Beginner Calisthenics Workout Plan with PDF

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Next, we have a beginner program that incorporates some basic equipment to allow for better development of the back muscles in particular.

This is another three-day program, training the full body in each session.

Each workout also includes some cardio conditioning work, which can be scaled up or down depending on your goals.

If you don't have a pull-up bar, you can do a DIY with a sturdy handle between two chairs for exercises such as the inverted row.

You could also add a fourth day of training once you're used to the program - just ensure your recovery is sufficient.

Monday

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

Exercise	Sets x Reps	Rest
Wall push-up	3x15-20	30-60 sec
Doorway row	3x15-20	30-60 sec
Squat	3x15-20	30-60 sec
Standing elbow to knee	3x15-20	30-60 sec
Walk	10-20 mins	-

Estimated Workout Duration: 30-50 mins (including warm-up)

Tuesday

Rest/moderate cardio 30 mins

Wednesday

Warm-up: General warm-up 5 minutes, arm circles forward and back, standing twists, leg swings forward and side.

Exercise	Sets x Reps	Rest
Knee push-up	3x15-20	30-60 sec
Suspended row (high)	3x15-20	30-60 sec
Glute bridge	3x15-20	30-60 sec
Crunches	3x15-20	30-60 sec
High knee march	3x60 sec	30-60 sec

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

Thursday

Rest or 30 minutes of moderate cardio.

Friday

Warm-up: General warm-up 5 mins, arm circles forward and back, standing twists, leg swings forward and side.

Exercise	Sets x Reps	Rest
Bench dip	3x15-20	30-60 sec
Suspended row (high)	3x15-20	30-60 sec
Reverse lunge	3x15-20	30-60 sec
Reverse crunches	3x15-20	30-60 sec
Hill walk	10-20 mins	-

Estimated Workout Duration: 30-50 mins (including warm-up)

Saturday

Rest/moderate cardio 30 mins

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.