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King of weighted calisthenics program pdf full



BODY WEIGHT/CALISTHENICS
ULTIMATE FULL BODY WORKOUT
Level: Intermediate

2 MINUTES REST BETWEEN ROUNDS
45 SECONDS BETWEEN EXERCISES

4 ROUNDS

25 REPS
20 REPS
15 REPS
20 REPS
15 REPS
20 REPS

BENCH DIPS
KNEE RAISES
PULL-UPS
SQUATS
CLOSE GRIP CHIN-UPS
CALF RAISES
PUSH PRESSES (ELEVATED FEET)
PUSH-UPS

WORKOUTS



Weightlifting fairy gartulad.

AGREE AND PROCEED TO CHECKOUT ENTER YOUR DATA & THE CODE 'PROGRAMUSER' TRAINING/EXERCISES NUTRITION LECTURES HOW CAN I CALCULATE MY 1RM? 3 15 2 CHOOSE A LEG CURL MACHINE THAT ALLOWS YOU TO HIT THE REPS 3 10/10 2 ASSISTANCE WORK FOR SQUATS. WE DO THAT TO COLLECT LESS FATIGUE. 3 15 2 BLOW UP THE QUADS. 4 1,3,3,3 1,2,2,2 SINGLE FOLLOWED BY 3 SETS OF DOUBLES. And where I'm not a competitive powerlifter, my squat & deadlift poundages aren't my reason for living. It was late 2017 that I managed a +45 kg CHIN UP and could barely manage 40 kg in an overhand/PULL UP GRIP. 4 12 2 CHOOSE YOUR VARIATION TRAINING BLOCK 2: PEAK WEEK /DAY 2 - PUSH PRs EXERCISE DIPS WEIGHTED OHP / HSPU 1RM FOR OHP, AMRAP FOR HSPU DIPS WEIGHTED, BACKOFFS SETS REPS RIR Notes 1 1 0 ALL IN! WARM UP PROPERLY WITH LIGHTER SETS AND INCREASE THE WEIGHT SLOWLY: 1 1 0 ALL IN! WARM UP PROPERLY WITH LIGHTER SETS AND INCREASE THE WEIGHT SLOWLY: 3 5 3 EASY BACKOFFS TRAINING BLOCK 2: PEAK WEEK /DAYS - SQUAT PRs EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL / SUMO SETS REPS RIR 1 1 0 ALL IN! WARM UP PROPERLY WITH LIGHTER SETS AND INCREASE THE WEIGHT SLOWLY: 3 1,3,5 1,2,2 HEAVY BUT NOT ALL IN 35 Notes 1RM EDITION YOU'RE DONE! YOU FINISHED THE PROGRAM SUCCESSFULLY! WHAT'S NEXT? This time I'd had a word with my ego and we'd agreed to treat this as a longer venture: as a training cycle. You start at a moderate intensity and then work your way up to heavier loads step by step. 3 10-15 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 2: WEEK 8/DAY 4 - UPPER EXERCISE MUSCLE UPS AGAINST RESISTANCE BAND HIGH PULL UPS AGAINST RESISTANCE BAND PAUSED DIPS 2S PAUSE AT 90° CHIN UPS, 123 TEMPO NOTE THE CADENCE! ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 4 2 1-2 USING THE SAME PRINCIPAL AS PREVIOUS ON THE HIGH PULLS 3 3 2 YOU CAN ADD SOME WEIGHT NEXT TO THE BAND TO ADJUST THE DIFFICULTY MORE PRECISELY 4 3 3 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 3 3 2 1S UP, 2S CHIN OVER BAR, 3S NEGATIVE 4 6 3 CHOOSE AN EXERCISE THAT TARGETS THE UPPER BACK MORE LIKE SEAL ROWS, BEND OVER ROWS MORE UPRIGHT OR SIMILAR 3 6 3 YOU CAN DO IT WITH DB, BARBELL, MACHINE, INCLINE WEIGHTED PUSH UPS ETC. 4 1,3,3,3 2,3,3,2 NOTE THE DIFFERENT RIR FOR THE SETS. Having said that, you only have one ass and trying to ride 2 horses with one ass doesn't end well for anyone and my ass isn't big enough to ride 2 horses at once. And I would have loved to have had an all out crack at the iconic 3 digit dip: 100kg! But I've been in this too long to get carried away lugging plates to parks in colder temperatures and trying to force big weights on bars I'm not as used to. As I alluded to earlier, the fatigue was managed by a mid program deload and strict guidelines as to how many reps to leave in reserve on each set and each exercise. FLIES, DUMBBELL REVERSE FLIES, MACHINE FLIES, CHOOSE YOUR FAVORITE 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 1: WEEK 1/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE PUSH UPS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 3 3 ADJUST THE WEIGHT TO FIT THE RIR. After completion of the first block a Deload (reduced week) takes place. HOW SHOULD YOU CONTINUE? NOTE THE NEW CADENCE. GET IT DONE! TRAINING BLOCK 2: PEAK WEEK /DAY 1 - PULL PRs EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FACEPULLS FREE TO CHOOSE SETS REPS RIR Notes 1 1 0 ALL IN! WARM UP PROPERLY WITH LIGHTER SETS AND INCREASE THE WEIGHT SLOWLY: 4 1,4,4,4 0,3,3,3 ALL IN! THE FIRST SET IS YOUR MAX TEST. HOW TO USE REPS IN RESERVE? 4 15-20 2 YOU CAN DO THEM ON THE RINGS, TRX OR CABLE TOWER. It was January 2019 when I achieved an 80 kg weighted dip courtesy of 4 kettlebells. 