

COMPLETE CALISTHENICS

PART I - INTRODUCTION

- 1. - INTRODUCTION**
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- 3. - ADVANTAGES OF CALISTHENICS**
- 4. - DISADVANTAGES OF CALISTHENICS**
- 5. - UNIQUE ASPECTS OF CALISTHENICS**
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 - 6.3 - DIP BAR
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 - 7.2 - EAT BIG TO GET BIG
 - 7.3 - INCREASE YOUR PROTEIN INTAKE
 - 7.4 - REDUCE REFINED CARBOHYDRATE INTAKE
 - 7.5 - DRINK WATER
 - 7.6 - MAKE FOOD IN BULK
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- 9. - WARMING UP**
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 - 10.1.5 - SCAPULA ONE ARM PULL-UPS
 - 10.1.6 - SCAPULA FOAM ROLLING
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 - 10.1.8 - ROTATOR CUFF STRETCH
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10.2 - CORE MOBILITY

10.3 - LOWER BODY MOBILITY

- 10.3.1 - IT BAND FOAM ROLLING
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- 10.3.3 - PIRIFORMIS FOAM ROLLING
- 10.3.4 - ROLLOVERS INTO STRADDLE L-SIT
- 10.3.5 - FIRE HYDRANT CIRCLES
- 10.3.6 - MOUNTAIN CLIMBERS
- 10.3.7 - FROG HOPS
- 10.3.8 - STATIC HIP FLEXOR STRETCH

11. - FLEXIBILITY

11.1 - STRETCHING SCHEDULE

11.2 - UPPER BODY STRETCHES

- 11.2.1 - STANDING CHEST STRETCH
- 11.2.2 - SEATED CHEST/SHOULDER STRETCH
- 11.2.3 - UPPER BACK STRETCH
- 11.2.4 - FOREARM STRETCH A
- 11.2.5 - FOREARM STRETCH B

11.3 - CORE STRETCHES

- 11.3.1 - COBRA STRETCH
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11.4 - LOWER BODY STRETCHES

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- 12.1.2 - WIDE GRIP PUSH-UP
- 12.1.3 - CLOSE GRIP PUSH-UP
- 12.1.4 - DEEP PUSH-UP
- 12.1.5 - PSEUDO PLANCHE PUSH-UP
- 12.1.6 - FINGERTIP PUSH-UP
- 12.1.7 - WRIST PUSH-UP
- 12.1.8 - ONE ARM PUSH-UP
- 12.1.9 - ONE ARM ONE LEG PUSH-UP
- 12.1.10 - CLAP PUSH-UP
- 12.1.11 - DOUBLE CLAP PUSH-UP
- 12.1.12 - TRIPLE CLAP PUSH-UP
- 12.1.13 - SUPERMAN PUSH-UP
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12.2 - DIPS

- 12.2.1 - BOX DIP
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- 12.3.2 - WALL HANDSTAND
- 12.3.3 - FREESTANDING HANDSTANDS
 - 1ST STAGE - RECOVERING FROM A HANDSTAND
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 - 3RD STAGE - FLOOR HANDSTAND
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 - 1ST STAGE - USING THE FLOOR WITH WALL SUPPORT
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 - 4TH STAGE - USING PARALLETS WITH NO SUPPORT
- 12.3.5 - HANDSTAND WALKING
- 12.3.6 - NINETY DEGREE PUSH-UPS

12.4 - THE PLANCHE

- 12.4.1 - HAND PLACEMENT
- 12.4.2 - PLANCHE LEAN
- 12.4.3 - FROG STAND
- 12.4.4 - TUCK PLANCHE
- 12.4.5 - FLAT BACK PLANCHE
- 12.4.6 - SINGLE LEG PLANCHE
- 12.4.7 - STRADDLE PLANCHE
- 12.4.8 - FULL PLANCHE
- 12.4.9 - PLANCHE PUSH-UPS

