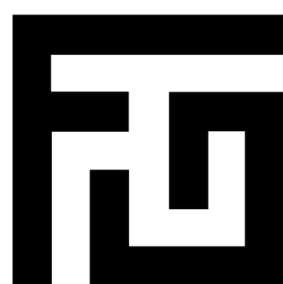


12 WEEK PROGRAM FULL BODY CALISTHENICS WORKOUT



VIDA FIT



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12 WEEK PROGRAM - BEGINNER LEVEL -

EQUIPMENT REQUIRED: NONE

WORKOUT DURATION: APROX LESS THAN 45 MINS

Monday:	Workout #1 – Full body
Tuesday:	Rest
Wednesday:	Workout #2 – Full body
Thursday:	Rest
Friday:	Workout #3 – Full body
Saturday:	Rest
Sunday:	Rest

Q&A

Q1: WHO IS THIS WORKOUT PROGRAM FOR?

A: THIS PROGRAM IS FOR PEOPLE WHO ARE NOT IN GOOD SHAPE AND WANT TO START DOING SOME EXERCISE AT HOME OR AT THE PARK.

Q2: WHAT RESULT IS EXPECTED?

A: AT THE END OF THIS WORKOUT PROGRAM, YOU SHOULD BE ABLE TO PERFORM AROUND 5-10 PUSH-UPS WITH GOOD FORM, AND YOU WILL SEE AN INCREASE OF MUSCLE MASS AND STRENGTH.

Q3: WHAT TO DO IF YOU CANNOT ACCOMPLISH THE REPETITIONS OR HOLD TIMES?

A: JUST DO WHAT YOU CAN, WITH GOOD AND SAFE FORM. REPEAT EACH TRAINING WEEK AS LONG AS NEEDED UNTIL YOU CAN ACCOMPLISH THE PRESCRIBED REPS AND SETS.

V I D A F I T

Q4: WHAT SHOULD I DO IF I PROGRESS FASTER THAN THE WORKOUT PROGRAM?

A: IN THIS CASE, YOU CAN EITHER INCREASE THE NUMBER OF REPETITIONS AND HOLD PERIODS OR ADD 1-2 SETS TO EACH EXERCISE.

Q5: WHAT DELOAD MEANS?

A: DELOAD = AN ACTIVE REST. THE DELOAD WEEK SHOULD BE EXTREMELY LIGHT. THE GOAL OF THE DELOAD SHOULD BE TO REDUCE THE STRESS AND FATIGUE ACCUMULATED DURING THE TRAINING CYCLE.

Q6: HOW MUCH TIME SHOULD I REST BETWEEN SETS

A: FROM 1 TO 2 MINUTES

-MONDAY- WORKOUT #1 - FULL BODY

TRAINING METHOD: STRAIGHT SETS.

EXAMPLE - DAY 1:

- DO THE REPS FROM THE **FIRST EXERCISES (10 REPS)**
- REST 1-2 MINUTES
- DO THE REPS FROM THE **FIRST EXERCISE (7 REPS)**
- REST 1-2 MINUTES
- DO THE REPS FROM THE **FIRST EXERCISE (6 REPS)**
- REST 3-4 MINUTES
- MOVE TO THE NEXT EXERCISE. YOU ARE DONE WHEN YOU GET TO THE LAST EXERCISE

Exercises	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets
Incline push ups (video) (1)	10,7,6	10,8,7	11,8,7	11,8,7	12,8,7	3 sets 'till failure
Bodyweight squats (video)	3 sets x 12 reps	3 sets x 13 reps	3 sets x 14 reps	3 sets x 15 reps	3 sets x 16 reps	3 sets x 17 reps
Towel to chest pull ups (video)	3 sets x 12 reps	3 sets x 13 reps	3 sets x 14 reps	3 sets x 15 reps	3 sets x 16 reps	3 sets x 17 reps
Knee hugs (video)	2 sets x 10 reps	2 sets x 10 reps	2 sets x 11 reps	2 sets x 12 reps	2 sets x 13 reps	2 sets x 14 reps
Half burpees (video) (2)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)
Exercises	WEEK 7 -deload-	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Normal push ups (video)	3,2	4,3,2	5,4,3	5,4,4	6,5,4	3 sets 'till failure
Bodyweight squats (video)	1 sets x 14 reps	3 sets x 16 reps	3 sets x 17 reps	3 sets x 18 reps	3 sets x 19 reps	3 sets x 20 reps
Towel to chest pull ups (video)	1 sets x 14 reps	3 sets x 16 reps	3 sets x 17 reps	3 sets x 18 reps	3 sets x 19 reps	3 sets x 20 reps
V-ups (video)	1 sets x 6 reps	2 sets x 8 reps	2 sets x 8 reps	2 sets x 9 reps	2 sets x 9 reps	2 sets x 10 reps
Half burpees (video)	1 set x 30 seconds	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)	2 sets x 60 seconds (3)