3 8-12 2 CHOOSE A LUNGE VARIATION THAT YOU ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS ON THE RINGS OR TRX 3 10-10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS 3 15-20 2 CHOOSE YOUR FAVORITE CALVES EXERCISE 12 12 Notes 1RM EDITION WEEK 3 TRAINING BLOCK 1: WEEK 3/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER ROWS OR RAISES IF TOO HARD VERTICAL PULL FREE TO CHOOSE ROWING EXERCISE FREE TO CHOOSE REVERSE BUTTERFLY FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 3 2 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 5 2 ADJUST WEIGHT TO NEW RIR AND REPS 5 1-2 2 CHOOSE A PROGRESSION FROM THE VIDEOS 4 10 2 VERTICAL PULL ASSISTANCE EXERCISE. BAND CHIN UPS, PAUSED 1-2S CHIN OVER BAR ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 4 1 2 ADJUST WEIGHT TO NEW RIR AND REPS. For most of 2017-the end/late 2018 was ring work, levers (front & back), uni-lateral pulling (one arm chin up work) - and if there was any weighted work it would be lightly weighted muscle ups or more specific 'skills-like' moves with extra weight, not the basic patterns. HOW YOU LOAD IT IS IRRELEVANT. FLIES, DUMBBELL REVERSE FLIES, MACHINE FLIES, CHOOSE YOUR FAVORITE 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 1: WEEK 2/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE PUSH UPS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 3 3 ADJUST THE WEIGHT TO FIT THE RIR. 4 1,3,3,3 2,3,2,2 SINGLE FOLLOWED BY 3 SETS OF TRIPLES. HOW TO DIET? 4 4 3 WE KEEP THE RIR HIGH TO GUARANTEE A HIGH REP QUALITY IN EVERY SET 3 8-12 2 CHOOSE A LUNGE VARIATION THAT YOU ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS ON THE RINGS OR TRX 3 10-10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS 3 15-20 2 CHOOSE YOUR FAVORITE CALVES EXERCISE 21 21 Notes 1RM EDITION DELOAD-WEEK TRAINING BLOCK 1: DELOAD WEEK /DAY 1 - UPPER EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED DIPS WEIGHTED OHP / HSPU FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR Notes 4 2 3 INCREASING THE RIR AND DECREASING THE OVERALL VOLUME DURING THE DELOAD 3 6 3 TAKE IT EASY, DELOAD 3 6 3 TAKE IT EASY, DELOAD 3 5 3-4 TAKE IT EASY, DELOAD 3 12 2 CHOOSE YOUR VARIATION REPS RIR Notes 3 6 3-4 PASSIVE STRUCTURES NEED TIME TO RECOVER. 30 Notes 1RM EDITION WEEK 8 TRAINING BLOCK 2: WEEK 8/DAY 5 - LOWER EXERCISE TEMPO SQUAT 121 TEMPO RDL BARBELL / DUMBBELL LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 3 2 ADJUST WEIGHT TO NEW RIR AND REPS. I did my lower body training every 5th day and always did at least one handstand/mobility/weakness specific session, too. And of course, I had one full rest day each week as well! Recovery/fatigue management? Where were the muscle ups? Sadly I didn't get to truly test the muscle ups as gyms in the UK closed AGAIN due to the 'pandemic' bullcrap, the week before my official test week. Although I can say my previous bests were 15kg on the bar and 28 kg on the rings. I kept up with leg training and mobility work but even the more high end handstand drills were tougher to want to do well - namely flagging and one arm handstand prep work. In late August of this year I got started! This time I was older, wiser and determined to not fall into the trap of pushing every session to the wall. 3 8-12 3 CHOOSE A LUNGE VARIATION THAT YOU ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS ON THE RINGS OR TRX 3 10-10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS 3 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 2: WEEK 6/DAY 4 - UPPER EXERCISE MUSCLE UPS AGAINST RESISTANCE BAND HIGH PULL UPS AGAINST RESISTANCE BAND PAUSED DIPS 2S PAUSE AT 90° CHIN UPS, 123 TEMPO NOTE THE CADENCE! ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 4 2 1-2 USING THE SAME PRINCIPAL AS PREVIOUS ON THE HIGH PULLS 3 3 2 YOU CAN ADD SOME WEIGHT NEXT TO THE BAND TO ADJUST THE DIFFICULTY MORE PRECISELY 4 3 3 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 3 4 2 1S UP, 2S CHIN OVER BAR, 3S NEGATIVE 4 6 2 CHOOSE AN EXERCISE THAT TARGETS THE UPPER BACK MORE LIKE SEAL ROWS, BEND OVER ROWS MORE UPRIGHT OR SIMILAR 3 6 3 YOU CAN DO IT WITH DB, BARBELL, MACHINE. Every minute on minute means you perform the exercise for the specified reps every full minute and pause until the minute is up, then repeat that as many times as the number behind the EMOM, indicates UNILATERAL. The exercise is performed with only one extremity (arm, leg) 6 1RM EDITION WEEK 1 TRAINING BLOCK 1: WEEK 1/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER ROWS OR RAISES IF TOO HARD VERTICAL PULL FREE TO CHOOSE ROWING EXERCISE FREE TO CHOOSE REVERSE BUTTERFLY FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 3 3 3 FORM OVER WEIGHT. Accordingly this program has a very specific target niche: the calisthenics athlete with a solid foundation looking to improve his/her overall strength and maybe even go as far as competing. The program is essentially a peaking program where the volume starts high with the intensity moderate, and then the volume comes down as the intensity rises. 