive, almost like spam. It went against my central belief: to offer value before asking for anything in return.

Growing up, I found two passions that ignited my spirit - calisthenics and drawing. The former unlocked the impressive capabilities of our bodies, and the latter brought my creative ideas to life. Suddenly, it hit me: why not blend these passions?

Thus, Yellow Dude was born - a fusion of fitness insights and playful sketches. The response was astounding. The content resonated so strongly that I devoted myself to creating these pieces for two years, rarely mentioning Gravgear. Yellow Dude didn't generate revenue, but it brought immeasurable joy.

The affection that Yellow Dude received indicated it was time for him to evolve into his own brand. This book marks that transformation. It is a curated compilation of our shared social media content, enhanced with refined illustrations and valuable insights from experienced coaches, offering a guide that is both enjoyable and actionable.

Working on this project has allowed me to fulfill a dream - to contribute positively to the sport I love so dearly. It is my sincere hope that this book will accompany you on your calisthenics journey and that you'll find the same pleasure in exploring these exercises as Yellow Dude and I had in bringing them to you.

July, 2023  
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## CONTRIBUTOR CREDITS

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Meet William Soo ([@wsoo\\_mvmt](#)), a fitness coach with over 17 years' experience in calisthenics, mobility, handstands, and strength and conditioning. Starting off as a bodybuilder, William transitioned to calisthenics, sacrificing 7kg of muscle for improved bodily freedom. Nowadays, William displays an emphasis on exploration, focusing on gaining more ranges of motion to push the limits of the body and mind. Throughout his journey of setbacks and success, William uses his experience to guide others achieve their goals by providing simple, realistic, and thought-provoking advice.



Marcus Wong ([@mrwong\\_sw](#)) is a seasoned calisthenics athlete and coach. He has honed his skills for over five years and has a knack for the challenging Planche movement. Marcus found calisthenics at 15, a gym-less fitness enthusiast looking for a way to work out. Despite hurdles and injuries, he persisted and mastered the basics, then advanced skills like handstands and planche. Today, Marcus leverages his hard-earned insights to guide others on their fitness journey. He underscores safe and efficient training, helping others avoid the pitfalls he encountered. He sees his role as a coach as a way to share knowledge, which he views as the most rewarding part of his journey.

# COPYRIGHT

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# DISCLOSURE

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This content is here to help you make progress in your health and fitness journey. But remember, it's a general guide. We've based the advice on personal experiences, government guidelines, and scientific research.

But here's the thing - it's not a replacement for professional medical advice, diagnosis or treatment. All workouts should be performed without pain. If you experience discomfort or have health issues, injuries or any other problems that could get worse with exercise, you should get in touch with a doctor or a personal trainer.

The content does not promote unhealthy body image or extreme workout routines. We've put a lot of work into providing accurate and clinically proven training recommendations and educational resources. But how you interpret and use this information is ultimately up to you.

We're proud of our work, and we hope it helps you. But we're not responsible for how you use the information. And just like any other resource, it may not have the most recent information. We've tried to make the advice in this content as helpful as possible, based on personal experience, government guidelines, and scientific research where we can.

One more thing - you should know that all the information and material in this content is copyright of Gravgear Pte. Ltd. That means you can't reproduce, store, broadcast, sell, or transmit any part of it without our permission.

**TL;DR:** This is a fitness guide, not medical advice. Workouts should be pain-free. Seek professional help if needed. Exercise has risks. Content copyrighted by Gravgear Pte. Ltd.