Rest between sets: 1-2 minutes

Rest between exercises: 3-4 minutes

(1) Find a surface about 50 cm high. Make sure it's hard and not soft. If the exercise is too difficult, or too easy, adjust the height of the surface accordingly.

(2) Jump, get down into the push up position, but without doing the actual push up. Then get back up and repeat.

(3) Get as many reps as you can in those 60 seconds.

TUESDAY

REST DAY

ON REST DAYS YOU CAN:

- GO OUT FOR A WALK FOR 60 MINS.
- DO SOME LIGHT JOGGING FOR 40 MINS
- PLAY SOME GAMES OUTDOOR WITH KIDS OR FRIENDS
- GO FOR A BIKE RIDE FOR 60 MINS
- SWIMMING
- GET ON THE CROSS TRAINER FOR 40 MINS
- KEEP YOURSELF ACTIVE

THE IDEA OF A REST DAY IS TO KEEP YOURSELF ACTIVE BUT ALSO TO RECOVER FROM THE PREVIOUS DAY'S WORKOUT.

-WEDNESDAY- WORKOUT #2 - FULL BODY

TRAINING METHOD: CYCLES

- DO THOSE THE EXERCISES FROM 1-5 BACK TO BACK WITH NO REST BETWEEN THEM (OR THE SHORTEST AS POSSIBLE)
- THEN REST FOR 2-3 MINUTES.
- REPEAT FOR THE NUMBER OF PRESCRIBED CYCLES

Exercises		WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6	
		Reps	Cycles	Reps	Cycles	Reps	Cycles	Reps	Cycles	Reps	Cycles	Reps	Cycles
1	Back extensions (video)	60 sec	4	60 sec	5	60 sec	5	60 sec	5	60 sec	6	60 sec	7
2	Lunges (video)	60 sec		60 sec		60 sec		60 sec		60 sec		60 sec	
3	A-frame hold (video)	60 sec		60 sec		60 sec		60 sec		60 sec			
4	Dead bug (video)	60 sec		60 sec		60 sec		60 sec		60 sec			
5	Calve raises (video)	60 sec		60 sec		60 sec		60 sec		60 sec			
Exercises		WEEK 7 -deload-		WEEK 8		WEEK 9		WEEK 10		WEEK 11		WEEK 12	
1	Back extensions + isometric hold (video) (5)	60 sec	2	60 sec	5	60 sec	5	60 sec	6	60 sec	6	60 sec	7
2	Wall sit (video)	60 sec		60 sec		60 sec		60 sec		60 sec			
3	A-frame hold + shoulder taps (video) (6)	60 sec		60 sec		60 sec		60 sec		60 sec			
4	Bird dog (video) (7)	60 sec		60 sec		60 sec		60 sec		60 sec			
5	Calve raises (video)	60 sec		60 sec		60 sec		60 sec		60 sec			

Rest between sets: 0-20 seconds

Rest between cycles : 2-3 minutes

(5) Hold the top position for 2 seconds, then realese. Repeat.

(6) From the A-frame position, tap your opposite shoulder with the palm of your hand.

(7) Hold position for 30 seconds per each sides. Total of 60 secs.

THURSDAY

REST DAY - ACTIVE RECOVERY

ON REST DAYS YOU CAN:

- GO OUT FOR A WALK FOR 60 MINS.
- DO SOME LIGHT JOGGING FOR 40 MINS
- PLAY SOME GAMES OUTDOOR WITH KIDS OR FRIENDS
- GO FOR A BIKE RIDE FOR 60 MINS
- SWIMMING
- GET ON THE CROSS TRAINER FOR 40 MINS
- KEEP YOURSELF ACTIVE

THE IDEA OF A REST DAY IS TO KEEP YOURSELF ACTIVE BUT ALSO TO RECOVER FROM THE PREVIOUS DAY'S WORKOUT.

