

KILOPACE

TRAINING JOURNAL NO. 09

OCTOBER 19, 2026

Your 12-week calisthenics journal

From where you are to your first clean pull-ups

Foundation • Slow negative pull-up

PULL

Beginner • Push-up

PUSH

Bulgarian split squat

LEGS

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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Calculated from your answers. These are the numbers the whole plan is built on.

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Slow negatives (3–5 seconds down) are the fastest route to a first pull-up.

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CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

From where you are to your first clean pull-ups

Foundation · Slow negative pull-up

PULL

Beginner · Push-up

PUSH

Bulgarian split squat

LEGS

3

SESSIONS / WEEK

BEFORE YOU START

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

Pull: Foundation · Slow negative pull-up

Push: Beginner · Push-up

Legs: Bulgarian split squat

Sessions / week: 3

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Slow negatives (3–5 seconds down) are the fastest route to a first pull-up.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Alternate Workout A and B with a rest day between.
- 02 Add one rep per set each week; when you reach the top of the plan's reps, move to the next exercise on the ladder.
- 03 Retest every 4 weeks on the test page.
- 04 Short on time? Do the first two exercises only.

“Full range of motion first, more reps second.”

COACHING NOTES

- Slow negatives (3–5 seconds down) are the fastest route to a first pull-up.
- Tendons adapt slower than muscles; don't jump two steps on a ladder at once.
- Grip strength limits many people; dead hangs fix that.
- Eat enough protein (about 1.6 g per kg) to build the strength you are training for.
- Film a set now and in week 12. The difference is motivating.

CHAPTER 03

The programme

From where you are to your first clean pull-ups

01

Your starting test

You did 8 push-ups, 0 pull-ups, a 25-second dead hang and 30 squats. Every exercise below is chosen from those numbers. Retest at weeks 4, 8 and 12.

02

Your 12-week plan

“Rule of thumb: finish every set with 2 good reps left. Clean reps build strength faster than ugly ones.”

WEEKS	SESSION	EXERCISE	SETS × REPS
1–4	Workout A	Slow negative pull-up	3 × 3
		Push-up	3 × 5
		Bulgarian split squat	3 × 12
		Hollow body hold	3 × 15 s
1–4	Workout B	Dead hang	3 × 15 s
		Knee push-up	3 × 7
		Split squat	3 × 15
		Dead bug	3 × 15 s
5–8	Workout A	Band-assisted pull-up	4 × 3
		Diamond push-up	4 × 5
		Assisted pistol squat	4 × 12
		Tuck L-sit	3 × 27 s
5–8	Workout B	Slow negative pull-up	4 × 3
		Push-up	4 × 7
		Bulgarian split squat	4 × 15

WEEKS	SESSION	EXERCISE	SETS × REPS
9–12	Workout A	Hollow body hold	3 × 27 s
		Pull-up	4 × 3
		Bench dip	4 × 5
		Box pistol squat	4 × 12
		Hanging knee raise	4 × 6
9–12	Workout B	Band-assisted pull-up	4 × 3
		Diamond push-up	4 × 7
		Assisted pistol squat	4 × 15
		Tuck L-sit	3 × 39 s

03

Progression ladders

PATTERN	FROM EASIEST TO HARDEST
Pull	Dead hang → Slow negative pull-up → Band-assisted pull-up → Pull-up → Pull-up clusters → Chest-to-bar pull-up → Muscle-up transition drill
Push	Incline push-up → Knee push-up → Push-up → Diamond push-up → Parallel bar dip → Archer push-up → Pseudo planche push-up
Legs	Bodyweight squat → Split squat → Bulgarian split squat → Assisted pistol squat → Box pistol squat → Pistol squat
Core	Dead bug → Hollow body hold → Tuck L-sit → Hanging knee raise → Hanging leg raise → L-sit

04

Warm-up (5 minutes)

- Arm circles and wrist rolls, 30 s each
- Scapular push-ups × 10
- Scapular pulls or band pull-aparts × 10
- Bodyweight squats × 10

Technique library

Every movement in your plan, with the cues coaches use. Read it once before week 1, then come back whenever a lift feels off.