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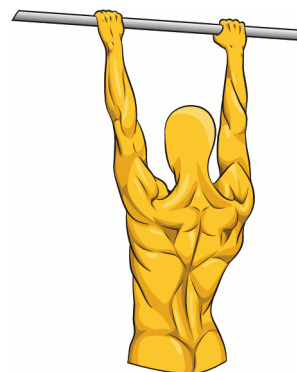
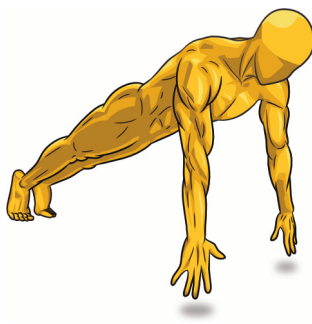
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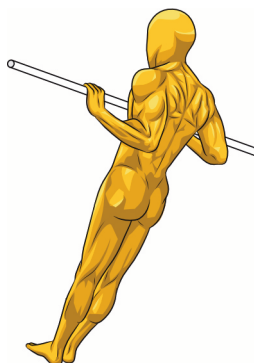
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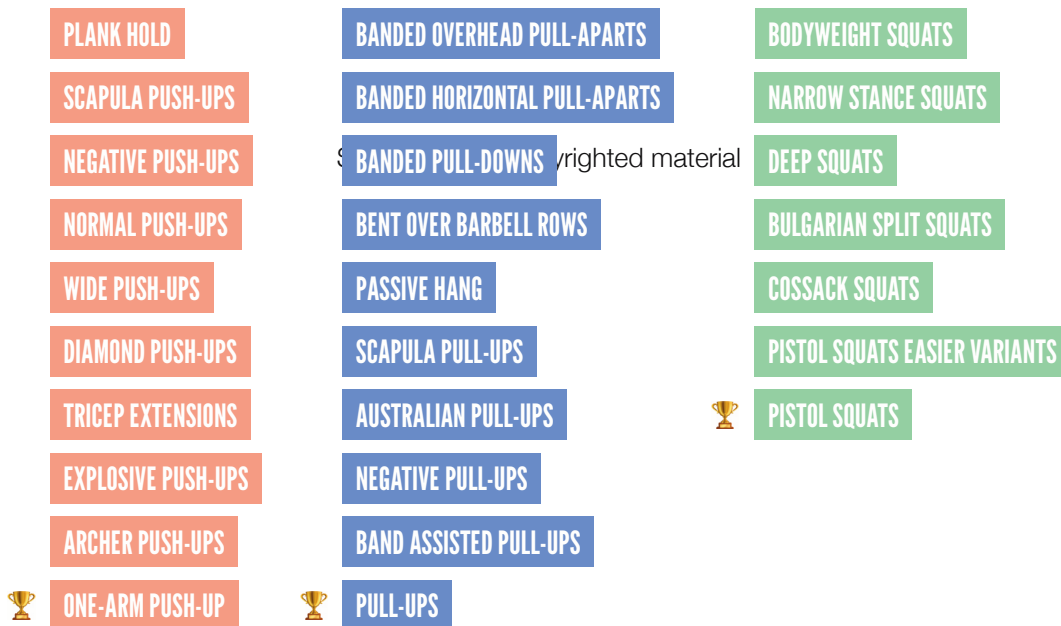


# OVERVIEW

The book unfolds with three key sections, each designed to help master a unique skill: one-arm push-ups, pull-ups, and pistol squats.

Each section is filled with at least seven workouts, progressing from straightforward to more challenging ones. Detailed tips accompany these workouts, with some even based on scientific research. Since many individuals tend to neglect pull-oriented workouts, the book introduces warm-up exercises specifically for the pull-ups section. These workouts prime your back muscles and prepare them for the main routines.

