

HYBRID ROUTINE 2.0

HYBRID//
CALISTHENICS

For more details, visit
<https://www.hybridcalisthenics.com/routine>

Repetition Speed:

- ↓ 2 seconds down
- || 1 second pause
- ↑ 2 seconds up
- || 1 second pause

Rest Time:

90 seconds between sets
2-3 minutes between
exercises

MONDAY

PUSHUPS
2-3 sets

LEG RAISES
2-3 sets

TUESDAY

PULLUPS
2-3 sets

SQUATS
2-3 sets

WEDNESDAY

BRIDGES
2-3 sets

TWISTS
2-3 sets

THURSDAY

PUSHUPS
2-3 sets

LEG RAISES
2-3 sets

FRIDAY

PULLUPS
2-3 sets

SQUATS
2-3 sets

SATURDAY

BRIDGES
2-3 sets

TWISTS
2-3 sets

SUNDAY

Day of *resting* and *stretching* 😊

Train your triceps, shoulders, and chest while building fundamental pushing strength!

PUSHUPS

1. WALL PUSHUPS

- Level 1:**
2 sets of 30
- Level 2:**
2 sets of 50
- Level 3:**
3 sets of 50



2. INCLINE PUSHUPS

- Level 1:**
2 sets of 20
- Level 2:**
2 sets of 30
- Level 3:**
3 sets of 40



3. ADVANCED INCLINE PUSHUPS

- Level 1:**
2 sets of 20
- Level 2:**
2 sets of 30
- Level 3:**
3 sets of 35



4. KNEE PUSHUPS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
3 sets of 30



5. FULL PUSHUPS

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 15
- Level 3:**
3 sets of 25



6. NARROW PUSHUPS

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
3 sets of 20



7. SIDE-STAGGERED PUSHUPS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 10 (per side)
- Level 3:**
3 sets of 20 (per side)



8. ARCHER PUSHUPS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 9 (per side)
- Level 3:**
2 sets of 12 (per side)



9. SLIDING ONE-ARM PUSHUPS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 9 (per side)
- Level 3:**
2 sets of 12 (per side)



10. ONE-ARM PUSHUPS

- Level 1:**
2 sets of 3 (per side)
- Level 2:**
2 sets of 6 (per side)
- Level 3:**
2 sets of 9 (per side)



11. ADVANCED ONE-ARM PUSHUPS

- Level 1:**
2 sets of 3 (per side)
- Level 2:**
2 sets of 6 (per side)
- Level 3:**
2 sets of 9 (per side)



For more details and videos, visit <https://www.hybridcalisthenics.com/pushups>

SQUATS

Train your entire
lower body!

1. JACKKNIFE SQUATS

- Level 1:**
2 sets of 15
- Level 2:**
2 sets of 25
- Level 3:**
3 sets of 35



2. ASSISTED SQUATS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
3 sets of 30



3. HALF SQUATS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 25
- Level 3:**
2 sets of 50



4. FULL SQUATS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
2 sets of 30



5. NARROW SQUATS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 30



6. SIDE STAGGERED SQUATS

- Level 1:**
2 sets of 10 (per side)
- Level 2:**
2 sets of 15 (per side)
- Level 3:**
2 sets of 20 (per side)



7. FRONT STAGGERED SQUATS

- Level 1:**
2 sets of 7 (per side)
- Level 2:**
2 sets of 12 (per side)
- Level 3:**
2 sets of 15 (per side)



8. ASSISTED ONE LEG SQUATS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 9 (per side)
- Level 3:**
2 sets of 12 (per side)



9. ONE LEG CHAIR SQUATS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 9 (per side)
- Level 3:**
2 sets of 12 (per side)



10. ONE LEG SQUATS

- Level 1:**
2 sets of 5 (per side)
- Level 2:**
2 sets of 9 (per side)
- Level 3:**
2 sets of 12 (per side)



BRIDGES

Train your entire posterior chain, strengthen your spine, and reduce back pain!

