



Calisthenics Workout Plan with PDF

At Home Calisthenics Workout Plan: No-Equipment Exercises

The first program we have for you requires zero equipment: none at all.

It can be done at home, on your lunch break, or outdoors on a nice day.

This program is aimed at a beginner level, but you'll be able to swap out the exercises for harder variations using the table further below.

With a quick workout time of 30 minutes, this program is a great place to start your calisthenics training.

Monday

Warm-up: General warm-up consisting of five minutes of arm circles forward and back, standing twists, and leg swings forward and side.

Exercise	Sets x Reps	Rest
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Push up	3x15-20	30-60 sec
Doorway row	3x15-20	30-60 sec
Squat	3x15-20	30-60 sec
Double crunch	3x15-20	30-60 sec
Jumping jacks	3x60 sec	30-60 sec

Estimated Workout Duration: 30 mins (including warm-up)

Tuesday

Rest or moderate cardio for 30 minutes.

Wednesday

Warm-up: Five minutes of arm circles forward and back, standing twists, leg swings forward and side.

Exercise	Sets x Reps	Rest
Bench dip	3x15-20	30-60 sec
Supermans	3x15-20	30-60 sec
Calf raise	3x15-20	30-60 sec
Plank	3x60 sec	30-60 sec
High knees	3x60 sec	30-60 sec

Estimated Workout Duration: 30 mins (including warm-up)

Thursday

Rest or moderate cardio for 30 minutes.

Friday

Warm-up: Arm circles forward and back, standing twists, leg swings forward and side for approximately five minutes.

Exercise	Sets x Reps	Rest
Pike push-up	3x15-20	30-60 sec
Doorway row	3x15-20	30-60 sec

Glute bridge	3x15-20	30-60 sec
Bicycle crunch	3x15-20	30-60 sec
Burpees	3x60 sec	30-60 sec

Estimated Workout Duration: 30 mins (including warm-up)

Saturday

Rest or 30 minutes of cardio.

Sunday

Rest day

Calisthenics Progression Chart and Programming Guide

Once you're in a good routine with one of the workouts above, you can swap out the exercises as they become easier.

If you can comfortably reach the required repetitions of an exercise, either add weight with a weight vest or swap the move out for a more challenging one.

For example, in the intermediate program, if you can easily do four sets of 12 push-ups, add weight to a weight vest, or use a harder alternative like the pike or diamond push-up.

The table below shows beginner (green), intermediate (yellow), and advanced (orange) level calisthenics exercises.

There are dozens more, so once you master these, you can research other exercises to try.

Push	Pull	Legs	Core	Conditioning
Bench/wall push-up	Doorway row	Glute bridge	Standing elbow to knee	Walk
Knee push-up	Suspended row (high)	Squat	Crunches	High knee march
Push-up	Inverted row	Calf raise	Reverse crunches	Hill walk
Bench dip	Suspended row (low)	Reverse lunge	Bird dog	Jog/run

Suspended push-up	Underhand chin-up	Side lunge	Knee plank	Jumping jacks
Pike push-up	Neutral chin-up	Bulgarian split squat	Double crunch	High knees
Diamond push-up	Pull-up	Jump squat	Bicycle crunch	Mountain climbers
Parallel dip	Wide pull-up	Jump split squat	Plank	Burpees
Handstand	Muscle up	Shrimp squat	Side plank	Sprints
Handstand push-up	One arm chin-up	Pistol squat	Toes to bar	Hill sprints

Also, check out this quick key below to determine which set and rep ranges suit your goal the best:

	Muscle Endurance	Muscle Growth	Strength	Conditioning
Sets x Reps	3x15-20	3-5x8-12	3-5x3-6	3-5x20-60 sec
Rest	30 sec	60-90 sec	3-5 min	0-30 sec

You can apply any of these ranges to the programs above to further tailor them to your needs.