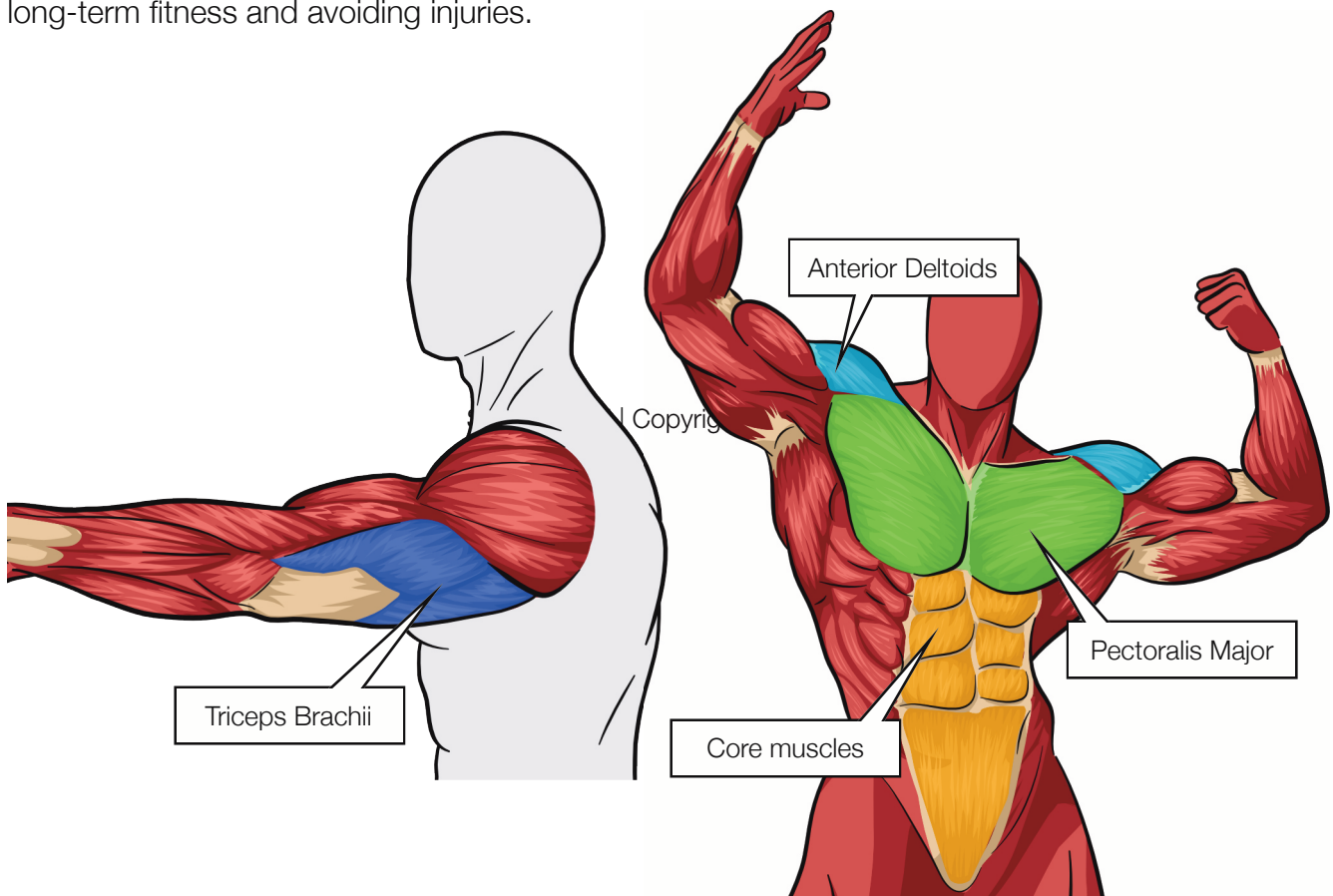
In the end, the Routine section lays out a gradual progression for all the workouts across each section. It provides a clear, step-by-step plan that makes mastering each skill more manageable.



# ONE-ARM PUSH-UPS

# ONE-ARM PUSH-UPS PROGRAM INTRODUCTION

This program will help you learn to do a one-arm push-up. Regardless of your current fitness level, the plan is structured to guide you through each progression. It begins with the most fundamental exercise, the plank hold, which sets the foundation for all push-up variations to follow. By the end of this program, not only will you have learned to perform a one-arm push-up, but you will also have built a solid understanding of the biomechanics behind the movement. This understanding, we believe, is the key to maintaining long-term fitness and avoiding injuries.



