



# **30-DAY CALISTHENICS WORKOUT PLAN FOR BEGINNERS PDF**

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	Day 1	Day 2
<b>Split</b>	LOWER BODY / LEGS (Strength endurance, balance)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<b>4 sets of:</b> <b>6 x Stationary Lunges</b> <b>6 x Squats</b> <b>6 x Assisted Pistol Squats</b> <b>6 x Hamstring Bridges</b> <b>6 x Single Leg RDL</b> <b>1 min rest</b>	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
<b>Systems worked</b>	Hip Flexor group, Hamstring group, Glutes, 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>	<b>4 sets of:</b> <b>1 min Plank</b> <b>6 x Leg Raises</b> <b>1 min Limb Lift/ Bird Dog (Alternating contralateral)</b> <b>1 min Supine Glute Bridge Hold</b> <b>30 sec Side Plank (L) Bent Knee</b> <b>30 sec Side Plank (R) Bent Knee</b> <b>1 min rest</b>	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
<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>	<b>4 sets of:</b> <b>8 x Incline Push-ups (using a table or bench)</b> <b>8 x Wall Push-ups</b> <b>8 x Knee Push-ups</b> <b>8 x Seated Overhead Press w/ Light Dumbbells</b> <b>8 x Chair Dips (feet close to the chair)</b> <b>1 min rest</b>	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
<b>Systems worked</b>	Arms (triceps), Shoulders (deltoids), Chest (pectoral group)	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)

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	Day 7	Day 8
<b>Split</b>	UPPER BODY PULL (Arms, Upper Back, Shoulders Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<b>4 sets of:</b> <b>8 x Assisted Chin-ups (resistance bands or a machine)</b> <b>8 x Assisted Pull-ups (resistance bands or a machine)</b> <b>8 x Incline Australian Rows (bar set higher)</b> <b>8 x Bent-over Rows (light dumbbells, resistance bands)</b> <b>8 x Seated Resistance Band Rows</b> <b>1 min rest</b>	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
<b>Systems worked</b>	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 9	Day 10
<b>Split</b>	PLYOMETRICS (For explosiveness)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
<b>Workout</b>	<b>4 sets of:</b> <b>6 x Jump Squats</b> <b>6 x Plyometric Push-Ups</b> <b>6 x Box Jumps</b> <b>6 x Jumping Lunges</b> <b>6 x Tuck Jumps</b> <b>1 min rest</b>	25 min Bike (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
<b>Systems worked</b>	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)

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