

# 12 WEEK BODYWEIGHT WORKOUT PLAN PDF

Thank you for downloading our 12 Week Bodyweight Workout Plan PDF!

These workouts are aimed at all fitness levels from beginners to advanced athletes. Over a 12 week period, you will engage your body through exercises across all planes of movement. Targeting every muscle group through functional mobility. In each 3-week phase, you will train 4 days a week for 3 weeks, and your workouts will be split into three or four muscle groups and movement systems. Enjoy!

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

WEEK 1-3		
Day 1		Day 2
<b>Split</b>	UPPER BODY (Chest & Triceps)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1 min Tricep Dips                      1 min Diamond Push-up                      1 min Tricep Extension                      1 min Decline Push-ups                      1 min Push-Ups + Isometric Hold                      Rest 30 secs in between exercises</p>	<p>20 min Jog (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20 sec Overhead Triceps and Shoulder Stretch                      20 sec Cross-Body Shoulder Stretch                      20 sec Biceps Stretch                      20 sec Reclined Spinal Twist                      20 sec Chest Stretch</p>
Day 3		Day 4
<b>Split</b>	UPPER BODY (Biceps & Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1 min Chin Ups                      1 min Pullups (overhand grip)                      1 min Dive-bomber Pushup                      1 min Inverted Bar Rows                      1 min Suspension Trainer Curls                      Rest 30 secs in between exercises</p>	<p>20 min Row (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20-sec Overhead Triceps and Shoulder Stretch                      20-sec Cross-Body Shoulder Stretch                      20-sec Biceps Stretch                      20-sec Reclined Spinal Twist                      20-sec Chest Stretch</p>
Day 5		Day 6
<b>Split</b>	LOWER BODY (Legs & Lower Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1 min Squats                      1 min Split Lunges                      1 min Froggers                      1 min Front Lunges (Left)                      1 min Front Lunges (Right)                      1 min Side Lunge (Alternating)                      Rest 30 secs in between exercises</p>	<p>20 min Skipping (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Wall Quadricep Stretch                      20 sec Standing Hamstring Stretch                      20 sec Calf Stretch                      20 sec Adductor Stretch</p>
Day 7		
<b>Split</b>	CORE / ABS	
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1 min Elbow Plank                      1 min Side Plank (Left)                      1 min Side Plank (Right)                      1 min Glute Bridge Swings                      1 min Leg Raises                      1 min V-ups                      Rest 30 secs in between exercises</p>	

# 12 WEEK BODYWEIGHT WORKOUT PLAN PDF

## WEEK 4-6

WEEK 4-6		
	Day 3	Day 4
<b>Split</b>	UPPER BODY (Chest & Triceps)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1.5 min Tricep Dips                      1.5 min Diamond Push-up                      1.5 min Tricep Extension                      1.5 min Decline Push-ups                      1.5 min Push-Ups + Isometric Hold                      Rest 30 secs in between exercises</p>	<p>25 min Jog (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20 sec Overhead Triceps and Shoulder Stretch                      20 sec Cross-Body Shoulder Stretch                      20 sec Biceps Stretch                      20 sec Reclined Spinal Twist                      20 sec Chest Stretch</p>
	Day 5	Day 6
<b>Split</b>	UPPER BODY (Biceps & Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1.5 min Chin Ups                      1.5 min Pullups (overhand grip)                      1.5 min Dive-bomber Pushup                      1.5 min Inverted Bar Rows                      1.5 min Suspension Trainer Curls                      Rest 30 secs in between exercises</p>	<p>25 min Row (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20-sec Overhead Triceps and Shoulder Stretch                      20-sec Cross-Body Shoulder Stretch                      20-sec Biceps Stretch                      20-sec Reclined Spinal Twist                      20-sec Chest Stretch</p>
	Day 7	
<b>Split</b>	LOWER BODY (Legs & Lower Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1.5 min Squats                      1.5 min Split Lunges                      1.5 min Froggers                      1.5 min Front Lunges (Left)                      1.5 min Front Lunges (Right)                      1.5 min Side Lunge (Alternating)                      Rest 30 secs in between exercises</p>	<p>25 min Skipping (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Wall Quadricep Stretch                      20 sec Standing Hamstring Stretch                      20 sec Calf Stretch                      20 sec Adductor Stretch</p>
<b>Split</b>	CORE / ABS	
<b>Workout</b>	<p><b>6 Rounds of:</b>                      1.5 min Elbow Plank                      1.5 min Side Plank (Left)                      1.5 min Side Plank (Right)                      1.5 min Glute Bridge Swings                      1.5 min Leg Raises                      1.5 min V-ups                      Rest 30 secs in between exercises</p>	