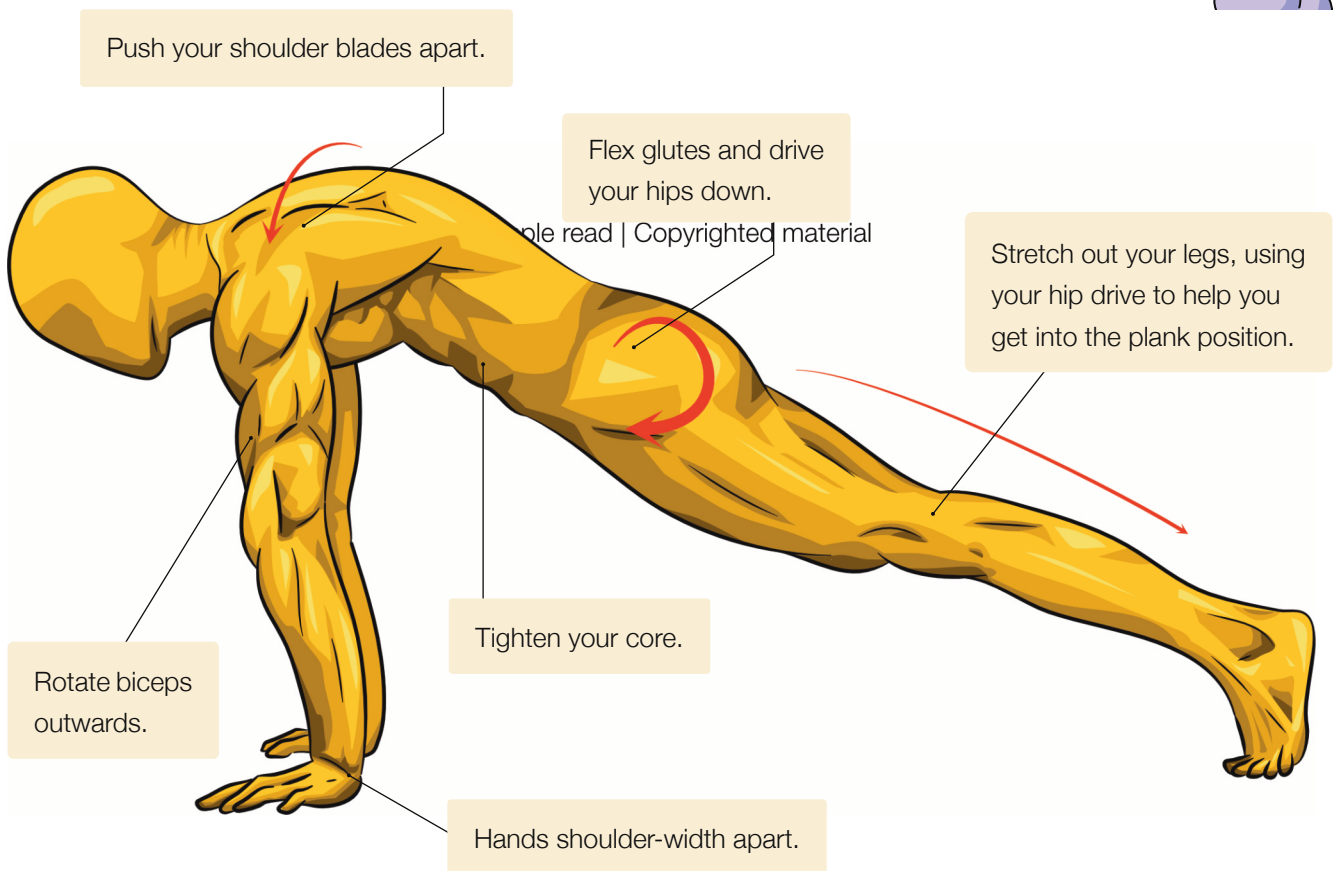
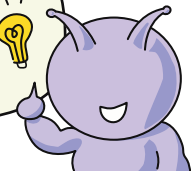
## Targeted muscles in push-ups

The critical muscles put to work during push-ups are the pectorals (chest muscles), deltoids (shoulder muscles), and triceps (back of the arms). These muscles serve as the primary movers in the push-up action. However, it's important to remember that push-ups are a compound exercise, meaning they engage multiple muscle groups simultaneously. Additional muscle groups like the core and legs are also involved in maintaining proper form. Still, they aren't the main drivers of the movement.

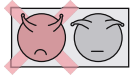
# PLANK HOLD

The plank hold is a foundational exercise that builds endurance and strengthens various muscle groups, including your core, shoulders, and glutes. It's an isometric exercise, meaning you maintain a single position for a specified duration. Mastering the plank hold teaches body control and stability, two vital elements of successful push-ups.

