

BEGINNER CALISTHENICS WORKOUT PLAN PDF

Thank you for downloading this PDF of Calisthenics Workouts for Beginners!

These workouts are aimed at beginners only. This 7 day schedule can be extended to as many weeks as required. Remember that each week rep counts should be incremented by +2 and time based exercises increased by 5 seconds.

Always consult a calisthenics professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

	Day 1	Day 2
Split	LOWER BODY / LEGS (Strength endurance, balance)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	4 sets of: 6 x Stationary Lunges 6 x Squats 6 x Assisted Pistol Squats 6 x Hamstring Bridges 6 x Single Leg RDL 1 min rest	20 min Jog (LISS cardio) 1 min rest 2 sets of: 20 sec Wall Quadricep Stretch 20 sec Standing Hamstring Stretch 20 sec Calf Stretch 20 sec Adductor Stretch
Systems worked	Hip Flexor group, Hamstring group, Glutes, Calves	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 3	Day 4
Split	CORE STRENGTH / ABS (Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	4 sets of: 1 min Plank 6 x Leg Raises 1 min Limb Lift/ Bird Dog (Alternating) contralateral 1 min Supine Glute Bridge Hold 30 sec Side Plank (L) Bent Knee 30 sec Side Plank (R) Bent Knee 1 min rest	25 min Row (LISS cardio) 1 min rest 2 sets of: 20 sec Wall Quadricep Stretch 20 sec Standing Hamstring Stretch 20 sec Calf Stretch 20 sec Adductor Stretch
Systems worked	Abs, Oblique Group, Pelvic Floor, Erector Spinae (lower back), Glutes	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 5	Day 6
Split	UPPER BODY PUSH (Arms, Chest, Shoulders Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	4 sets of: 6 x Military Push-up 6 x Wide Push-up 6x Diamond Push-up 6 x Wall Assisted Handstand Push-up 6 x Bench Dips 1 min rest	30 min Skipping (LISS cardio) 1 min rest 2 sets of: 20 sec Wall Quadricep Stretch 20 sec Standing Hamstring Stretch 20 sec Calf Stretch 20 sec Adductor Stretch
Systems worked	Arms (triceps), Shoulders (deltoids), Chest (pectoral group)	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 7	
Split	UPPER BODY PULL (Arms, Upper Back, Shoulders Strength Endurance, Stability)	
Workout	4 sets of: 6 x Chin-up 6 x Pull-Up 6 x Neutral Grip Pull-up 6 x Australian Pull-up 6 x Tucked Bodyweight Rows 1 min rest	
Systems worked	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	