

# HOW TO START CALISTHENICS

A STEP BY STEP PROCESS



**REFLECT**

**ASSESS**



**PROGRAM**

**START TRAINING**



# HELLO!

## ***Learn How to start Calisthenics training!***

Calisthenics is my favourite kind of training because I can adjust the exercises to train where ever I am. At the park, at home, at the gym, in the forest, in a small hotel room. With or without equipment.

Once I knew how to train Calisthenics it made any place a potential playground.

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Working on a skill rather than having a muscle in focus makes calisthenics fun and challenging in a curious way.

“How can I master this skill?”  
“What does this feel and look like?”  
“What are my strengths?”  
“What am I not so good at?”

There are plenty of progressions and regressions to use in Calisthenics training depending on your situation. If I have been up all night with my 2-year old daughter I can easily adjust the training so that I still train, but don't wreck myself.

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Being able to stay consistent moving my body makes it feel good, and abled!

The mental and emotional wellbeing experienced from moving regularly is something so apparent after longer breaks. A wellbeing that comes from not much or hard training, but the regular moving of once body in a way that is enjoyed and curiously challenging.

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That is Calisthenics for me, fun and versatile.

**I hope this guide  
will give you  
peculiar insights  
like it has for me,**

*Fanny Tulloch*

Fanny Tulloch



# THE PROCESS



## REFLECT

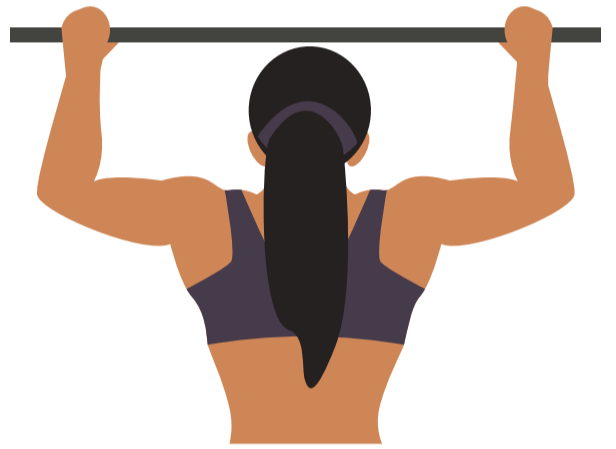
### WITH PEN AND PAPER

Note down your goals, current abilities, biggest obstacle and reflect on your life-situation.

## ASSESS

### FILM THE TESTS YOU DO

To analyse your current Abilities, Strengths and Weaknesses.



## PROGRAM

### MAKE YOURSELF A PROGRAM

Based on your goals, life-situation and the testing.

## START TRAINING

### HOW WAS YOUR FIRST SESSION?

Take some notes after training and make changes when needed.



# A TIP ON YOUR WAY

## Feel overwhelmed already?

You may feel...

...overwhelmed with everything that needs to be done.

...confused about how to do it.

...doubtful if you can do it on your own.

and the list goes on.

Some people will sign up for this guide and never use it because of this.

Hopefully what I am about to say will make sure you're not one of them.

It is true that you could spend a long time on each step in the process of making your first Calisthenics program.

Some will spend all their time on the process and never reach the end goal of making the program because they spend too long and lose interest on their way.

***The most important thing is not that you make the best program.***

***It is that you start training!***

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## Here is a tip to make that happen:

- Set a timer for 30 minutes to do the reflection
- Set a timer for 45 minutes to do the assessment
- Set a timer for 45 minutes to do the program

***After 2h you have a Calisthenics program.***

**The goal is not to start with the best program ever. It is to start training.**

**Then you continue to reflect on how it's going and make appropriate changes when needed.**

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Too many people never start because they feel overwhelmed, doubtful, confused, scared or anxious. Let us change that trajectory.

Turn the page and start REFLECTING 

**Reach out to me if you need help during the process,**

*Fanny Tulloch*

Fanny Tulloch

# REFLECTION

ANSWER THE FOLLOWING QUESTIONS



**How much time do I realistically have for training each week?**

Write down a specific answer,  
i.e 45 minutes on Tuesday & Friday morning before work.

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**What skills do I want to learn?**

Be specific!

i.e 1 chin up, 10sec handstand hold, full depth cossack squat.

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**What is the biggest obstacle for me reaching my goals?**

Write down the biggest obstacle you have,  
i.e. I don't know what exercise to do to improve chin ups,  
push ups and pistol squats.



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**What have I tried so far to reach my goals?**

Write down everything you've tried thus far.  
i.e followed an online program, listened to youtube clips.

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# ASSESSMENT

FILM THE FOLLOWING TESTS

**Write down the skills you want to master below.**

Test if you can do them (Remember to film!)

Write down notes about why you think you can, or cannot, do them today.



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## Do the following assessment for basic Calisthenics:

Film them the way they show in the videos.

Download [this sheet](#) and track your results.

