

CaIElite

MOTTO : FITNESS FOR THE - BODY, MIND, SOUL & SPIRIT (from the FORTRESS)

Description - Calisthenics combined with weight training.

One week Calisthenics (body weight training) alternated with a week of gym weight training.

Calisthenics/Body Weight Training Schedule

Monday : PUSH - Triceps + Chest

- Dips (MAX) / Korean Dips (MAX)
- Explosive Push Ups (20x) - Side to Side
- Push Ups (MAX)
- Explosive Knee Push Ups (MAX)
- Straight Bar Dips (12x)
- Skull Crushers (12x)
- Bench Dips (MAX)
- Tricep Extensions (MAX)
- Pike Push Ups + Hold (10x)
- SpiderMan Crawl Push ups (20x)

Repeat above 4 times.

Tuesday : PULL - Biceps + ABS

Biceps :

- REVERSE AUS. CHIN UPS 10X
- BAR CURLS 10X EACH/BOTH
- HEAD BANGERS MAX OUT
- B.T.B PULL UPS MAX OUT
- Negative One Hand/ Two Hand Chin ups (10x Each hand)

Repeat above 3 times

ABS :

- Hanging Leg Raises (10)
- Hanging Around the World (5 each side)
- Sit-Ups - Upper ABS (30)

Repeat above 3 times

Wednesday : Legs

- Broad Jumps across 20ft (6X)
- Squats 25x
- Bulgarian Split Squats (12x Each)
- Squat Lunge (40 Seconds)
- Assisted Pistol Squat (8x Each)
- Side Squat (12x Each)
- Crab Walks Across 20ft (5x)
- Jumping Jacks (40 Seconds)
- Calf Raises and Hold (15x) (15x Each)
- Tip Toe Wall Sit (MAX)

Repeat above 3 times.

Thursday : Pull - Back

- Pull Ups Regular (10x)
- Switching Pull Ups (10x)
- Archer Pull Ups (10x)
- Commando 1 arm Negative (4x Each arm)
- Assisted Front Row Pull Ups (MAX) or Front Row reps
- Inverted Row Pull Ups (10x)
- Australian Pull Ups (Wide, Shoulder width, Narrow) - (8x Each W,S,N)

Repeat Above 3-4 times.

Friday : Push - Shoulder + ABS

- Hand Stand Kick Ups (10x)
- Hand Stand Hold Against the Wall (MAX)
- Wall Walks (6x)
- Elevated Pike Push ups (10x)
- Pike Push Ups + Hold (MAX)
- Shoulder to Shoulder (10x)
- Tricep Extensions (MAX)
- In & Outs (15x)

Repeat Above 3 times.

ABS :

- Ronaldo Crunches (15x)
- Oblique Raises (7x each side)
- Hanging Showing Your Ass Out raises(30)

In the GYM Training Schedule

Monday : Push - Chest + ABS

Chest

- Push ups - (45x + 40x + 35x)
- Bench Press - (12x + 12x + 12x)
- Incline Press - (12x + 12x + 12x)
- Decline Press - (12x + 12x + 12x)
- Cable Cross Overs Pushes - (12x + 12x + 12x)

ABS

- Cable Crunches (30x Three sets)
- Bicycling Crunches (50x, Both Sides, Three sets)
- Regular Weighted Crunches (20x, Three sets)

Tuesday : Pull - Biceps + ABS

Biceps

- Dumbbell Curls (12x each arm)
- Hammer Curls (12x each arm)
- Concentration Curls (12x each arm)
- Preachers Curls (12x each arm)
- Barbell Curls (12x each arm)

Repeat 3 sets of each exercise above.

ABS

- Russian V-Twists (30x)
- Scissors (40 Seconds)
- Sit-Ups Upper Abs (30x)

Repeat 3 sets of each exercise above.

Wednesday : Legs + Deadlift

Legs

- Weighted Squats (12x)
- Leg Extensions (12x)
- Hamstring Leg Curls (12x)
- Leg Push (12x)
- Weighted Calf Raises (12x)

- **Deadlift** : (12x)

Repeat 3 sets of each exercise above.

Thursday : Pull - Back + ABS

Back

- Rotational Cable Pulls (12x each arm)
- Pull ups (12x)
- Dumbbell Rows (12x Each arm)
- Barbell Rows (12x)
- Seated Cable Rows (12-15x)

Repeat 3 sets of each exercise above.

ABS

- Starfish Crunches (15x each side)
- Captains chair leg raises (30x)
- Heels to Heaven (20x)

Repeat 3 sets of each exercise above.

Friday : Push - Shoulder + ABS

Shoulder

- Cable Push - (12x)
- Landmine Press (12x)
- Chest Press and Side to Side (modified Landmine) (6x each side)
- Military Press (12x)
- Shrugs (12x)
- Lateral Raises (12x)

Repeat 3 sets of each exercise above.

ABS

- Hanging leg raises (12x)
- Hanging Wipers - Side 2 Side (6x each side)
- Canoeing (15x each side)

Repeat 3 sets of each exercise above.

Friday : Push - Triceps

Triceps

- Cable Pushdowns - (12x)
- Dips (12x)
- Overhead Dumbbell push (12x each side)

- Overhead Barbell push (12x)
- Bench Dips (20x)

Repeat 3 sets of each exercise above.

DIET RESTRICTIONS

- 1. NO Junk Food - (chips, burgers, pizzas, noodles, fried stuff, sweets, chocolates, etc)**
- 2. No aerated or packaged drinks.**
- 3. No alcohol**
- 4. No SMOKING (If someone does that.)**
- 5. Reduce the amount of sugar in your daily intake.**