Advanced Calisthenics Workout Plan PDF

The Best Advanced Calisthenics Workout Plan

Finally, we have an advanced-level calisthenics workout plan for those looking to really impress with their calisthenic ability.

This program involves six total sessions per week, made up of two rounds of a PPL (push/pull/legs) split.

This program requires more time and consistency than the others, so go for it if you're feeling motivated.

This advanced workout will get you building up to moves like the handstand push-up, muscle up and pistol squat.

Take a look at these tutorials on these advanced exercises, ensuring you work on technique as you build strength:

Handstand push-up:

https://www.youtube.com/watch?v=pYx7CRs7kAM

Muscle up:

https://www.youtube.com/watch?v=Fmk7HwZpogw

Pistol squat:

https://www.youtube.com/watch?v=vq5-vdgJc0I

Monday

Warm-up: General warm-up 5 mins, arm circles forward and back, standing twists, wrist circles each way, neck circles each way.

Exercise	Sets x Reps	Rest
Handstand/handstand push-up	3-4x60 sec/8-12	3 mins
Parallel dip	3-4x8-12	60-90 sec
Diamond push-up	3-4xMAX	30 sec
Plank	3xMAX	60 sec
Mountain climbers	8x20 sec	10 sec

Estimated Workout Duration: 30-60 mins (including warm-up)

Tuesday

Warm-up: Five minutes of arm circles forward and back, standing twists, wrist circles each way, neck circles each way.

Exercise	Sets x Reps	Rest
Muscle up/Wide pull-up	3-4xMAX	3 mins
Underhand chin-up	3-4x3-6	3 mins
Inverted row	3-4x8-12	60 sec
Side plank	3-4xMAX	30 sec
Burpees	8x20 sec	10 sec

Estimated Workout Duration: 30-60 mins (including warm-up)

Wednesday

Warm-up: Five minutes of standing twists, leg swings forward and side, ankle circles each way.

Exercise	Sets x Reps	Rest
Shrimp/pistol squat	3-4x3-6	3 mins
Jump squat	3-4x8-12	60-90 sec
Jump split squat	3-4x8-12	60-90 sec
Toes to bar	3-4xMAX	30 sec
Hill sprints/sprints	8x20m	Walk down/back

Estimated Workout Duration: 30-60 mins (including warm-up)

Thursday

Warm-up: Five minutes of arm circles forward and back, standing twists, wrist circles each way, neck circles each way.

Exercise	Sets x Reps	Rest
Handstand/handstand push-up	3-4x60 sec/8-12	3 mins
Parallel dip	3-4x8-12	60-90 sec
Diamond push-up	3-4xMAX	30 sec
Plank	3xMAX	60 sec
Mountain climbers	8x20 sec	10 sec

Estimated Workout Duration: 30-60 mins (including warm-up)

Friday

Warm-up: General warm-up 5 minutes, arm circles forward and back, standing twists, wrist circles each way, neck circles each way.

Exercise	Sets x Reps	Rest
Muscle up/Wide pull-up	3-4xMAX	3 mins
Underhand chin-up	3-4x3-6	3 mins
Inverted row	3-4x8-12	60 sec

Side plank	3-4xMAX	30 sec
Burpees	8x20 sec	10 sec

Estimated Workout Duration: 30-60 mins (including warm-up)

Saturday

Warm-up: Five minutes standing twists, leg swings forward and side, ankle circles each way.

Exercise	Sets x Reps	Rest
Shrimp/pistol squat	3-4x3-6	3 mins
Jump squat	3-4x8-12	60-90 sec
Jump split squat	3-4x8-12	60-90 sec
Toes to bar	3-4xMAX	30 sec
Hill sprints/sprints	8x20m	Walk down/back

Estimated Workout Duration: 30-60 mins (including warm-up)

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.