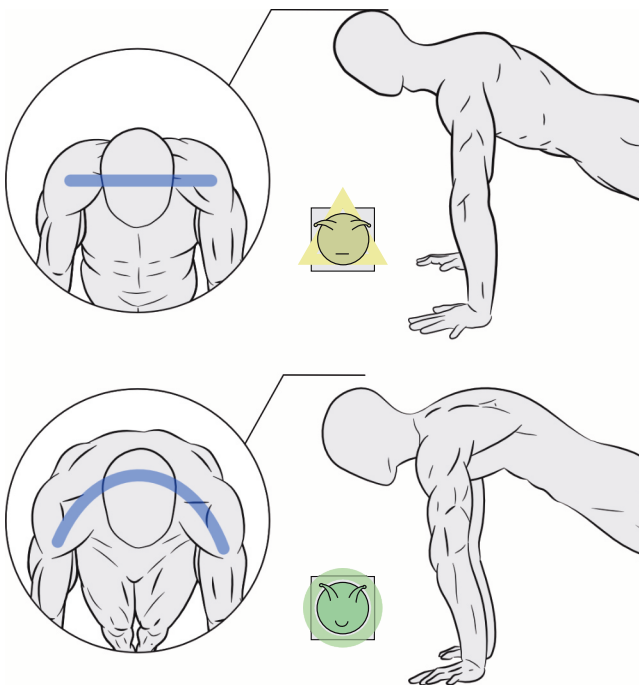
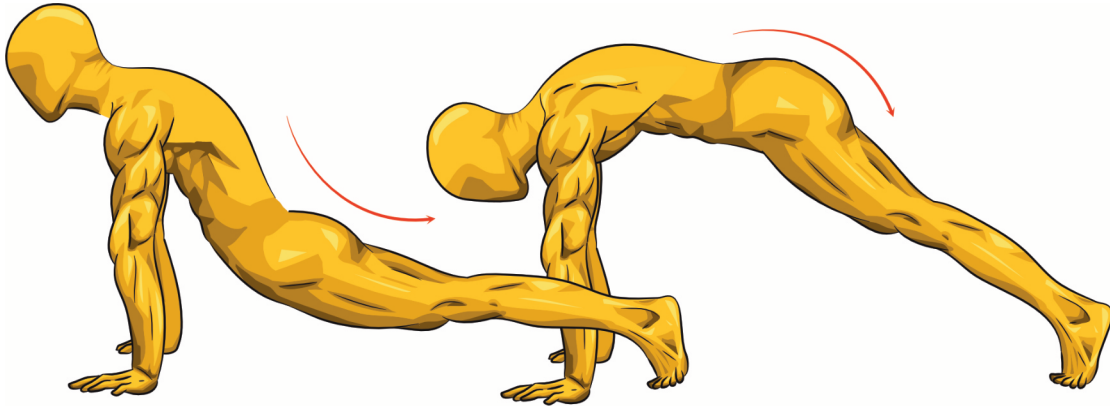
Remember to breathe. Try to keep your breath steady and even as you hold the plank. Holding your breath can increase blood pressure. It might even make you feel dizzy or light-headed.



**NOTE** Allowing the lower back to sag/pike



Sagging your lower back or lifting your hips too high (piking) can stress your back. It reduces the effectiveness of the exercise. Keep your back straight, as if you were a plank of wood.



