

Hybrid Calisthenics

Hampton's MWF Weekly Routine

Monday	Pushups			Full Body or Side 1		Side 2			
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2	
	1	Wall Pushups	3 sets of 50						
	2	Incline Pushups	3 sets of 40						
	3	Knee Pushups	2 sets of 25						
	4	Full Pushups	2 sets of 25						
	5	Narrow Pushups	2 sets of 20						
	6	Side-Staggered Pushups	2 sets of 15 (both sides)						
	7	Archer Pushups	2 sets of 9 (both sides)						
	8	Sliding One-Arm Pushups	2 sets of 9 (both sides)						
9	One-Arm Pushups (Conventional)	2 sets of 9 (both sides)							
10	One-Arm Pushups (Feet Together)	2 sets of 20 (both sides)							
(Short Video on Pushups)									
Leg Raises			Full Body or Side 1		Side 2				
Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2		
1	Knee Tucks	3 sets of 40							
2	Knee Raises	3 sets of 40							
3	Bent Leg Raises	3 sets of 35							
4	Leg Raises	2 sets of 25							
5	Hanging Knee Raises	2 sets of 20							
6	Hanging Bent Leg Raises	2 sets of 15							
7	Hanging Leg Raises	2 sets of 9							
8	L-Hold +	30 seconds							
9	V-Hold +	30 seconds							
10	Hanging V-Hold +	60 seconds							
+ Do Hanging Leg Raises after to maintain a dynamic element to your core training.									

Wednesday	Squats			Full Body or Side 1		Side 2		
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2
	1	Jackknife Squats	3 sets of 35					
	2	Assisted Squats	3 sets of 30					
	3	Half Squats	2 sets of 35					
	4	Full Squats	2 sets of 50					
	5	Narrow Squats	2 sets of 25					
	6	Side Staggered Squats	2 sets of 20 (both sides)					
	7	Staggered Squats	2 sets of 20 (both sides)					
	8	Assisted One-Leg Squats	2 sets of 9 (both sides)					
9	One-Leg Chair Squats	2 sets of 9 (both sides)						
10	One-Leg Squats	2 sets of 20 (both sides)						
Pullups			Full Body or Side 1		Side 2			
Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2	
1	Wall Pullups	3 sets of 50						
2	Horizontal Pullups (Chest Height)	3 sets of 30						
3	Horizontal Pullups (Hip Height)	3 sets of 25						
4	Jackknife Pullups	3 sets of 25						
5	Full Pullups / Chinups	2 sets of 12						
6	Narrow Pullups	2 sets of 9						
7	One-Hand Pullups	2 sets of 9 (both sides)						
8	Archer Pullups +	2 sets of 7 (both sides)						
9	One-Arm Pullups	2 sets of 20 (both sides)						
+ Train one side at a time. Alternating makes it easier.								

Friday	Bridges			Full Body or Side 1		Side 2		
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2
	1	Short Bridges	3 sets of 50					
	2	Straight Bridges	3 sets of 40					
	3	Raised Bridges	2 sets of 25					
	4	Head Bridges	2 sets of 20					
	5	Full Bridges	2 sets of 15					
	6	One-Leg Gecko Bridges	2 sets of 9 (both sides)					
	7	Walking Bridges	25 steps					
	8	Wall-Walking Bridges	2 sets of 9					
9	Stand-to-Stand Bridges	2 sets of 20						