

# INTERMEDIATE CALISTHENICS WORKOUT PLAN PDF

**Thank you for downloading this PDF of Calisthenics Workouts for Intermediates!**

These workouts are aimed at intermediates 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
<b>Split</b>	LOWER BODY / LEGS (Strength endurance, balance)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p>4 sets of:                      8 x Lateral Lunges                      8 x Hamstring Bridges                      8 x Nordic Hamstring Curl                      8 x Pistol Squats                      8 x Single Leg RDL                      1 min rest</p>	<p>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</p>
<b>Systems worked</b>	Hip Flexor group, Hamstring group, Glues, Calves	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 3	Day 4
<b>Split</b>	CORE STRENGTH / ABS (Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p>4 sets of:                      1 min Plank                      15 sec L-sit                      1 min Limb Lift/ Flying 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</p>	<p>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</p>
<b>Systems worked</b>	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
<b>Split</b>	UPPER BODY PUSH (Arms, Chest, Shoulders Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p>4 sets of:                      8 x Incline Military Push-up                      8 x Hindu Push-up                      8 x Diamond Push-up                      8 x Wall Assisted Handstand Push-up                      8 x Bench Dips                      1 min rest</p>	<p>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</p>
<b>Systems worked</b>	Arms (triceps), Shoulders (deltoids), Chest (pectoral group)	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 7	
<b>Split</b>	UPPER BODY PULL (Arms, Upper Back, Shoulders Strength Endurance, Stability)	
<b>Workout</b>	<p>4 sets of:                      8 x Chin-up                      4 x Muscle-Up                      8 x Neutral Grip Pull-up                      8 x Australian Pull-up                      8 x Tucked Bodyweight Rows                      1 min rest</p>	
<b>Systems worked</b>	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	