

10 High Intensity Calisthenics Workouts

Rev up your Metabolism, Agility, and
Functional Power



JULIAN SOLA

Hey :)

This guide is going to outline 10 HIIT Calisthenics workout that is geared to get your body in fat torching mode and also your muscles exhausted. Best of all they will take about 30 minutes a pop and will make you feel light and accomplished afterwards. We love that feeling now don't we. Before, you step on to the workouts, I want you read on High Intensity training and the benefits it can do for you. It's the new wave of training that will get you results more efficiently! Now isn't that what we are all about? Enjoy my Friend.

High intensity training

Over the recent years, High intensity training has grown in popularity, as an effective way of burning fat quickly, and also serving as an alternative to traditional endurance training for improved performance in sports. A lot of people have embraced it due to the minimal time commitment required, unlike the traditional endurance training. High Intensity Training can be added to several types of fitness training, such as cardio (bike, stair stepper, treadmill, etc.) and weightlifting.

Benefits of High Intensity training

When it comes to training, people usually do it for the positive effects that it will have in their life. Obviously, if fitness didn't bring any benefits, you probably wouldn't be busting your ass to push that last rep. Intensity training is that it pushes your body and it will also increase the rate at which you burn fat. Since your heart will be pumping at an average of 120 BPM or maybe even more, you will have an increase in blood flow. This will wake you up and make you highly alert. I suggest you use this to your advantage and train like this in the morning and have a productive day afterwards!

Increase fat loss

One of the most effective means to rapid body fat loss and improving cardiovascular conditioning is high Intensity training. Not only do you burn much more calories while you are performing High Intensity Training, you also stimulate your metabolism to a far greater degree.

Building Endurance

High Intensity Training helps to improve aerobic and anaerobic endurance. A good number of people understand they need to improve aerobic conditioning, but many people are unaware of the fact that the anaerobic energy system is what provides energy for all maximal efforts. Therefore, to improve overall conditioning, it is also important to improve anaerobic endurance through intensity training.

WARMUP:

I like warming up with dynamic movement. This is low intensity exercises that get your blood flowing around your whole body. This will not only help you get a much better workout, but will also help you get more results!

Sample Warmup:

30 second plank

30 second lunge in each side

30 Calf jumps

30 second Karate Punches

30 seconds of explosive chest flyes (make sure you bring it back to fully contract your back) 30 second of tight rotation (search Google)

I promise this 3 minute warm up will get your heart to atleast 100 BPM, enough to get you going!

WORKOUT #1

Run 800 meters (0.5 miles)

21 Pull ups

21 Hand Stand Push ups

Run 600 meters

15 Pull ups

15 Handstand Push ups

Run 400 meters (0.25 miles)

9 Pull ups

9 Hand Stand Push ups

I recommend you do the Hand Stand Push ups leaning on a wall and If you are yet not strong enough to do them then either have a friend help you by carrying some of your weight or switch them for PIKE Push Ups. They work fine too!

WORKOUT #2

15 Minutes AMRAP (As Many Reps As Possible)

12 Overhead Walking Lunges (with hands up; weights if you can)

10 Burpees

10 Hand Release Push ups

For this AMRAP, you will do as many rounds of these exercises as you can in 15 minutes.

WORKOUT #3

Complete these exercises Every Minute, On the Minute (EMOM) for 14 minutes!

3 Burpees

3 Broad Jumps (jump as far forward as you can)

2 Pistols Each Side (Side Lunges are an alternative)

If you want to do these Pistols but aren't stable or strong enough, simply try grabbing on to something stable while doing it. It will get much more doable, still hard though. ;)

WORKOUT #4

18 Minute AMRAP

20 Double Unders (with a jump rope)

5 Pull ups (hold the top for 2 seconds each rep)

20 Seconds Hand stand (Hold at 90 degrees if you want a challenge!)

If you don't have a jump rope, you can do Shadow Boxing for 20 seconds. Shadow Boxing is punching the air, just in case you didn't know. Don't worry about people thinking you look stupid punching the air. They don't know that you are actually getting an incredible core workout. Let's keep it between us ;)

WORKOUT #5

EMOM (Every minute on the minute) for 15 minutes.