4 3 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 3 10 2 RINGS, CABLE, MACHINE 2 12 2 GOING A LITTLE BIT HEAVIER ON THE LATERALS 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 29 Notes 1RM EDITION WEEK 8 TRAINING BLOCK 2: WEEK 8/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO BULG.SPLIT SQUATS VARIATION FREE TO CHOOSE GOOD MORNINGS BARBELL LEG EXTENSIONS MACHIN CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 2,3,3,3 1,2,2,2 1 DOUBLE FOLLOWED BY 3 SETS OF TRIPLES 3 5 3 ADJUST WEIGHT TO NEW RIR AND REPS 3 10 2 LUNGES WITH AN ELEVATED POSTERIOR LEG. 3 12 2 YOU CAN DO THEM ON THE RINGS, TRX OR CABLE TOWER. I think so. The premise of the plan is to increase your weighted bar muscle up, pull/chin up (your choice) and dip 1 rep max. WE DON'T FOCUS ON GRIP STRENGTH BUT ON A HEAVY LIFT. 4 10-15 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 2: WEEK 6/DAY 4 - UPPER EXERCISE MUSCLE UPS AGAINST RESISTANCE BAND HIGH PULL UPS AGAINST RESISTANCE BAND PAUSED DIPS 2S PAUSE AT 90° CHIN UPS, 123 TEMPO NOTE THE CADENCE! ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 4 2 1-2 USING THE SAME PRINCIPAL AS PREVIOUS ON THE HIGH PULLS 3 3 2 YOU CAN ADD SOME WEIGHT NEXT TO THE BAND TO ADJUST THE DIFFICULTY MORE PRECISELY 4 3 3 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 3 4 2 1S UP, 2S CHIN OVER BAR, 3S NEGATIVE 4 6 2 CHOOSE AN EXERCISE THAT TARGETS THE UPPER BACK MORE LIKE SEAL ROWS, BEND OVER ROWS MORE UPRIGHT OR SIMILAR 3 6 3 YOU CAN DO IT WITH DB, BARBELL, MACHINE. 4 3 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 3 8 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 3 15-20 2 HIGHER REP RANGES WORK BETTER WITH THIS EXERCISE. 33 Notes 1RM EDITION WEEK 9 TRAINING BLOCK 2: WEEK 9/DAY 5 - LOWER EXERCISE TEMPO SQUAT 121 TEMPO RDL BARBELL / DUMBBELL LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 4 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 2 0 NO MISTAKE. One mesocycle consists of 5 microcycles (1 training week). 5 3 2 CHOOSE A PROGRESSION TO FIT THE RIR. REPS IN SECONDS - Specifies the hold time of a static exercise per set REPS / REPS IN SECONDS (XXs) - Indicates that a dynamic exercise is combined with hold times in seconds. THE OTHER 3 SETS JUST BACKOFFS. WE WILL PROCEED LIKE THIS UNTIL THE FINAL WEEK WHERE WE ARE READY TO HIT SOME NEW EPIC PR 'S. 4 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 1: WEEK 4/DAY 4 - UPPER EXERCISE MUSCLE UPS WEIGHTED HIGH PULL UPS AGAINST RESISTANCE BAND DIPS WEIGHTED & AGAINST RES. So on paper it's 5 days. What was most funny about that was I only tried my max for 'shits and giggles'; I hadn't been training specifically for a weighted dip max. I just wanted to see what I could manage. IN BOTH CASES I WANT TO YOU REST 2 FULL DAYS BEFORE YOU START THIS WORKOUT WEEK OR BEFORE YOU HAVE YOUR COMPETITION. If you stick to the reps in reserve guidelines like your life depends on it and keep the other goals/training to a minimum, you'll be just fine. 4 15 2 BLOW UP THE QUADS. Previous bests on the pull up and dip were 40 kg x 5 reps (had never gone near a true max) and 80 kg x 1 rep, respectively. So that we do not lose any muscle mass during the maximal force cycle, the assistance exercises are usually performed with many repetitions to stimulate the muscles sufficiently. 3 8 3 RDL INSTEAD OF PAUSED DEADS NOW. Among other things, we work with submaximal singles, with which we can determine our 1RM with less injury-risk calculatively pretty accurately for the following competition. FLIES, DUMBBELL REVERSE FLIES, MACHINE FLIES, CHOOSE YOUR FAVORITE 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 1: WEEK 4/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE PUSH UPS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 2 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 2 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 4 10 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 3 15-20 2 HIGHER REP RANGES WORK BETTER WITH THIS EXERCISE. 