



ADVANCED BODYWEIGHT WORKOUT

Pull-up/Chin-up Variations

- Pull-ups: pronated (overhand, palms facing away) grip
- Chin-ups: supinated (underhand, palms facing you) grip
- Weighted versions of each
 - Wear a belt, vest, backpack, etc. with enough weight to make completing the correct number of repetitions difficult, but possible

Pushup (Press-up) Variations

- Handstand pushups
 - Start out against the wall; if you cannot complete the full range of motion (top of your head touching the floor at the bottom of the rep), you can use books stacked up to gauge your progress, removing books as you progress closer to full range movement
 - Work on handstand skill until you can complete freestanding handstand pushups
- Dips
 - Dips on parallel bars are easier; dips on rings are harder
- One-arm pushups
 - If you don't have the strength to complete them outright, start out by doing incline one arm pushups and assisted one-arm pushups (using your other arm fully extended on the ground as support) as you develop the required strength and skill

Squat Variations

- Pistol squats
 - One leg pointed straight out in front of you, parallel with the ground; lower yourself all the way down, pause, then back up
 - Progressions include bench pistols (sit onto a bench instead of going all the way down), assisted pistols (grab onto a stable object to control and assist movement), and counter-weighted pistols (hold a weight out in front of you to balance)

Muscle-Ups

- Muscle-ups can be done from rings or a bar; these can be used to replace the pullup/dip combination
 - Begin with a false grip from a dead hang under the rings or bar
 - Pull up as far as you can, roll forward/through, and continue pushing yourself up until you're fully extended above the rings or bar



ADVANCED BODYWEIGHT WORKOUT

	Monday: 5 rounds	Wednesday: 5 rounds	Friday: 5 rounds
Level 1	1 pull-up 1 handstand pushup 1 pistol squat	1 chin-up 1 dip 1 pistol squat	1 pull-up 1 one-arm pushup 1 pistol squat
Level 2	2 chin-ups 2 handstand pushups 2 pistol squats	2 pull-ups 2 dips 2 pistol squats	2 chin-ups 2 one-arm pushups 2 pistol squats
Level 3	3 pull-ups 3 handstand pushups 3 pistol squats	3 chin-ups 3 dips 3 pistol squats	3 pull-ups 3 one-arm pushups 3 pistol squats
Level 4	4 chin-ups 4 handstand pushups 4 pistol squats	4 pull-ups 4 dips 4 pistol squats	4 chin-ups 4 one-arm pushups 4 pistol squats
Level 5	5 pull-ups 5 handstand pushups 5 pistol squats	5 chin-ups 5 dips 5 pistol squats	5 pull-ups 5 one-arm pushups 5 pistol squats
Level 6	6 chin-ups 6 handstand pushups 6 pistol squats	6 pull-ups 6 dips 6 pistol squats	6 chin-ups 6 one-arm pushups 6 pistol squats
Level 7	7 pull-ups 7 handstand pushups 7 pistol squats	7 chin-ups 7 dips 7 pistol squats	7 pull-ups 7 one-arm pushups 7 pistol squats
Level 8	8 chin-ups 8 handstand pushups 8 pistol squats	8 pull-ups 8 dips 8 pistol squats	8 chin-ups 8 one-arm pushups 8 pistol squats
Level 9	9 pull-ups 9 handstand pushups 9 pistol squats	9 chin-ups 9 dips 9 pistol squats	9 pull-ups 9 one-arm pushups 9 pistol squats
Level 10	10 chin-ups 10 handstand pushups 10 pistol squats	10 pull-ups 10 dips 10 pistol squats	10 chin-ups 10 one-arm pushups 10 pistol squats