



CALISTHENICS WORKOUT ROUTINE PDF (FOR INTERMEDIATES)

INTERMEDIATE CALISTHENICS WORKOUT ROUTINE PDF

	Day 1	Day 2
Split	LOWER BODY / LEGS (Strength endurance, balance)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	<p>4 sets of:</p> <p>8 x Lateral Lunges</p> <p>8 x Hamstring Bridges</p> <p>8 x Nordic Hamstring Curl</p> <p>8 x Pistol Squats</p> <p>8 x Single Leg RDL</p> <p>1 min rest</p>	<p>20 min Jog (LISS cardio)</p> <p>1 min rest</p> <p>2 sets of:</p> <p>20 sec Wall Quadricep Stretch</p> <p>20 sec Standing Hamstring Stretch</p> <p>20 sec Calf Stretch</p> <p>20 sec Adductor Stretch</p>
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	<p>4 sets of:</p> <p>1 min Plank</p> <p>15 sec L-sit</p> <p>1 min Limb Lift/ Flying Bird Dog (Alternating) contralateral</p> <p>1 min Supine Glute Bridge Hold</p> <p>30 sec Side Plank (L) Bent Knee</p> <p>30 sec Side Plank (R) Bent Knee</p> <p>1 min rest</p>	<p>25 min Row (LISS cardio)</p> <p>1 min rest</p> <p>2 sets of:</p> <p>20 sec Wall Quadricep Stretch</p> <p>20 sec Standing Hamstring Stretch</p> <p>20 sec Calf Stretch</p> <p>20 sec Adductor Stretch</p>
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	<p>4 sets of:</p> <p>8 x Incline Military Push-up</p> <p>8 x Hindu Push-up</p> <p>8 x Diamond Push-up</p> <p>8 x Wall Assisted Handstand Push-up</p> <p>8 x Bench Dips</p> <p>1 min rest</p>	<p>30 min Skipping (LISS cardio)</p> <p>1 min rest</p> <p>2 sets of:</p> <p>20 sec Wall Quadricep Stretch</p> <p>20 sec Standing Hamstring Stretch</p> <p>20 sec Calf Stretch</p> <p>20 sec Adductor Stretch</p>
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	<p>4 sets of:</p> <p>8 x Chin-up</p> <p>4 x Muscle-Up</p> <p>8 x Neutral Grip Pull-up</p> <p>8 x Australian Pull-up</p> <p>8 x Tucked Bodyweight Rows</p> <p>1 min rest</p>	
Systems worked	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	

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