33 Notes 1RM EDITION WEEK 9 TRAINING BLOCK 2: WEEK 9/DAY 5 - LOWER EXERCISE TEMPO SQUAT 121 TEMPO RDL BARBELL / DUMBBELL LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 4 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 2 0 NO MISTAKE. I'd love if you could let me know what you think! Video below..... IF YOU NEVER WORKED WITH RIR CALCULATE THE WEIGHT 4 3 2 CHOOSE YOUR PROGRESSION FROM THE VIDEOS OR EXPERIENCE TO FIT THE RIR 4 4 2 IF YOU DECIDE TO DO HSPU ADJUST NOT WEIGHT BUT PROGRESSION 4 10 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 3 15-20 2 HIGHER REP RANGES WORK BETTER WITH THIS EXERCISE. This means in this case, within a block, the intensity increases steadily over the weeks. BAND CHIN UPS, PAUSED 1-2S CHIN OVER BAR ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 4 1 1 SUBMAX. Even as far back as 2019 I was looking ahead to eventually run the strength program but obviously after taking a sensible and strategic break/change of training routines and styles in between. YOU CAN CHECK THE TUTORIAL IN THE MEMBERS AREA. The program will get you to new PRs in 10 weeks. Hitting fast forward - mid/late 2020! I bought Micha's programs as a package which meant I got the strength building program along with the skills & hypertrophy plan. ONLINE COACHING WWW.KINGOFWEIGHTED.COM 36 4 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 1: WEEK 2/DAY 4 - UPPER EXERCISE MUSCLE UPS WEIGHTED HIGH PULL UPS AGAINST RESISTANCE BAND DIPS WEIGHTED & AGAINST RES. The program will take your performance in Weighted Dip, Weighted Pull Up and Weighted Backsquat to a new level. 24 Notes 1RM EDITION WEEK 6 TRAINING BLOCK 2: WEEK 6/DAY 5 - LOWER EXERCISE TEMPO SQUAT 121 TEMPO RDL BARBELL / DUMBBELL LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 4 3 ADJUST WEIGHT TO NEW RIR AND REPS. THIS WILL GET YOU ON YOUR NEXT STRENGTH LEVEL. 4 3 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 3 8 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 2 10 2 RINGS, CABLE, MACHINE 2 12 2 GOING A LITTLE BIT HEAVIER ON THE LATERALS 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 26 Notes 1RM EDITION WEEK 7 TRAINING BLOCK 2: WEEK 7/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO BULG.SPLIT SQUATS VARIATION FREE TO CHOOSE GOOD MORNINGS BARBELL LEG EXTENSIONS MACHIN CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 3,4,4,4 2,3,3,2 1 TRIPLE FOLLOWED BY 3 SETS OF 4 3 4 ADJUST WEIGHT TO NEW RIR AND REPS 4 10 2 LUNGES WITH AN ELEVATED POSTERIOR LEG. YOU CAN CANCEL IT ANYTIME. Again though, to me, this was a big weight and one that those around me thought could almost be historical. FOR MOST PEOPLE THIS IS RIGHT AFTER THE BAR LEAVES THE GROUND. You can mark your achievements and posts on Instagram with the hashtag: #kingofweighted and make them discoverable for me and the community. 4 8 2 RDL INSTEAD OF PAUSED DEADS NOW. The routine has given me a great strength base to now go back to the 'elements'; the front/back lever, planche,

handstand push up, one arm pull/chin up and various other skills! This will also switch the stimulus up nicely too and give the ligaments, tendons and CNS a breather from the usual TRAINING DAYS/ TRAINING SPLIT: TAG 1 TAG 2 TAG 3 TAG 4 TAG 5 UPPER PULL UPPER PUSH UPPER LEGS UPPER PULL & PUSH LOWER (LEGS) MAIN LIFTS: TAG 1: Pull Ups, Rows TAG 2: Dips, Ohp / Hspu), Bench (Push Up) TAG 3: Squats, Deadlifts TAG 4: Pull Up / Dip Assistance & Technique Work TAG 5: Squat Assistance, Deadlift Assistance 5 1RM EDITION THE WORKOUT TABLES: EXERCISE EXERCISE 1 HINT1 EXERCISE 2 HINT2 EXERCISE 3 HINT3 EXERCISE 4 HINT4 EXERCISE 5 HINT5 EXERCISE 6 HINT6 SETS REPS RIR NOTES 5 5 3 DON'T DO THIS 3 8s 3 DON'T DO THAT 3 5/3s 2 THIS XXX CAN HELP WITH THIS EXERCISE 3 10 TF DON'T FORGET TO 3 10 1 3 10 1 EXERCISE . The exercise you should train HINTS: Notes on execution, variation of the exercise SETS - The number of sets you should perform the exercise REPS - The number of repetitions you should do the exercise per set RIR - Die Intensität mit der du die Übung ausführen sollst (Reps in reserve) NOTES - Further notes on the exercise, the sets, execution speeds or similar. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 3 12 2 CHOOSE REPS AND EXERCISE INDIVIDUAL 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 2: WEEK 8/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE HOLDS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE CHEST FLIES CHOOSE VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 1,3,3,3 1,2,2,2 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. (TLDR): Intense program for intermediates and upwards. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 4 8 2 FRONT LEVER ROWS, RING ROWS, DB ROWS, BARBELL ROWS, CHOOSE YOURS 3 12 2 CHOOSE REPS AND EXERCISE INDIVIDUAL 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 2: WEEK 7/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE HOLDS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION CHEST FLIES CHOOSE VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 1,3,3,3 2,3,2,2 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. I'm sure I would be good for 2.5-5kg on the pull up, providing I was on my A-game. The Split? This is simply a great chance for me to review the program I used and share some musings on heavy weighted calisthenics training. 11 1RM EDITION WEEK 2 TRAINING BLOCK 1: WEEK 2/DAY 5 - LOWER EXERCISE TEMPO SQUAT 3X2 TEMPO DEADLIFTS, PAUSED 15 PAUSE LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 3 3 3 SECONDS DOWN, 25 IN YOUR LOWEST POSITION, AS EXPLOSIVE UP AS POSSIBLE 4 5 3 PAUSE 15 IN YOUR STICKING POINT. I would say you would need at least a year or two of proper calisthenics training under your belt before you use this routine - the same can be said of the hypertrophy/skills program as the moves in there are also intermediate, and not to mention the high volume. TUTORIALS, EXERCISE VIDEOS, EXPLANATIONS. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 4 8 2 FRONT LEVER ROWS, RING ROWS, DB ROWS, BARBELL ROWS, CHOOSE YOURS 3 12 2 CHOOSE REPS AND EXERCISE INDIVIDUAL 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 2: WEEK 6/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE HOLDS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION CHEST FLIES CHOOSE VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 1,3,3,3 2,3,2,2 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. SINGLES 4 3 1 YOU CAN ADD SOME WEIGHT NEXT TO THE BAND TO ADJUST THE DIFFICULTY MORE PRECISELY 3 3 2 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 4 4 2 ADJUST WEIGHT TO NEW RIR AND REPS. Sadly, I've not been able to truly test my ring and bar muscle up 1RMs up until now courtesy of 'Covid 19' and the asinine ruling that gyms have to shut in the UK. 5 1-2 2 CHOOSE A PROGRESSION TO FIT THE RIR 4 8 2 VERTICAL PULL ASSISTANCE EXERCISE. COMP RULES FOR MUSCLE UPS ARE STRICT! 4 5 3 DEPENDING ON THE COMP YOU WORK TOWARDS, CHOOSE CHIN UP OR PULL UPS 5 1-2 2 CHOOSE A PROGRESSION FROM THE VIDEOS 4 10 2 VERTICAL PULL ASSISTANCE EXERCISE. User friendliness/target audience? SO WE KEEP THE REPS LOW AND FORM HIGH 4 Notes 4 3 2 WE ARE PULLING AGAINST A RESISTANCE BAND TO MAKE THE PULL HARDER THE HIGHER YOU GO 3 3 3 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 4 4 2 PLACE THE WEIGHT BEHIND THE LEGS TO AVOID KICKING AND ROUND SHOULDERS. 3 8-12 2 CHOOSE A LUNGE VARIATION THAT YOUR ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS ON THE RINGS OR TRX 3 10-10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS 3 15-20 2 CHOOSE YOUR FAVORITE CALVES EXERCISE 15 15 Notes 1RM EDITION WEEK 4 TRAINING BLOCK 1: WEEK 4/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER ROWS OR RAISES IF TOO HARD VERTICAL PULL FREE TO CHOOSE ROWING EXERCISE FREE TO CHOOSE REVERSE BUTTERFLY FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 3 2 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 5 2 ADJUST WEIGHT TO NEW RIR AND REPS 5 1-2 2 CHOOSE A PROGRESSION FROM THE VIDEOS 4 10 2 VERTICAL PULL ASSISTANCE EXERCISE. 4 8 3 RDL INSTEAD OF PAUSED DEADS NOW. I've trained those lifts alongside intense calisthenics before and they tend to compete too much with each other for recovery. 4 kettlebell dip action shot from 2019 aka +80kg I thought back to the days where I'd get excited that I could do 40 or 50kg for a 1 rep.....but 80kg at the time was just under my bodyweight! Disclaimer: compared to guys like Micha Schulz himself. Solo Nero, Baki Hid and various others, my dip weights are mere warm ups. 4 4 3 YOU CAN USE STRAPS. ONLY THE FIRST 3 MONTH ARE FREE. CONVINCe YOURSELF! 