# 12 WEEK BODYWEIGHT WORKOUT PLAN PDF

## WEEK 7-9

WEEK 7-9		
<b>Split</b>	UPPER BODY (Chest & Triceps)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2 min Tricep Dips                      2 min Diamond Push-up                      2 min Tricep Extension                      2 min Decline Push-ups                      2 min Push-Ups + Isometric Hold                      Rest 30 secs in between exercises</p>	<p>30 min Jog (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20 sec Overhead Triceps and Shoulder Stretch                      20 sec Cross-Body Shoulder Stretch                      20 sec Biceps Stretch                      20 sec Reclined Spinal Twist                      20 sec Chest Stretch</p>
<b>Day 3</b>		<b>Day 4</b>
<b>Split</b>	UPPER BODY (Biceps & Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2 min Chin Ups                      2 min Pullups (overhand grip)                      2 min Dive-bomber Pushup                      2 min Inverted Bar Rows                      2 min Suspension Trainer Curls                      Rest 30 secs in between exercises</p>	<p>30 min Row (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20-sec Overhead Triceps and Shoulder Stretch                      20-sec Cross-Body Shoulder Stretch                      20-sec Biceps Stretch                      20-sec Reclined Spinal Twist                      20-sec Chest Stretch</p>
<b>Day 5</b>		<b>Day 6</b>
<b>Split</b>	LOWER BODY (Legs & Lower Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2 min Squats                      2 min Split Lunges                      2 min Froggers                      2 min Front Lunges (Left)                      2 min Front Lunges (Right)                      2 min Side Lunge (Alternating)                      Rest 30 secs in between exercises</p>	<p>30 min Skipping (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Wall Quadri-cep Stretch                      20 sec Standing Hamstring Stretch                      20 sec Calf Stretch                      20 sec Adductor Stretch</p>
<b>Day 7</b>		
<b>Split</b>	CORE / ABS	
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2 min Elbow Plank                      2 min Side Plank (Left)                      2 min Side Plank (Right)                      2 min Glute Bridge Swings                      2 min Leg Raises                      2 min V-ups                      Rest 30 secs in between exercises</p>	

# 12 WEEK BODYWEIGHT WORKOUT PLAN PDF

WEEK 10-12		
<b>Split</b>	UPPER BODY (Chest & Triceps)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2.5 min Tricep Dips                      2.5 min Diamond Push-up                      2.5 min Tricep Extension                      2.5 min Decline Push-ups                      2.5 min Push-Ups + Isometric Hold                      Rest 30 secs in between exercises</p>	<p>35 min Jog (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20 sec Overhead Triceps and Shoulder Stretch                      20 sec Cross-Body Shoulder Stretch                      20 sec Biceps Stretch                      20 sec Reclined Spinal Twist                      20 sec Chest Stretch</p>
<b>Day 3</b>		<b>Day 4</b>
<b>Split</b>	UPPER BODY (Biceps & Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2.5 min Chin Ups                      2.5 min Pullups (overhand grip)                      2.5 min Dive-bomber Pushup                      2.5 min Inverted Bar Rows                      2.5 min Suspension Trainer Curls                      Rest 30 secs in between exercises</p>	<p>35 min Row (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Upper Trapezius (Neck) Stretch                      20-sec Overhead Triceps and Shoulder Stretch                      20-sec Cross-Body Shoulder Stretch                      20-sec Biceps Stretch                      20-sec Reclined Spinal Twist                      20-sec Chest Stretch</p>
<b>Day 5</b>		<b>Day 6</b>
<b>Split</b>	LOWER BODY (Legs & Lower Back)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2.5 min Squats                      2.5 min Split Lunges                      2.5 min Froggers                      2.5 min Front Lunges (Left)                      2.5 min Front Lunges (Right)                      2.5 min Side Lunge (Alternating)                      Rest 30 secs in between exercises</p>	<p>35 min Skipping (LISS cardio)                      1 min rest</p> <p><b>2 sets of:</b>                      20 sec Wall Quadricep Stretch                      20 sec Standing Hamstring Stretch                      20 sec Calf Stretch                      20 sec Adductor Stretch</p>
<b>Day 7</b>		
<b>Split</b>	CORE / ABS	
<b>Workout</b>	<p><b>6 Rounds of:</b>                      2.5 min Elbow Plank                      2.5 min Side Plank (Left)                      2.5 min Side Plank (Right)                      2.5 min Glute Bridge Swings                      2.5 min Leg Raises                      2.5 min V-ups                      Rest 30 secs in between exercises</p>	