



PULLUP & DIP

# ***CALISTHENICS TRAINING PLAN***

***POWERED BY***

 **PULLUP & DIP**

## ***Level 1: Achieving your first pull-up***

This 10-week training plan is designed to help you achieve your first pull-up. This training plan is the perfect introduction to calisthenics and bodyweight training. You will learn the basic movements and build up your strength in order to finally be able to get started!

### ***Prerequisites:***

Level 1 – “Achieving your first pull-up” is perfect for you if you are unable to execute a pull-up with proper form.

## ***Level 2: Calisthenics Basics***

Level 2 – The “Calisthenics Basics” training programme is designed to build up your strength, such that you can increase the number of pull-ups, chin-ups, and dips to approximately 10 reps. Furthermore, the first calisthenics skill is tackled with the Dragon Flag.

### ***Prerequisites:***

This training programme is right for you if you can currently do 1-5 pull-ups, as that’s where the programme starts before increasing the number of pull-ups, chin-ups, and dips.

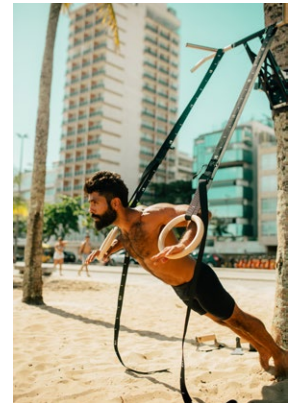
***Good luck with your training!***

# REQUIRED AND RECOMMENDED EQUIPMENT



## Gym Rings

You can train almost every calisthenics exercise with a set of gymnastics rings. You are also not bound to any specific training location, as you can simply hang them up anywhere. The gymnastics rings are required for many exercises. You could also use a sling trainer instead of the rings.

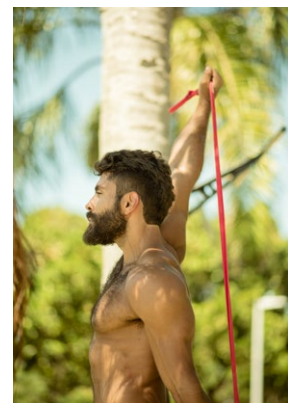


## Pull-up bar

With a pull-up bar or pull-up station, you have everything you need for calisthenics and bodyweight training. Equipped with these devices, you will be able to train your whole body. If you don't have access to a pull-up bar or station, the Pullup & Dip bar is a great alternative. With this, you can train both indoors and outdoors, and you get a pull-up bar and dip bar all wrapped into one training device.

## Resistance Bands

Resistance Bands are definitely a must-have in calisthenics. Depending on the exercise, they can make it easier or harder. They can also be used for warming up and stretching. Pullup & Dip make bands of varying levels of resistance, so you can choose the right one for your fitness level.



## Liquid Chalk

Liquid Chalk will give you a better grip on the bar. You can hold onto the bar for longer thanks to the magnesium on your hands which prevents them from getting damp, thus allowing you to better manage your strength.



**You can find even more equipment on:**



# LIST OF TERMS

## Reps

By reps, we mean the number of repetitions of any given exercise. While training, always adhere to the suggested number of reps. If you can't manage the number of reps for a certain exercise, replace the exercise with an easier progression.

## Sets

Sets are the numbers of times you run through your reps. For example: 5x6 push-ups means that you do 6 push-ups 5 times. Remember to respect the allocated rest time in between sets.

## Clock

Here you can see the estimated duration of the exercise, including a 15 minute warm-up.

## Superset

In a superset, you execute two exercises directly one after the other, without taking a break. The rest time indicated for the exercise refers to the break between supersets.

## RIR (Reps in Reserve)

RIR indicate how many reps per set you should still theoretically be able to do.

## Warm Up



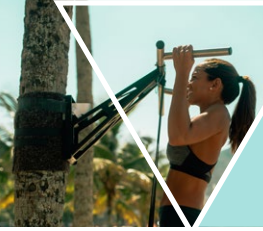
[Click here to watch the warm up video!](#)

Remember that warming up is an essential part of every training session! You're preparing yourself for your workout – not just physically, but mentally too.

## Note:

The following training plans are excerpts from the more in-depth training plans of the (only available in German). You can find the complete training plans in the Academy with more variations, instructional videos and much more! More information about the Calisthenics Academy can be found on page 6.





# TRAINING PLAN – LEVEL 1

## Level 1

| Day 1              | Day 2 | Day 3              | Day 4 | Day 5 | Day 6              | Day 7 |
|--------------------|-------|--------------------|-------|-------|--------------------|-------|
| Training session 1 | Rest  | Training session 2 | Rest  | Rest  | Training session 3 | Rest  |

You can adapt the training plan to your own schedule. This is simply a suggested plan to give your body enough time to recover in between training sessions. The most important thing is to listen to your body and to rest it when needed.