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 7 Notes 1RM EDITION WEEK 1 TRAINING BLOCK 1: WEEK 1/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO LEG EXTENSIONS MACHINE LEG CURLS MACHINE ABDUCTION/ADDUCTION MACHINE SUPERSSET CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 5 3 YOU CAN USE EQUIPMENT HERE LIKE SLEEVES & BELT. NOTE THE DIFFERENT RIR FOR THE SETS. Nevertheless, it was still a tough program and one which left me not wanting to do much outside of the routine itself. THIS IS WHAT YOU WOKED YOUR ASS OFF FOR. THIS YOU GO 3 3 3 LOW VOLUME SINCE PUSH DAY IS NEAR AND TRICEPS NEEDS LONGER TO RECOVER 4 4 2 PLACE THE WEIGHT BEHIND THE LEGS TO AVOID KICKING AND ROUND SHOULDERS. 3 8-12 2 CHOOSE A LUNGE VARIATION THAT YOUR ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS OR SIMILAR 3 12 2 YOU CAN DO THEM ON THE RINGS, TRX OR CABLE TOWER. CONVINCe YOURSELF! 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 10 Notes 1RM EDITION WEEK 2 TRAINING BLOCK 1: WEEK 2/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO LEG EXTENSIONS MACHINE LEG CURLS MACHINE ABDUCTION/ADDUCTION MACHINE SUPERSSET CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 5 3 YOU CAN USE EQUIPMENT HERE LIKE SLEEVES & BELT. SO DON'T IGNORE THE HIGH RIR 3 8 4 TAKE IT EASY, DELOAD 3 15 3 TAKE IT EASY, DELOAD 3 5 3-4 TAKE IT EASY, DELOAD 3 10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS TRAINING BLOCK 1: DELOAD WEEK /DAY 2 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT RDL DUMBBELL / BARBELL LEG EXTENSIONS MACHINE CALVES FREE TO CHOOSE HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD SETS TRAINING BLOCK 1: DELOAD WEEK /DAY 3 - UPPER EXERCISE HIGH PULL UPS BODYWEIGHT DIPS WEIGHTED CHIN UPS / PULL UPS WEIGHTED CHEST FLIES FREE TO CHOOSE ARMS INDIVIDUAL FREE TO CHOOSE SETS REPS RIR 3 fit RIR 3 INCREASING THE RIR AND DECREASING THE OVERALL VOLUME DURING THE DELOAD 3 4 3 TAKE IT EASY, DELOAD 3 4 3 TAKE IT EASY, DELOAD 3 10 2 TAKE IT EASY, DELOAD 3 4 individual 2 CHOOSE YOUR VARIATION 22 Notes 1RM EDITION WEEK 6 TRAINING BLOCK 2: WEEK 6/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER NEGATIVES VERTICAL PULL FREE TO CHOOSE ROWING EXERCISE FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 4 1,3,3,3 1,3,3,2 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 4 10 2 FRONT LEVER ROWS, RING ROWS, DB ROWS, BARBELL ROWS, CHOOSE YOURS 3 15 2 CABLE REV. (Split) Periodization. Volume. Intensity The program is relatively linear/periodized. YOUR 3 MONTH SUBSCRIPTION STARTS WITH YOUR FIRST LOG IN. 14 Notes 1RM EDITION WEEK 3 TRAINING BLOCK 1: WEEK 3/DAY 5 - LOWER EXERCISE TEMPO SQUAT 3X2 TEMPO DEADLIFTS, PAUSED 15 PAUSE LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 4 3 2 ADJUST WEIGHT TO NEW RIR AND REPS. 4 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 1: WEEK 5/DAY 4 - UPPER EXERCISE MUSCLE UPS WEIGHTED HIGH PULL UPS AGAINST RESISTANCE BAND DIPS WEIGHTED & AGAINST RES. 1 microcycle consists of 5 workouts. THE ANSWERS YOU CAN FIND HERE. The program is a pull/push/mixed with 2 lower body days - the program actually is designed to boost your back squat and deadlift as well as the lifts I mentioned earlier, but I didn't use the big barbell lifts for a few reasons: It was summer and we didn't have access to a gym and preferred to be outside while we could/was in the middle of working towards a bigger weighted pistol squat, alongside improving my Nordic curl and various other lower body advanced mobility positions - namely the front & side splits! I was very very wary of the CNS fatigue I could encounter. 28 28 Notes 1RM EDITION WEEK 8 TRAINING BLOCK 2: WEEK 8/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER RAISES VERTICAL PULL FREE TO CHOOSE REVERSE FLIES FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 4 1,2,2,2 1,2,2,2 SINGLE FOLLOWED BY 3 SETS OF DOUBLES. The videos are deposited there and available for you around the clock. Was that it? WHICH SUPPS? 