**Push scapula outwards**

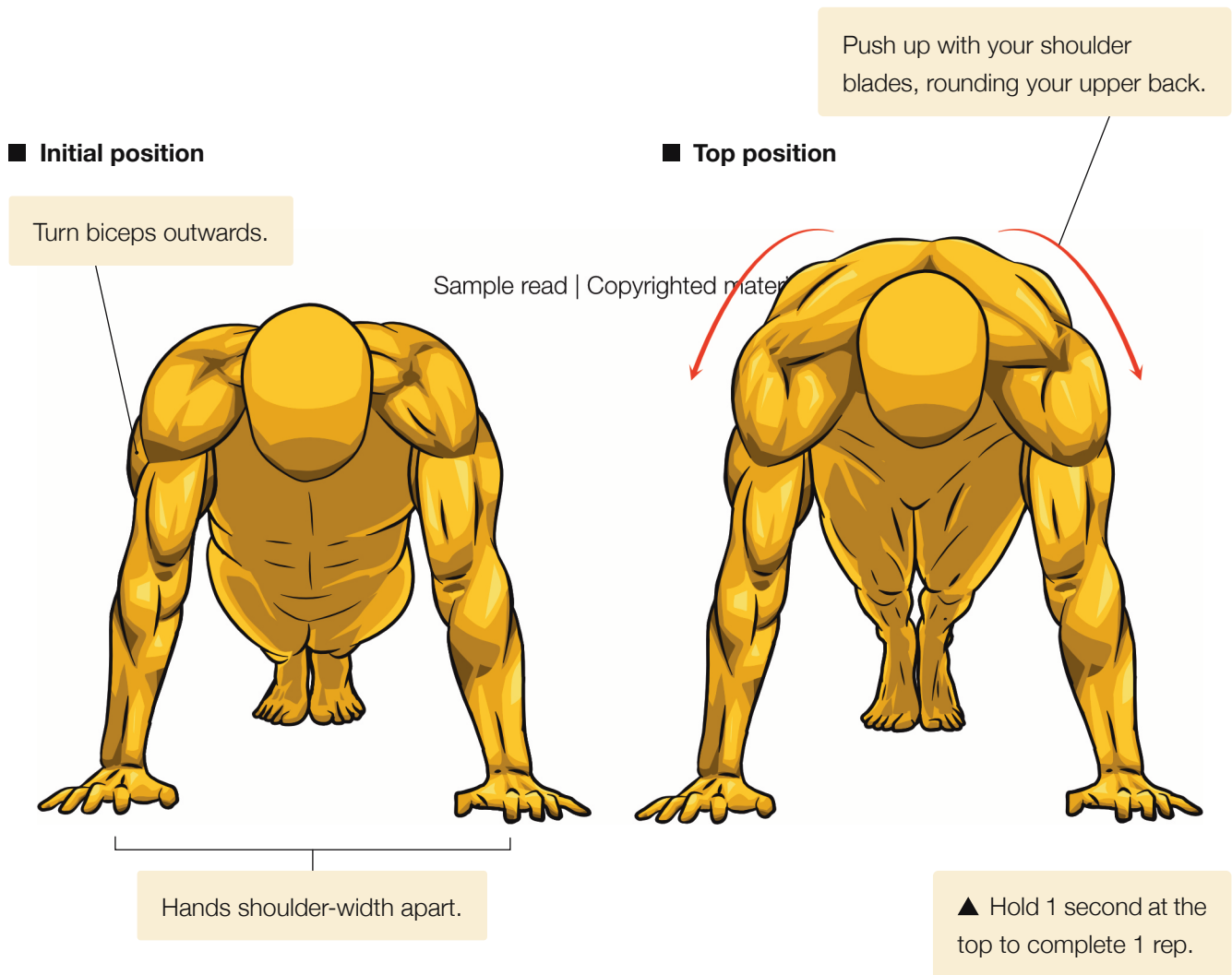
In a standard plank hold, many adopt a neutral shoulder position. Yes, it's doable and acceptable, but it could be better.

The scapula should be actively pushed outwards as much as possible, creating an inverted U shape when viewed from the front. This is for more than just form's sake. The chest muscles are contracted more intensely, leading to a stronger push. They are laying a solid foundation for advanced skills like the planche push-up or even the full planche (not included in this program).

