

ELEVATE

WHAT IS THE PROGRAM ABOUT?

Elevate is not just a workout program, it's a journey of building strength, control, and confidence using your own body. I've designed this in a way where anyone can start, but it will still challenge you as you progress. And honestly, even for me, going through these sessions back-to-back without much rest wasn't easy. It pushed me and that's exactly what this program is meant to do for you. This is for anyone who has ever felt like calisthenics is too difficult, too intimidating, or just "not for them."

We're breaking that idea here. We start with the basics, understanding your body, building strength, learning control and slowly move into skills and more challenging workouts. It's not about rushing or comparing yourself to anyone else. It's about showing up, being consistent, and getting a little better each day. Some days will feel easy, some will challenge you and that's the point. By the end of this program, you won't just be stronger, you'll move better, feel more in control, and most importantly, you'll know that you're capable of more than you thought.

WEEK 1 - BUILD YOUR BASE

DAY 1	WEEK 1	Full Body Foundation
DAY 2		Lower Body Strength (Legs of Steel)
DAY 3		Upper Body Push Strength
DAY 4		Core Control & Balance
DAY 5		Pull Strength Builder
DAY 6		Rest Day
DAY 7		Rest Day

WEEK 2 - UNLOCK CONTROL

DAY 8	WEEK 2	Full Body Foundation
DAY 9		Lower Body Strength
DAY 10		Learning Skin the Cat
DAY 11		Upper Body Push Strength
DAY 12		Core Control & Balance
DAY 13		Rest Day
DAY 14		Rest Day

WEEK 3 - LEVEL UP SKILLS

DAY 15	WEEK 3	Pull Strength Builder
DAY 16		Learning the Elbow Lever
DAY 17		Mobility & Balance Flow
DAY 18		Learning the Handstand
DAY 19		Full Body Mastery
DAY 20		Rest Day
DAY 21		Rest Day

WEEK 4 - ELEVATE & TEST

DAY 22	WEEK 4	Full Body Conditioning Circuit
DAY 23		Learning the L-Sit
DAY 24		Core Conditioning & Control
DAY 25		Mobility & Balance Flow
DAY 26		Final Ladder Challenge
DAY 27		Rest Day
DAY 28		Rest Day

WEEK 5 - FINAL DAYS

DAY 29	L-Sit Re-test
DAY 30	Final Ladder Challenge (Re-test)