4 3 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 3 8 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 2 10 2 RINGS, CABLE MACHINE 2 12 2 GOING A LITTLE BIT HEAVIER ON THE LATERALS 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 23 Notes 1RM EDITION WEEK 6 TRAINING BLOCK 2: WEEK 6/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO BULG.SPLIT SQUATS VARIATION FREE TO CHOOSE GOOD MORNINGS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO LEG EXTENSIONS MACHIN CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 3,4, 4, 2,3,3,3 1 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES 3 4 3 ADJUST WEIGHT TO NEW RIR AND REPS 4 10 2 LUNGES WITH AN ELEVATED POSTERIOR LEG. 4 5 3 WE KEEP THE RIR HIGH TO GUARANTEE A HIGH REP QUALITY IN EVERY SET 3 8-12 2 CHOOSE A LUNGE VARIATION THAT YOUR ARE COMFORTABLE WITH 3 6-8 2 IF YOU DON'T HAVE A GHR MACHINE GO FOR LEG CURLS ON THE RINGS OR TRX 3 10-10-10 / YOU CAN INCREASE THE DIFFICULTY BY ADDING A WEIGHT PLATE TO YOUR HANDS 3 15-20 2 CHOOSE YOUR FAVORITE CALVES EXERCISE 18 18 Notes 1RM EDITION WEEK 5 TRAINING BLOCK 1: WEEK 5/DAY 1 - PULL EXERCISE MUSCLE UPS WEIGHTED PULL UPS / CHIN UPS WEIGHTED FRONT LEVER ROWS OR RAISES IF TOO HARD VERTICAL PULL FREE TO CHOOSE ROWING EXERCISE FREE TO CHOOSE REVERSE BUTTERFLY FREE TO CHOOSE BICEPS ISO FREE TO CHOOSE SETS REPS RIR Notes 3 1 2 SUBMAX. BAND CHIN UPS, PAUSED 1-2S CHIN OVER BAR ROWING EXERCISE UPPER BACK FOCUS INCLINE BENCH FREE TO CHOOSE FACEPULLS FREE TO CHOOSE SETS REPS RIR 2 3 MUSCLE UPS ARE EXTREMELY TECHNICAL. CHECK OUT THE PROGRAMS OR THE PERSONAL ONLINE COACHING FOR MORE ADVANCED ATHLETES. At the end of the second block we work on a new 1RM. 1RM EDITION BY MICHAEL SCHULZ 1RM EDITION PROGRAM GOALS: Quite clear and not debatable: become strong. So this further confirms the widely growing theory: you can build your weighted basic strength WITHOUT doing a shit load of weighted training, in the basic sense of the word. 2019 was the best year of my life. FLIES, DUMBBELL REVERSE FLIES, MACHINE FLIES, CHOOSE YOUR FAVORITE 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 1: WEEK 5/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE PUSH UPS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 1,3,3,3 2 1 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES 4 2 1 CHOOSE YOUR PROGRESSION FROM THE VIDEOS OR EXPERIENCE TO FIT THE RIR 4 3 1 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 4 8 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 3 12 2 GOING A LITTLE BIT HEAVIER ON THE LATERALS 3 10+10 2 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 19 Notes 1RM EDITION WEEK 5 TRAINING BLOCK 1: WEEK 5/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO LEG EXTENSIONS MACHINE LEG CURLS MACHINE ABDUCTION/ADDUCTION MACHINE SUPERSSET CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 1,3,3,3 2 1 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. Should you post program relevant stories, tag my profile @micha_bln_ so I can share your stories. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 3 12 3 CHOOSE REPS AND EXERCISE INDIVIDUAL 3 Individual 3 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 2: WEEK 9/DAY 2 - PUSH EXERCISE DIPS WEIGHTED OHP / HSPU CHOOSE YOUR PREFERENCE CHEST FLIES CHOOSE VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 1,3,3,3 1,3,3,3 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES. This post is in now way meant to be elitist or come across like I'm not aware of just how much dip strength is out there in the big wide world. 4 5s / CHOOSE YOUR PROGRESSION FROM THE VIDEOS OR EXPERIENCE. The program combines Weighted Calisthenics, Calisthenics and classic strength training into a powerful hybrid method that only makes you stronger! Become a KING OF WEIGHTED. Did this mean I could have got bigger numbers on those lifts? This approach is time tested and has been used countless times by powerlifters and other strength athletes. Guaranteed. 4 8 3 VERTICAL PULL ASSISTANCE EXERCISE. 4 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 1: WEEK 1/DAY 4 - UPPER EXERCISE MUSCLE UPS WEIGHTED HIGH PULL UPS AGAINST RESISTANCE BAND DIPS WEIGHTED & AGAINST RES. 4 3 3 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 3 10 3 RINGS, CABLE MACHINE 2 12 3 GOING A LITTLE BIT HEAVIER ON THE LATERALS 3 10+10 3 COMBINING THE RING ROLL OUTS WITH TRICEPS EXTENSIONS ON THE RINGS 32 Notes 1RM EDITION WEEK 9 TRAINING BLOCK 2: WEEK 9/DAY 3 - LEGS EXERCISE SQUATS BARBELL BACKSQUAT DEADLIFTS CONVENTIONAL/SUMO BULG.SPLIT SQUATS VARIATION FREE TO CHOOSE GOOD MORNINGS BARBELL CALVES EXERCISE FREE TO CHOOSE SETS REPS RIR Notes 4 1,3,3,3 1,3,3,3 1 SINGLE FOLLOWED BY 3 SETS OF TRIPPLES 3 5 3 ADJUST WEIGHT TO NEW RIR AND REPS 3 10 3 LUNGES WITH AN ELEVATED POSTERIOR LEG. Hence me testing my dip and pull up slightly ahead of schedule. 