Intermediate Calisthenics Workout Plan PDF

The Best Intermediate Calisthenics Workout Plan

Once you're ready to move on from the beginner level, this program will introduce continued stimulus to grow stronger.

With slightly more difficult exercises and higher volume, the workouts still take about 30 to 50 minutes.

This program is a four-day, upper/lower body split. It consists of two upper-body sessions, and two legs and core sessions, hitting each muscle group twice per week.

This program will build an impressive level of bodyweight strength and control for the average gym-goer.

Again, substitute the high-intensity or steady-state cardio work according to your specific needs.

Monday

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

Exercise	Sets x Reps	Rest
Push-up	3-4x8-12	60 sec
Suspended row (low)	3-4x8-12	60 sec
Pike push-up	3-4x8-12	60 sec
Inverted row	3-4x8-12	60 sec
High knees	5x60 sec	30 sec

Estimated Workout Duration: 30-45 mins (including warm-up)

Tuesday

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

Exercise	Sets x Reps	Rest
Squat	3-4x8-12	60 sec
Bicycle crunch	3-4x8-12	60 sec
Calf raise	3-4x8-12	60 sec
Plank	3xMAX	60 sec
Jog/run	10-20 mins	-

Estimated Workout Duration: 40-50 mins (including warm-up)

Wednesday

Rest/moderate cardio 30 mins

Thursday

Warm-up: 5 mins arm circles forward and back, standing twists.

Exercise	Sets x Reps	Rest
Suspended push-up	3-4x8-12	60 sec
Underhand chin-up	3-4x8-12	60 sec
Bench dip	3-4x8-12	60 sec
Suspended row (high)	3-4x8-12	60 sec
Mountain climbers	5x60 sec	30 sec

Estimated Workout Duration: 30-45 mins (including warm-up)

Friday

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

Exercise	Sets x Reps	Rest
Reverse lunge	3-4x8-12	60 sec
Double crunch	3-4x8-12	60 sec
Jump squat	3-4x8-12	60 sec
Bird dog	3-4x8-12	60 sec
Jog/run	10-20 mins	-

Estimated Workout Duration: 40-50 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.