10 Air Squats

10 Meter Bear Crawl (That's right, paws to the floor!)

10 Jumping Lunges (That is 10 in total, 5 each side. Unless you are feeling badass. Then you do 20, 10 each side.)

WORKOUT #6

Pyramid Pull ups

Start with 1 rep and 20 seconds rest

Increase the reps by 1 and the rest time by 5 seconds after each set.

Go until 10 reps and come back to 1

For Example:

Set 1: 1 rep, 20 seconds rest / Set 2: 2 reps, 25 seconds rest / Set 3: 3 reps, 30 seconds rest And so on until you get to 10 reps with 65 seconds rest

Then you will go back down the pyramid with the same structure to 1 rep.

Beginners: 1 round / Intermediate: 2 rounds / Advanced: 3 rounds

WORKOUT #7

Pyramid Pushups

Start with 2 reps and 30 seconds rest

Increase the reps by 2 and keep the rest at 30 seconds

Go until 20 reps (10 sets) and come back to 2

For Example:

Set 1: 2 rep, 30 seconds rest / Set 2: 4 reps, 30 seconds rest / Set 3: 6 reps, 30 seconds rest And so on until you get to 20 reps

Then you will go back down the pyramid with the same structure to 2 reps.

Beginners: 1 round / Intermediate: 2 rounds / Advanced: 3 rounds

WORKOUT #8

4 rounds of supersets: 60 seconds rest in between

15 reps of Shoulder Pushups— Pushups with the tip of your fingers under your nipple. This will put more attention on the shoulders.

10 meter Bear Crawl

4 sets of Handstand Pushups—10 reps (60 seconds rest in between)

(if you can't do handstand pushups, hold it for 30 seconds. The lower you go, the more intense. Challenge yourself)

4 rounds of supersets: 60 seconds rest in between

12 reps of bodyweight rows— If you can't find a horizontal pole to do it, just grab on to the end of a table while you are under it. If you like underhand grip (palm facing you), you will be looking at the bottom of the table. If you like overhand grip, your feet will be under the table.

10 meter Crab walk

WORKOUT #9

4 rounds of: (60–90 seconds rest)

Broad Jumps—10 continuous reps

Ice Skater— 10 reps each side

Duck Walk— 10 meters

Side to Side Squats— Stay in a squat form as you go sideways for about 10 steps. Go back and forth for one set

WORKOUT #10

5 supersets:

Headbangers (Chin up Bicep curl simulating banging your head against the bar— 12 reps

Bicep Walkers (Side to Side chin ups) - 20 shuffles in total

5 supersets:

Explosive Tricep Dips— 8–12 reps

Tricep extension— 8–12 reps

Try to get as much range of motion on this move as you can! Put your head through arms if you are able too. Squeeze the tricep when you come up.

Alright, there you have it!

I Hope these workout make you sweat like an ice cream under the sun! Trust me its good for you. They certainly had me lying on the floor afterwards.

Just Keep the Intensity up and perform every Rep with all of your power. That will make things more interesting and it will surely earn you more results.

If you have any questions on how to do the movements, ask Google. They know EVERYTHING.

Or just shoot us an email at

primatemovement@gmail.com

PLEASE– Let us know what you think of the workouts. What you liked and disliked, the exercises that you enjoyed and the ones you didn' t, the structure of it, etc. This will really help us create better workouts in the future that you will like more. Lets work together! Dont hesitate to email us!

If you want us to build you a customized fitness plan and meal plan, dont be shy and email us too. We provide well researched program design from our NASM certified trainers and are willing to do what ever it takes to get you where you want to be, as long as you are too.

Remember Results are Earned not Given.

We get what we deserve or what we can handle in this world.

Stay Focused my Friend,

Julian Sola

Founder of Primate Movement