

Muscle-up challenge

Calisthenics



The exercises below are a suggestion. When these are too heavy, repeat similar exercises that you can handle. There are no number of repetitions in this schedule. Try to make the exercises heavy enough so that you can do 5 repetitions. You can do so by adding or losing weight, for example by using elastic bands. Try to do at least 5 sets of every exercise. In training sessions with a * you can repeat the exercises one after the other instead of staying on the same exercise until you've finished and then go to the next.

Do you want some more info about the exercises, some help, or just a technique check from time to time? Ask any trainer! During the challenge (2 January – 2 March 2020) you can also train under professional guidance. Art will be there for you, every Monday between 19.00 – 20.00 in the fitness studio of USC Universum. You can join these sessions with your USC fitness membership.

Week 1 & 2					
		Exercise	Notes		
Training 1*		Lat pulldown			
		Active hang			
		Hanging knee raises			
Training 2		Inverted row			
		(assisted) Pull-up			
		Dips			
Training 3*		Lat pulldown			
		Active hang			
		Dips			
		Hanging knee raises			

Week 3 & 4					
		Exercise	Notes		
Training 1*		(assisted) Pull-up			
		Hanging knee raises			
		Dips			
Training 2*		Arm extension			
		Active hang			
		Straight arm pulldown			
Training 3		Keiser pull-push			
		Lat pulldown			
		Dips			

Week 5 & 6					
		Exercise	Notes		
Training 1*		(assisted) Explosive pull-up (weighted)			
		Keiser pull-push			
		Single bar dips			
		Jumping muscle-up			
Training 2		Gorilla pull-ups			
		Active hang with knee raises and minor pull			
		Straight arm pulldown			
		Pull-ups until failure			
Training 3		Assisted muscle-up			
		Keiser pull-push			
		Single bar low dips			

Week 7 & 8					
		Exercise	Notes		
Training 1*		Active hang with knee raises and minor pull			
		Pull-ups (explosive)			
		Single bar dips			
		Keiser pull-push			
Training 2		Gorilla pull-ups			
		Straight arm pulldown			
		Assisted muscle-up			
Training 3		Muscle-up			
		Keiser pull-push			
		Single bar low dips			
		Heavy pull-up			