- [Passive hang](#). Goal: 30s+
  - Tests grip strength
- [Standing leg raises](#). Goal: 6r+ 10s/side with leg at or close to 90'
  - Tests strength of the front hip and flexibility of the backside leg
- [Table top](#). Goal: 6r+ 10s/side with hip parallel to floor
  - Tests strength and flexibility in the arm behind body position
- [Single leg deadlift](#). Goal: 6r+ 10s/side with back leg to arms parallel to floor
  - Tests balance and strength of the hip and leg in a hinging movement
- [Bear hold](#). Goal: 45s+
  - Tests core strength and upper body strength
- [Side lying rotation](#). Long-term goal: Rest knee and opposite shoulder on floor
  - Tests spinal rotation
- [Lying shoulder & hip rotation](#)
  - Tests internal and external rotation in shoulder & hip.
    - Long-term goal Shoulder: Hands fully back (palm facing up) to the floor & 30 degrees forward or closer to the floor (palm facing down).
    - Long-term goal Hip: 45degree or more with foot moving in towards the other leg & 30degrees or more when foot moves out.



Note: This assessment will give you a good basic understanding of what your body is capable of today in relation to basic movements and positions used in Calisthenics training.

They do not aim to investigate specific skills or areas which could be necessary for you individually. If you need further testing connect with me over an email: [fanny@mobilitytraining.com.au](mailto:fanny@mobilitytraining.com.au)

FIND MORE TIPS ON THE [MOBILITY TRAINING YOUTUBE](#)

# PROGRAMMING

## MAKE YOUR FIRST CALISTHENICS PROGRAM

You have done your reflection and the assesment, that is the foundation for making your own CAL program!

The answers you've gotten from those will determine how you put together you first Calisthenics program.



### Time to make your program:

1. Bring out pen and paper (or make it in excel or word).
2. Look at your Q1 answer and **divide the training week** based on how many sessions you have time for.
3. Add this [full body warm-up routine](#) at the start of each training session.
4. Next you need to figure out what **exercise progressions** to do.
  - If you were not able to do the recommended targets for the testing you can simply put those exact exercises in.
  - If you did, and need the next step it's time you learn the progressions you need by looking at the case study I made in [this training sheet](#).
    - If the exercises are suitable for you- Copy paste!
    - If not, study on your own (you find many drills on my [YouTube channel](#)), or consult a coach.
5. **How much** do I train these exercises:
  - a. Reps/seconds and sets:
    - i. For a beginner it's important to learn how to move. I recommend choosing an exercise that you can do 3sets of 6-15r or 20-45s, to get sufficient repetition.
  - Rest:
    - 60-90s rest between each set is good to start with.
  - Supersets:
    - If you need to save time, do supersets as I have written in the sample-program. "A1 and A2" means you do the A1-exercise, take the 60s break then move on to the A2-exercise rest for 60s then repeat for 3 sets.
  - Frequency, how often do I train the same exercise or skill?
    - You can easily do the exact same training day twice per week. If you train four times per week, do two different training days and rotate them twice = four sessions/week!
    - If you want more variation, check out the 3-day split in the sample-program.
6. It's **time to start** your first ever Calisthenics program!

Use the program for 4-8 weeks. Evaluate and make appropriate changes whenever needed.

*Note: Programming can seem quite difficult at the start. It will require you to put time aside to learn the above aspects of calisthenics training to feel more confident in making your own programs.*

*If you want to do this it on your own, then I want to encourage you to simply try things out. Let it take time and don't be afraid of making changes if it's not working after giving it a proper go. And keep learning!*

*If you want help with programming you can always reach out to me over an email: [fanny@mobilitytraining.com.au](mailto:fanny@mobilitytraining.com.au)*



# ENJOY TRAINING!

## ***Anyone can learn how to train Calisthenics.***

But to learn what it is YOU need to train takes knowledge, understanding and experience to figure out. The time and effort you need to put in to learn this is well worth it.

You will make exciting discoveries about your body's challenges and capabilities along the way. You will also learn that some things don't work for you. That is not time wasted, it is time spent getting closer to what you want and need. You will learn as much about yourself; your physical, mental and emotional body, as you will learn about the art of Calisthenics training.

A journey that can be both curious and exiting!

The process is outlined above. Make sure you go and [DOWNLOAD](#) the excel sheet so you can put your notes and test results in there, and later- your FIRST Calisthenics program!

**Enjoy the process and reach out to me if you need help,**

*Fanny Tulloch*

Fanny Tulloch

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## ***Feel overwhelmed?***

If all this feels overwhelming to you and you would prefer someone else made your programs and coach you through them. Reach out to me via email: [fanny@mobilitytraining.com.au](mailto:fanny@mobilitytraining.com.au) and I'll tell you more about how I coach online.

Coaching is not for everyone, but it will be for you who do not have the time or keen interest in learning about different exercises, how and why to do them, how much and when to do them, and all the rest.

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## **Disclaimer:**

This free e-book is meant to inspire you to start Calisthenics training. The intention is to teach you a step by step process to follow so you can start your Calisthenics training already this week.

This e-book does not serve as a specific recommendation for how you should train. Always consult a health practitioner before starting exercise.

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## **Glossary:**

R = reps

S = seconds