



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



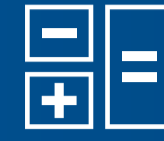
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KING OF CALISTHENICS WORKOUT: LEAN MUSCLE WITHOUT EQUIPMENT

No gym? No problem. Grow without equipment. Brad Borland shows you how to use your own body weight to build lean muscle mass. Basic & intermediate workouts included.

Link to Workout: <https://www.muscleandstrength.com/workouts/king-calisthenics-workout-lean-muscle>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Bodyweight

Author: Brad Borland

Basic Bodyweight Workout

Exercise	Sets	Reps	Rest
Perform 2 - 3x a Week			
Superset: Push-Up and Pull-Up	2 - 4	10 - 20	60 secs
Superset: Parallel Bar Dip and Inverted Row	2 - 4	10 - 20	60 secs
Superset: Prisoner Squat and Forward Static Lunge	2 - 4	10 - 20	60 secs
Superset: Step-Up and Single Leg Calf Raise	2 - 4	10 - 20	60 secs
Triset: Lying Leg Raise , Floor Crunch and Plank	2 - 4	10 - 20	30 secs

Intermediate Bodyweight Workout

Exercise	Sets	Reps	Rest
Perform 2 - 3x a Week			
Superset: 3-way Push-Up and Chest-to-Bar Pull-Up	3 - 5	10 - 16	60 secs
Superset: Feet-Elevated Inverted Row and Burpees	3 - 5	10 - 16	60 secs
Superset: Pike Press and Jumping Jacks	3 - 5	10 - 16	60 secs
Superset: Bulgarian Split Squat and Reverse Lunge	3 - 5	10 - 16	60 secs
Superset: Box Jumps and Sled Drag -Push/Pull or Sprint Intervals	3 - 5	10 - 16	60 secs
Triset: Hanging Leg Raise, 3-way Plank and Jump Rope or Mountain Climbers	3 - 5	10 - 16	30 secs