1. GLUTE BRIDGES

- Level 1:**
2 sets of 15
- Level 2:**
2 sets of 30
- Level 3:**
3 sets of 50



2. STRAIGHT BRIDGES

- Level 1:**
2 sets of 15
- Level 2:**
2 sets of 25
- Level 3:**
3 sets of 30



3. WALL BRIDGES

- Level 1:**
2 sets of 15
- Level 2:**
2 sets of 25
- Level 3:**
3 sets of 30



4. INCLINE BRIDGES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
2 sets of 25



5. HEAD BRIDGES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
2 sets of 25



6. FULL BRIDGES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
2 sets of 15



7. WHEEL BRIDGES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
2 sets of 15



8. TAP BRIDGES

- Level 1:**
2 sets of 5 (per side, alt.)
- Level 2:**
2 sets of 20 (per side, alt.)
- Level 3:**
2 sets of 30 (per side, alt.)



9. WALL WALKING BRIDGES

- Level 1:**
1 set of 3
- Level 2:**
1 set of 6
- Level 3:**
2 sets of 10



10. STAND TO STAND BRIDGES

- Level 1:**
1 set of 1
- Level 2:**
1 set of 3
- Level 3:**
2 sets of 5



PULLUPS

Train your biceps
and back while
building functional
pulling strength!

1. WALL PULLUPS

- Level 1:**
2 sets of 30
- Level 2:**
2 sets of 50
- Level 3:**
3 sets of 50



2. HORIZONTAL PULLUPS

- Level 1:**
2 sets of 15
- Level 2:**
2 sets of 30
- Level 3:**
3 sets of 30



3. ADVANCED HORIZONTAL PULLUPS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
3 sets of 25



4. JACKKNIFE PULLUPS

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 15
- Level 3:**
3 sets of 20



5. FULL PULLUPS / CHINUPS

- Level 1:**
1 set of 3
- Level 2:**
2 sets of 6
- Level 3:**
3 sets of 12



6. NARROW PULLUPS

- Level 1:**
2 sets of 3
- Level 2:**
2 sets of 6
- Level 3:**
3 sets of 9



7. ONE HAND PULLUPS

- Level 1:**
2 sets of 3 (per side)
- Level 2:**
2 sets of 6 (per side)
- Level 3:**
2 sets of 9 (per side)



8. ADVANCED ONE HAND PULLUPS

- Level 1:**
2 sets of 3 (per side)
- Level 2:**
2 sets of 6 (per side)
- Level 3:**
2 sets of 9 (per side)



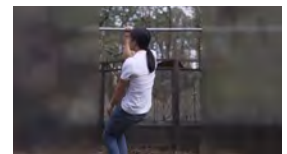
9. ARCHER PULLUPS

- Level 1:**
2 sets of 3 (per side)
- Level 2:**
2 sets of 6 (per side)
- Level 3:**
2 sets of 9 (per side)



10. ONE-ARM PULLUPS

- Level 1:**
1 sets of 1 (per side)
- Level 2:**
2 sets of 3 (per side)
- Level 3:**
2 sets of 6 (per side)



TWISTS

Train the sides of your body, reduce muscular imbalance, and increase spinal mobility!

1. STRAIGHT LEG TWISTS

- **Level 1:**
3 holds of 15 seconds (both sides)
- **Level 2:**
3 holds of 30 seconds (both sides)
- **Level 3:**
3 holds of 60 seconds (both sides)



2. BENT LEG TWISTS

- **Level 1:**
3 holds of 15 seconds (both sides)
- **Level 2:**
3 holds of 30 seconds (both sides)
- **Level 3:**
3 holds of 60 seconds (both sides)



3. FULL TWISTS

- **Level 1:**
3 holds of 15 seconds (both sides)
- **Level 2:**
3 holds of 30 seconds (both sides)
- **Level 3:**
3 holds of 60 seconds (both sides)



LEG RAISES

Build fantastic core strength and mobility!

1. KNEE RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
2 sets of 30



2. ADVANCED KNEE RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 20
- Level 3:**
2 sets of 30



3. ALTERNATING LEG RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 25



4. FULL LEG RAISES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 25



5. TUCK PLOW RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 20



6. PLOW RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 20



7. HANGING KNEE RAISES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
2 sets of 15



8. ADVANCED HANGING KNEE RAISES

- Level 1:**
2 sets of 5
- Level 2:**
2 sets of 10
- Level 3:**
2 sets of 15



9. HANGING LEG RAISES

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 25



10. TOE TO BARS

- Level 1:**
2 sets of 10
- Level 2:**
2 sets of 15
- Level 3:**
2 sets of 25