EXERCISE	CUES
Split squat	Long split stance, back heel up, hands on hips or holding weights · Drop the back knee straight down, front shin near vertical · Don't let the front knee cave inwards or push off the back foot
Dead bug	On your back, arms to ceiling, knees above hips at 90° · Exhale and slowly lower the opposite arm and leg, then switch · Don't let the lower back lift off the floor; shorten the range if it does
Incline push-up	Hands on a bench, worktop or wall, body in one straight line · Lower your chest to the edge, elbows about 45°, press away · Don't let the hips sag; raise the hands higher if form slips
Bulgarian split squat	Back foot laces-down on a bench, front foot a long stride ahead · Lean slightly forward, lower until the back knee nears the floor, drive through the front heel · Don't bounce off the back leg
Push-up	Hands just wider than shoulders, body in one straight line · Lower chest to the floor, elbows about 45°, press away · Don't let hips sag or pike up; elevate the hands if needed
Dead hang	Overhand grip, shoulder-width, feet off the floor · Hang with straight arms, gently pull shoulders away from ears, breathe · Don't kip or let the body swing
Slow negative pull-up	Jump or step up so your chin is above the bar · Lower yourself for 3–5 seconds to straight arms · Don't drop the last part; control it all the way down
Band-assisted pull-up	Band looped over the bar, one knee or foot in it · Pull until chin clears the bar, lower to straight arms · Don't use the band's bounce to fling yourself up
Pull-up	Overhand grip just wider than shoulders, start from a dead hang · Pull elbows down to your ribs until your chin clears the bar · Don't kick, kip or cut the bottom of the rep short
Pull-up clusters	Pick a rep count you can do cleanly, e.g. 2–3 per mini-set · Rest 10–20 s between mini-sets, keep every rep full range · Don't let form decay to finish the cluster
Chest-to-bar pull-up	Grip just wider than shoulders, slight lean back, chest proud · Pull aggressively until your chest touches the bar · Don't settle for chin over bar or swing to get there
Muscle-up transition drill	Low bar or rings with feet on the floor, false grip if possible · Pull high to the chest, then roll the chest over the hands into a dip · Don't skip the false grip or bend wrists back
Knee push-up	Knees on the floor, hips extended so knees to head form a line · Lower chest to the floor, elbows about 45° · Don't bend at the hips or let the head drop
Diamond push-up	Hands together under the chest, thumbs and index fingers touching · Lower chest to the hands, elbows close to the ribs · Don't flare elbows wide or let the hips sag

EXERCISE	CUES
Parallel bar dip	Support on straight arms, shoulders down, slight forward lean · Lower until upper arms are near parallel, press back up · Don't go deeper than your shoulders allow or let shoulders roll forward
Bench dip	Hands on a bench edge behind you, knees bent, hips close to the bench · Lower until elbows reach about 90°, press up · Don't go deeper than shoulders allow or let hips drift forward
Archer push-up	Very wide hand position, fingers pointing out · Shift down towards one hand while the other arm straightens · Don't twist the hips; keep the body in one line
Pseudo planche push-up	Hands turned out by the hips, lean shoulders well past the hands · Keep the lean while lowering and pressing, body rigid · Don't lose the lean as you tire or force wrists that hurt
Bodyweight squat	Feet shoulder-width, toes slightly out, arms forward · Sit down between your heels to full depth you control, knees track toes · Don't let heels lift or knees cave inwards
Assisted pistol squat	Hold a door frame, pole or strap, one leg out in front · Sit down slowly on one leg, use the arms only as needed to stand · Don't let the standing knee cave in
Box pistol squat	Stand on one leg in front of a box or bench, other leg forward · Sit back to touch the box, stand up without rocking · Don't plop onto the box; lower the height over time
Pistol squat	Stand on one leg, other leg straight out, arms forward · Sit down to full depth with heel down, stand up under control · Don't let the knee cave or heel lift
Hollow body hold	On your back, lower back pressed into the floor · Lift shoulders and legs, arms by ears; bend knees to make it easier · Don't let the lower back arch off the floor
Tuck L-sit	Hands on parallettes or the floor next to hips, press down hard · Lift hips and tuck knees to the chest, shoulders down · Don't shrug or bend the elbows
Hanging knee raise	Dead hang, shoulders gently engaged · Curl knees up towards the chest, tilting the pelvis, lower slowly · Don't swing; pause at the bottom between reps
Hanging leg raise	Dead hang, legs straight together · Raise legs to at least hip height using the abs, lower slowly · Don't swing or kick the legs up
L-sit	Hands on parallettes or the floor next to hips, arms locked · Press down and lift straight legs to hip height, toes pointed · Don't shrug or let the legs drop as you tire