4 5 3 PAUSE 15 IN YOUR STICKING POINT. For support inquiries, technical problems or general questions that regarding the program, please contact us at 3 1RM EDITION FREE MEMBERS AREA ACCESS ADD TO CART LOGIN/REGISTER LOGIN/REGISTER WITH THE SAME EMAIL ADDRESS YOU BOUGHT THE SUBSCRIPTION WITH. I visited 8 countries, made many new friends, enjoyed the company of some great women and in all honesty was probably at my best in terms of pure calisthenic based ability. HIGH VOLUME TO KEEP THE SHOULDER HEALTHY. THIS IS NECESSARY TO PREVENT INJURIES SINCE THE LOADS AND WITH IT THE INTENSITY GOES UP. 3 8 2 CHOOSE AN EXERCISE THAT TARGETS THE UPPER BACK MORE LIKE SEAL ROWS, BEND OVER ROWS MORE UPRIGHT OR SIMILAR 3 8 2 YOU CAN DO IT WITH DB, BARBELL, MACHINE, INCLINE WEIGHTED PUSH UPS ETC. What next? All King of Weighted Videos are on YouTube and are embedded in the 'Members Area' on www.kingofweighted.com. (LAT PULLS, PULL UPS, CHIN UPS, MACHINE EXERCISES) 4 8 2 FRONT LEVER ROWS, RING ROWS, DB ROWS, BARBELL ROWS, CHOOSE YOURS 3 12 2 CABLE REV. 4 15-20 2 CHOOSE YOUR FAVORITE CALVE EXERCISE TRAINING BLOCK 1: WEEK 3/DAY 4 - UPPER EXERCISE MUSCLE UPS WEIGHTED HIGH PULL UPS AGAINST RESISTANCE BAND DIPS WEIGHTED & AGAINST RES. 8 Notes 1RM EDITION WEEK 1 TRAINING BLOCK 1: WEEK 1/DAY 5 - LOWER EXERCISE TEMPO SQUAT 3X2 TEMPO DEADLIFTS, PAUSED 15 PAUSE LUNGES FREE TO CHOOSE GHR / LEG CURLS GHR OR LEG CURLS ON TRX/RINGS HOLLOW BODY COMBO SWINGS+CRUNCH+HOLD CALVES ISO INDIVIDUAL SETS REPS RIR 3 3 3 SECONDS DOWN, 25 IN YOUR LOWEST POSITION, AS EXPLOSIVE UP AS POSSIBLE 4 Notes 4 5 3 PAUSE 15 IN YOUR STICKING POINT. So alas, the experiment couldn't be fully concluded..... Previous bests on muscle ups were 17.5 kg (bar with sloppy form) and 28 kg on rings with decent form. The program is 10 weeks long with a deload week in the middle to break it up nicely. (DB, BARBELL, SMITH MACHINE etc.) 2 8 2 NEW EXERCISE. The fall of 2019 was a humbling one. Links & resources: Micha Schulz on Instagram Micha Schulz on Youtube Micha's Programs For those who like videos, I did a YouTube review of the program as well. (Micha does have a lower tier program - 'Road To Weighted' - that's designed to condition you to a level that allows you to use the weighted and hypertrophy/skills programs I've mentioned here though). By its very nature it calls upon at least an intermediate standard of bodyweight strength; you have to be able to do weighted pull/chin ups & dips - AND muscle ups! I suppose you could still use it if you had some muscle ups that needed cleaning up but even still, you would need upwards of 3 muscle ups as your total rep count. GO ALL IN. Great for building raw strength and the program could easily be reused every so often, say once per year or maybe even every other year to keep layering on more strength as one's athletic level grows and grows. (DB, BARBELL, SMITH MACHINE etc.) 3 8 2 NEW EXERCISE. This program is not for a novice. In the ramp up weeks I had hit 15 kg for a single on the bar with good form a few times, and managed 24 kg singles on the ring muscle up many times, too. In the second block we enter at the end of the first block, but higher than at the beginning of the first block. FLIES, DUMBBELL REVERSE FLIES, MACHINE FLIES, CHOOSE YOUR FAVORITE 3 Individual 2 CHOOSE REPS AND EXERCISE INDIVIDUAL TRAINING BLOCK 1: WEEK 3/DAY 2 - PUSH EXERCISE DIPS WEIGHTED PLANCHE PUSH UPS CHOOSE YOUR PROGRESSION OHP / HSPU CHOOSE YOUR PREFERENCE BENCHPRESS ALTERNATING VARIATION LATERAL RAISES DB, CABLE SUPERSSET RING ROLL OUTS+TRICEPS EXTENSIONS SETS REPS RIR 4 2 2 ADJUST WEIGHT TO NEW RIR AND REPS 4 3 2 CHOOSE YOUR PROGRESSION FROM THE VIDEOS OR EXPERIENCE TO FIT THE RIR 4 3 2 ADJUST WEIGHT/PROGRESSION TO NEW RIR AND REPS 4 10 2 CHOOSE A CHEST DOMINANT VARIATION LIKE DB BENCH OR ALTERNATING BENCH MACHINE 3 15-20 2 HIGHER REP RANGES WORK BETTER WITH THIS EXERCISE. I (cheekily) trained the weighted ring muscle up alongside the bar muscle up as my ring muscle up had gotten a little sketchy over the summer, thanks to not training it as much.

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