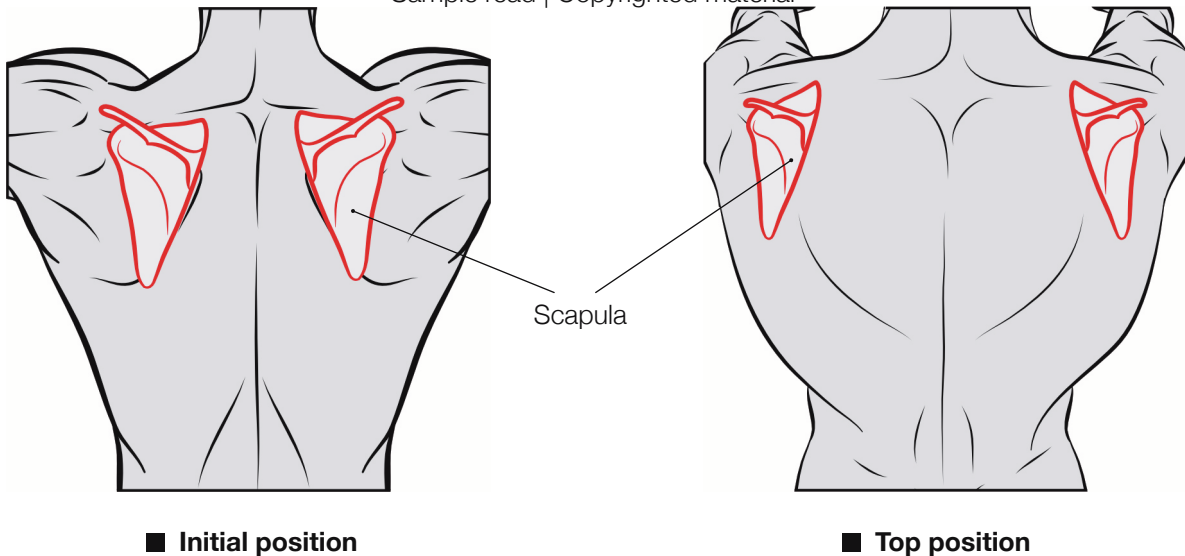
# SCAPULA PUSH-UPS

Scapula push-ups are all about the shoulder blades. The goal is to strengthen your scapular muscles. These muscles often get less attention but play a significant role in stabilizing your shoulder during push-ups.

In a scapula push-ups, you maintain a plank position but focus on moving your shoulder blades in and out while keeping your arms straight. Remember, it's not a regular push-up. The elbow bending isn't involved here. It may feel tricky at first, but once you get the hang of it, you'll start noticing the improved shoulder stability in your push-ups.







■ Initial position

■ Top position

### Scapula action

**Initial position:** Start with your shoulder blades lowered and squeezed together as tightly as possible. Keep your arms straight and your whole body engaged.

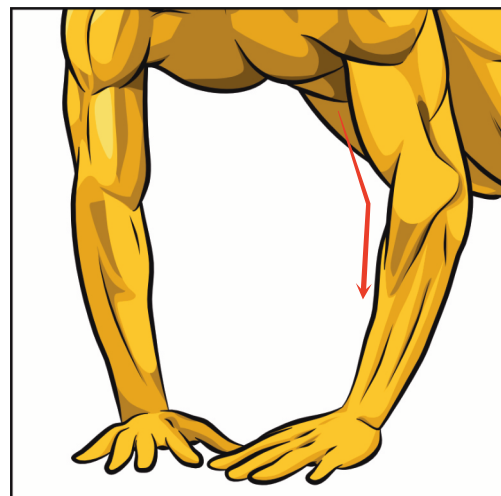
**Top position:** Aim for the maximum spread of your shoulder blades at the top. Why does this matter? The further the travel distance of your scapula, the more

Half-hearted scapula movements shortchange your progress. To boost strength gains, go all in with each rep - from the most profound depression to the fullest protraction of your shoulder blades.

**NOTE** Bending the arms



Bending the arms redirects the stress from the scapula to the triceps and pectorals, morphing the exercise into a traditional push-up. For scapula-focused push-ups, the arms must stay straight.



Page 10 - 113 are not included in this sample.

## AFTERWORD

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This book may be over, but your adventure is just beginning. You might find some of these exercises tough, and that's alright. Getting fit isn't easy, and that's the truth. It's hard, but worth it.

Remember, this is your journey. Don't worry about others moving faster. The only person you should be trying to beat is the you from yesterday. Enjoy every step you take and every progress you make. Love the feeling of your body getting stronger. Working hard is important, but so is eating healthy, getting enough rest, and handling stress. All these help you get stronger and look better.

This book isn't perfect. The more I worked on it, the more I saw things I could improve. But I think it's a good start. It covers a lot, and I hope it helps you on your fitness journey. Sample read | Copyrighted material

Don't stop learning and trying new things. There's so much to discover in the world of calisthenics. Don't just stick to the routines in this book. Try new things, make your own exercises.

Thank you for joining me on this journey. I hope this book helps you become a stronger, healthier you.