

Concentrate on calisthenics

A workout discipline in sync with **100 Days, 100 Grand**'s philosophy is **progressive calisthenics** (it means *beautiful strength*). It's about deliberate actions in logical sequence for measurable results over time, with a minimalist vibe—sounds familiar?

The reason it works is simple. Many exercise programmes focus on muscle *size*. The gains look great on the beach—and results come fast. But the fun and function you get from all-over, deep-down, folded-in *strength* is about more than arm circumference; it's about bones, joints, ligaments, tendons, and nerves working as a team. (Blood nourishes these parts more slowly, so they need more nurturing over time.) Prog cali develops your body as a *whole*.

Bodyweight substitutes for barbells

Instead of performing the same move and adding *weight* to level up—as in powerlifting—you up your prog cali game by making the *move* harder, with your *body* providing the increased resistance. No equipment needed.

Progressive calisthenics moves aren't the high-rep, low-resistance jumping jacks of your school gym; they're methods proven over millennia for building up **functional fitness** to the limit of your genes. (That limit's a lot higher than you imagine.) This all-in-one approach also increases your **proprioception**, or awareness of how your body's positioned in space: great for all-round mastery over the meat puppet. It's a discipline with an answer for everything.

The triple of progressive resistance

The core idea of progressive calisthenics is the **triple progression**. You start simple—performing an easy move like a wall pushup once. That's a repetition or **rep**, and doing several reps in one go is a **set**.

By upping the number of reps and sets over time, you get better at the move: you've persuaded your body to improve. Maintaining good **form** is key; you stop when you get sloppy, not push on until you're exhausted. (In the lore, more sets at low reps build *strength*; fewer sets of more reps build *endurance*.)

The second progression is **resistance**: adding *weight* to the move by moving up to a harder variant (like an inclined pushup) and building up your reps again. Instead of adding plates to a barbell, you're increasing resistance with the leverage of your body, supporting more of your mass at more awkward angles.

Over time, as your strength and endurance build, you'll also build **skill**, with greater confidence in your abilities and awareness of your body. Enabling you to hold, hang, and explode into action with **master moves** that build agility, flexibility, and balance too.

That's the triple progression: **reps**, **resistance**, and **skills**. The beauty of progressive calisthenics is the way it provides a path for “levelling up” over time—*wherever* you start from. Prog cali can deliver lifelong strength, endless endurance, explosive speed, extreme flexibility, and boundless agility—at low risk and zero cost.

Building base upon base . . .

Doing standing pushups leaning against a wall sounds easy . . . and it is, for the first few reps. But maintaining perfect form—no kipping or bouncing cheats—is harder. That's why you start easy and work up to bigger numbers.

Once you can hit 3 sets of 50 with perfect form, you've got that base of skills to build on, letting you progress without the sloppiness and shortcuts you're prone to when rushing things. And by conditioning your body as a *whole*—all the parts developing together smoothly—you also avoid imbalance and injury.

. . . with simple natural movements

A few basic moves—pushups, squats, leg raises, pullups, bridges, headstands—fan out into a customisable system, with many levels and exercise variants for each. With the right attitude, ten minutes a day can make a big difference . . . while 60 can make you superhuman. And with resolve you can progress *fast*.

From a standing start, it may take just six months to reach the ultimate pushup level. (That's one-handed asymmetrics on your fingertips, if you're wondering.) If you only invest an hour or two a week, plan on years rather than months—but imagine a lifetime of constantly increasing health . . .

Bringing ultimate moves within reach

. . . nor is the one-handed pushup the limit. Most people can perform feats like the **handstand pushup** with determined practice, while a dozen or so **supreme moves** demonstrate what the human animal is *really* capable of.

The L-sit, crucifix, box split, and back bridge; the muscle-up, front and back levers, pistol squat, planche, and human flag: perhaps only one person in 100,000 can *do* them, but easily 80% have the *potential*. And once you've hit such heights, doing them just once or twice a week can keep you in peak condition for life. Why not explore your limits?

Keep a training log . . .

But whatever workout you adopt, **write it down**. Recording your moves, sets, and reps on a spreadsheet lets you watch your progress over time . . . so you can improve your performance. A log gives you less chance to fool yourself.