

Grind Style Calisthenics

Workout Log Month 2

This is an open-ended workout log, similar to the [Scoreboard Progression log](#). Instead of filling out little restrictive boxes, the log is divided into sections for each phase of the workout.

Simply write down any sort of relevant information you like in each section and make notes if and when you make progress or changes. Keep in mind you may make more notes about some phases and workouts than others. For example, you may go the whole month not needing to write anything about the tension phase for the push chain but you may write chapters of notes on the strength phase for your squat chain. This is fine. Just write down what you do and how you do it, and any notes on technique or tension control you feel matters to you.

Workout #1 Push, Pull, Squat (P.P.S)

Tension Phase

[Isoloop push-ups](#)

[Isoloop rows](#)

[Wall Sits](#)

Stability Phase

[Shifting push-ups on straps](#)

[Shifting rows on straps](#)

[Shifting squats](#)

Strength Phase

[Archer Rows](#)

[Archer Push-ups](#)

[Lateral Squats](#)

Finisher Phase

Complete as many reps as possible of the following for 1-2 sets to failure

[Strap push-ups](#)

[Step rows](#)

[Jump squats or lunges](#)

Workout #2 Extension, Lateral, Flexion (E.L.F)

Tension Phase

[Dead Bug](#)

[Isometric Table Bridge](#)

[Isometric side plank](#)

Stability Phase

[Reaching Table Bridge](#)

[T-Plank](#)

[Sideways Bear Crawl](#)

Strength Phase

Hold each isometric for 15-20 seconds Max. Stretch out each to increase resistance. Forego suspension straps and just use the floor if the suspension version is too difficult.

[Strap plank](#)

[Strap Lateral Plank](#)

[Strap Bridge](#)