-FRIDAY- WORKOUT #3 - FULL BODY

TRAINING METHOD: *STRAIGHT SETS.*

EXAMPLE - DAY 1:

- DO THE REPS FROM THE **FIRST EXERCISES (8 REPS)**
- REST 1-2 MINUTES
- DO THE REPS FROM THE **FIRST EXERCISE (8 REPS)**
- REST 1-2 MINUTES
- DO THE REPS FROM THE **FIRST EXERCISE (8 REPS)**
- REST 3-4 MINUTES
- MOVE TO THE NEXT EXERCISE. YOU ARE DONE WHEN YOU GET TO THE LAST EXERCISE

Exercises	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets	Reps/Sets
Single leg glute bridges (video) (8)	3 sets x 8 reps	3 sets x 9 reps	3 sets x 10 reps	3 sets x 11 reps	3 sets x 12 reps	3 sets 'till failure
Pike push ups (video)	7,6,5	7,6,6	8,7,6	8,7,7	9,8,7	3 sets 'till failure
Knee Side plank hold (video) (9)	3 sets x 20 sec hold	3 sets x 20 sec hold	3 sets x 25 sec hold	3 sets x 25 sec hold	3 sets x 30 sec hold	3 sets 'till failure
Push ups negatives (video)	2 sets x 10 reps	2 sets x 10 reps	2 sets x 11 reps	2 sets x 12 reps	2 sets x 13 reps	2 sets x 14 reps
Tucked hollow body hold (video) (10)	2 sets x 30 seconds	2 sets x 30 seconds	2 sets x 35 seconds	2 sets x 35 seconds	2 sets x 40 seconds	2 sets x 45 seconds
Exercises	WEEK 7-deload-	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Single leg glute bridges (video)	1 set x 9 reps	3 sets x 10 reps	3 sets x 11 reps	3 sets x 12 reps	3 sets x 13 reps	3 sets 'till failure
Pike push ups (video)	1 sets x 7 reps	8,7,6	8,7,7	9,8,7	10,8,7	3 sets 'till failure
Knee Side plank hold (video)	1 sets x 20 sec hold	3 sets x 20 sec hold	3 sets x 25 sec hold	3 sets x 25 sec hold	3 sets x 30 sec hold	3 sets 'till failure
Push ups negatives (video)	1 sets x 6 reps	2 sets x 8 reps	2 sets x 8 reps	2 sets x 9 reps	2 sets x 9 reps	2 sets x 10 reps
Advanced Tucked hollow body hold (video)	1 sets x 20 seconds	2 sets x 20 seconds	2 sets x 25 seconds	2 sets x 25 seconds	2 sets x 30 seconds	2 sets x 35 seconds

Rest between sets: 2 minutes

Rest between exercises : 4 minutes

(8) - Perform the exercise with your dominant leg first to complete the prescribed amount of reps. Then change legs.

(9) - Perform the exercise with your dominant arm resting on the floor first and hold position for the prescribed time. Then Change sides.

(10) - As many reps are you can in the prescribed amount of time.

SATURDAY & SUNDAY

REST DAY - ACTIVE RECOVERY

ON REST DAYS YOU CAN:

- GO OUT FOR A WALK FOR 60 MINS.
- DO SOME LIGHT JOGGING FOR 40 MINS
- PLAY SOME GAMES OUTDOOR WITH KIDS OR FRIENDS
- GO FOR A BIKE RIDE FOR 60 MINS
- SWIMMING
- GET ON THE CROSS TRAINER FOR 40 MINS
- KEEP YOURSELF ACTIVE

THE IDEA OF A REST DAY IS TO KEEP YOURSELF ACTIVE BUT ALSO TO RECOVER FROM THE PREVIOUS DAY'S WORKOUT.

WHAT NEXT?

So, you finished the 12-week program. I am proud of you and you should be proud of YOU too!

If you were an absolute beginner 12 weeks ago, you probably were not comfortable doing push-ups or body-weight squats.

I am sure you are now a master at performing those exercises. And, I hope this program helped you get started in your fitness journey.

The end of this program shouldn't be the end of your workouts.

I have been working out since I was 15 years old, and I love feeling strong during my workouts. I hope that this program helped you strengthen your body and that you now feel stronger and ready to move forward.

In the case you liked this program, I have another program which, is a 2-in-1 12-week program make sure you check it out.



CHECK IT OUT

I hope you also enjoyed all the free content that is on my site, and if you want to support me, it would be great if you could buy me lunch by buying one of my paid programs.

Feel free to reach out for help and get in touch on my socials or via email.

Good luck in your future! All the best. Fernando.