

30-DAY CALISTHENICS WORKOUT PLAN FOR BEGINNERS PDF

Thank you for downloading our 30-Day Calisthenics Workouts Plan for Beginners!

These workouts are aimed at beginners only. This 10 day schedule is to be run in 3 blocks for a total of 30 days. It can be extended beyond the 30 days as per your fitness goals. Remember that after each 10 day block, 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	<p>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</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>
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: 1 min Plank 6 x Leg Raises 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>
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: 6 x Military Push-up 6 x Wide Push-up 6 x Diamond Push-up 6 x Pike Push-up 6 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>
Systems worked	Arms (triceps), Shoulders (deltoids), Chest (pectoral group)	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)
	Day 7	Day 8
Split	UPPER BODY PULL (Arms, Upper Back, Shoulders Strength Endurance, Stability)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	<p>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</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>
Systems worked	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
Split	PLYOMETRICS (For explosiveness)	ACTIVE REST (Cardio conditioning, flexibility and recovery)
Workout	<p>4 sets of: 6 x Jump Squats 6 x Plyometric Push-Ups 6 x Box Jumps 6 x Jumping Lunges 6 x Tuck Jumps 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>
Systems worked	Legs (Quads, Hamstrings, Calves), Glutes, Core (Abs, Obliques), Chest (Pectorals), Arms (Triceps), Shoulders (Deltoids)	Cardiovascular conditioning (Heart and blood vessels), Pulmonary Conditioning (Lungs and breathing)