If this happens, do this

If you're stuck at the same pull-up number	Then add greasing-the-groove sets at half your max through the day and slow negatives twice a week
If your wrists hurt on push-ups or handstands	Then warm up wrists, use push-up handles or fists, and reduce handstand volume until pain-free
If your elbows ache after pulling	Then reduce pull volume for a week, vary grip, and avoid training to failure every set
If you can't hold the L-sit or hollow	Then use shorter holds, tuck the knees, and build up 5 seconds at a time
If shoulders pinch on dips or handstands	Then reduce depth, keep shoulders down and back, and see a physio if the pinch stays
If you skipped sessions	Then do the next session from the plan instead of doubling up; consistency matters more than catching up

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.
Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.
Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.

TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

Phase 1 · build the base

01

WEEK OF _____

- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Grease the groove: 3–5 easy sets of Slow negative pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 1 · build the base

02

WEEK OF _____

- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Grease the groove: 3–5 easy sets of Slow negative pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

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One thing to do differently next week

WEEK

Phase 1 · build the base

03

WEEK OF _____

- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Grease the groove: 3–5 easy sets of Slow negative pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 1 · build the base

04

WEEK OF _____

- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Workout A: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout B: Dead hang, Knee push-up, Split squat, Dead bug
- ☐ Grease the groove: 3–5 easy sets of Slow negative pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 2 · next progression

05

WEEK OF _____

- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Grease the groove: 3–5 easy sets of Band-assisted pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 2 · next progression

06

WEEK OF _____

- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Grease the groove: 3–5 easy sets of Band-assisted pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
SLEEP	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 2 · next progression

07

WEEK OF _____

- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Grease the groove: 3–5 easy sets of Band-assisted pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 2 · next progression

08

WEEK OF _____

- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Workout A: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout B: Slow negative pull-up, Push-up, Bulgarian split squat, Hollow body hold
- ☐ Grease the groove: 3–5 easy sets of Band-assisted pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 3 · strength and skill

09

WEEK OF _____

- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Grease the groove: 3–5 easy sets of Pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 3 · strength and skill

10

WEEK OF _____

- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Grease the groove: 3–5 easy sets of Pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 3 · strength and skill

11

WEEK OF _____

- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Grease the groove: 3–5 easy sets of Pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Phase 3 · strength and skill

12

WEEK OF _____

- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Workout A: Pull-up, Bench dip, Box pistol squat, Hanging knee raise
- ☐ Workout B: Band-assisted pull-up, Diamond push-up, Assisted pistol squat, Tuck L-sit
- ☐ Grease the groove: 3–5 easy sets of Pull-up spread through the day

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week



CHAPTER 05

Logs

LOGS

Test page

DATE	PUSH-UPS	PULL-UPS	HANG (S)	SQUATS

LOGS

Training log

NOTES

Grid of dotted lines for notes.

NOTES

Handwriting practice area consisting of a grid of dots for tracing and writing.

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<https://www.who.int/publications/i/item/9789240015128>

Small, repeated, honest efforts.
That is the whole secret.

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