### Training session 1



| Exercise            | Sets | Reps    | RIR | Rest   |
|---------------------|------|---------|-----|--------|
| Assisted Chin-up    | 3    | 3-5     | 2   | 3 Min. |
| Push-ups            | 3    | 3-5     | 2   | 3 Min. |
| Australian Pull-ups | 3    | 10-12   | 2   | 2 Min. |
| Scapulla Pull-ups   | 3    | 5       | 2   | 2 Min. |
| Plank Push-ups      | 3    | 30 sec. | 2   | 2 Min. |
| Active Hang         | 3    | Submax  | 1   | 1 Min. |

### Training session 2



| Exercise                       | Sets | Reps    | RIR | Rest   |
|--------------------------------|------|---------|-----|--------|
| Assisted Pull-up               | 3    | 3-5     | 2   | 3 Min. |
| Push-ups                       | 3    | 3-5     | 2   | 3 Min. |
| Australian Chin-up             | 3    | 10-12   | 2   | 2 Min. |
| Pushup Position Hold           | 3    | 5       | 2   | 2 Min. |
| Superman Pull-ups              | 3    | 30 sec. | 2   | 2 Min. |
| Hollow Body Hold - Progression | 3    | Submax  | 1   | 1 Min. |

### Training session 3



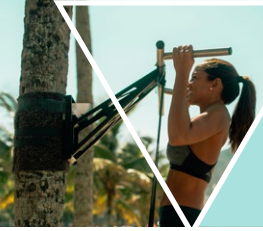
| Exercise          | Sets | Reps   | RIR | Rest   |
|-------------------|------|--------|-----|--------|
| Assisted Chin-up  | 3    | 3-5    | 2   | 3 Min. |
| Push-ups          | 4    | 4-6    | 2   | 3 Min. |
| Scapulla Pull-ups | 3    | 5      | 2   | 2 Min. |
| Hollow Body Hold  | 3    | Submax | 2   | 2 Min. |
| Active Hang       | 3    | Submax | 2   | 1 Min. |

### Conditioning

| Exercise | Sets | Reps    | Rest                          | Rounds |
|----------|------|---------|-------------------------------|--------|
| Lunges   | 1    | 10/ leg | 30 sec. rest after each round | 3      |
| Wall Sit | 1    | 45 sec. |                               |        |
| Squat    | 1    | 10      |                               |        |

### Note:

If an exercise is too easy or too difficult for you, you can replace it with a progression that suits your level. Include conditioning exercises after every training session.



# TRAINING PLAN - LEVEL 2

## Level 2

| Day 1              | Day 2 | Day 3              | Day 4 | Day 5 | Day 6              | Day 7 |
|--------------------|-------|--------------------|-------|-------|--------------------|-------|
| Training session 1 | Rest  | Training session 2 | Rest  | Rest  | Training session 3 | Rest  |

You can adapt the training plan to your own schedule. This is simply a suggested plan to give your body enough time to recover in between training sessions. The most important thing is to listen to your body and to rest it when needed.

### Training session 1



| Exercise                | Sets | Reps   | RIR | Rest   |
|-------------------------|------|--------|-----|--------|
| Chin-ups                | 3    | 1-3    | 2   | 3 Min. |
| Dips                    | 3    | 1-3    | 2   | 3 Min. |
| Negative Pull-ups       | 3    | 2      | 2   | 3 Min. |
| Assisted Dips           | 3    | 6-8    | 2   | 2 Min. |
| Tucked Dragon Flag Hold | 3    | 5 sec. | 2   | 2 Min. |
| Scapulla Pull-ups       | 3    | 6      | 1   | 2 Min. |

### Training session 2



| Exercise         | Sets | Reps | RIR | Rest   |
|------------------|------|------|-----|--------|
| Pullups          | 3    | 1-3  | 2   | 3 Min. |
| Close Push-ups   | 3    | 5    | 2   | 3 Min. |
| Negative Chin-up | 3    | 2    | 2   | 3 Min. |
| Push-ups         | 3    | 8    | 2   | 3 Min. |
| Face Pulls       | 3    | 10   | 1   | 2 Min. |
| Biceps Curls     | 3    | 10   | 1   | 2 Min. |

### Training session 3



| Exercise   | Sets | Reps   | RIR | Rest   |
|--|------|--------|-----|--------|
| Chin-ups   | 3    | 1-3    | 2   | 3 Min. |
| Dips   | 3    | 1-3    | 2   | 3 Min. |
| Assisted Pull-ups                                  | 3    | 6-8    | 2   | 3 Min. |
| Assisted Dips                                      | 3    | 6-8    | 2   | 2 Min. |
| Tucked Dragon Flag Hold                            | 3    | 5 sec. | 1   | 2 Min. |
| <b>Superset:</b> 8 Pushups<br>10 sec. Push-up Hold | 3    | 1      | 1   | 2 Min. |

### Conditioning

| Exercise          | Sets | Reps    | Rest                                   | Rounds |
|-------------------|------|---------|--|--------|
| Mountain Climbers | 1    | 10/ leg | 30 sec.<br>rest<br>after each<br>round | 3      |
| Plank             | 1    | 60 sec. |  |        |
| Squat Jumps       | 1    | 10      |  |        |

### Note:

If an exercise is too easy or too difficult for you, you can replace it with a progression that suits your level. Include conditioning exercises after every training session.



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