13. - PULLING

13.1 - PULL-UPS

- 13.1.1 - ROWS
- 13.1.2 - CHIN-UPS
- 13.1.3 - PULL-UPS
- 13.1.4 - WIDE GRIP PULL-UPS
- 13.1.5 - NARROW GRIP PULL-UPS
- 13.1.6 - BEHIND THE NECK PULL-UP
- 13.1.7 - INCLINE PULL-UP
- 13.1.8 - ROCK CLIMBER
- 13.1.9 - L PULL-UP
- 13.1.10 - MUSCLE-UP
 - 1ST STAGE - FAST MUSCLE-UP
 - 2ND STAGE - FALSE GRIP
 - 3RD STAGE - SLOW MUSCLE-UP
- 13.1.11 - ONE ARM CHIN-UP
 - 1ST STAGE - FINGER ASSISTED ONE ARM PULL-UP
 - 2ND STAGE - TOWEL/ROPE ASSISTED ONE ARM PULL-UP

3RD STAGE - NEGATIVE ONE ARM PULL-UP

4TH STAGE - ONE ARM PULL-UP

13.1.12 - HORIZONTAL PULL-UP

13.1.13 - ROPE/TOWEL PULL-UP

13.1.14 - CLAP PULL-UP

13.1.15 - SLIDING PULL-UP

13.1.16 - WEIGHTED PULL-UP

13.2 - THE FRONT LEVER

13.2.1 - VERTICAL PULLS

13.2.2 - TUCK FRONT LEVER

13.2.3 - FLAT BACK FRONT LEVER

13.2.4 - SINGLE LEG FRONT LEVER

13.2.5 - STRADDLE FRONT LEVER

13.2.6 - FULL FRONT LEVER

13.2.7 - FRONT LEVER PULL-UPS

13.2.8 - PENDULUMS

13.3 - THE BACK LEVER

13.3.1 - GERMAN HANG

13.3.2 - TUCK BACK LEVER

13.3.3 - FLAT BACK LEVER

13.3.4 - SINGLE LEG BACK LEVER

13.3.5 - STRADDLE BACK LEVER

13.3.6 - FULL BACK LEVER

13.3.7 - BACK LEVER PULL-UPS

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14. - ABS

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14.2 - CRUNCH

14.3 - DISH

14.4 - SIT-UP

14.5 - LYING LEG EXTENSION

14.6 - ROCKER

14.7 - HANGING KNEE RAISE

14.8 - HANGING LEG RAISE

14.9 - WINDOW WIPERS

14.10 - DRAGON FLAG

1ST STAGE - TUCKED DRAGON FLAG

2ND STAGE - NEGATIVE DRAGON FLAG

3RD STAGE - DRAGON FLAG

14.11 - HALF LEVER

1ST STAGE - TUCK HALF LEVER

2ND STAGE - ANGLED HALF LEVER

3RD STAGE - HALF LEVER

4TH STAGE - OPEN HALF LEVER

15. - OBLIQUES

15.1 - SIDE PLANK

15.2 - SIDE PLANK CRUNCHES

15.3 - HUMAN FLAG

- 1ST STAGE - VERTICAL HUMAN FLAG
- 2ND STAGE - TUCKED HUMAN FLAG
- 3RD STAGE - STRADDLE HUMAN FLAG
- 4TH STAGE - HUMAN FLAG
- 5TH STAGE - HUMAN FLAG PULL-UPS

16. - LOWER BACK

- 16.1 - ARCH
- 16.2 - ARCH-UPS
- 16.3 - BACK EXTENSIONS

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- 15.1 - SQUAT
- 15.2 - LUNGE
- 15.3 - BRIDGE
- 15.4 - CALF RAISE
- 15.5 - DEEP SQUAT
- 15.6 - SINGLE LEG SQUAT
 - 1ST STAGE - BOX SINGLE LEG SQUAT
 - 2ND STAGE - NEGATIVE SINGLE LEG SQUAT
 - 3RD STAGE - SINGLE LEG SQUAT
- 15.6 - HAMSTRING CURL
 - 1ST STAGE - PIKED HAMSTRING CURL
 - 2ND STAGE - NEGATIVE HAMSTRING CURL
 - 3RD STAGE - HAMSTRING CURL

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- 16.1 - JUMPING JACKS
- 16.2 - MOUNTAIN CLIMBERS
- 16.3 - SQUAT THRUSTS
- 16.4 - JUMP SQUATS
- 16.5 - JUMP LUNGES
- 16.6 - BUNNY HOPS
- 16.7 - BURPEES
- 16.8 - BASTARDS
- 16.9 - BEAR CRAWLS
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- 18. OVERTRAINING AND UNDER-TRAINING
- 19. FOUNDATIONAL PROGRAM
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