

Calisthenics workout plan PDF

	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/ 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 6x Diamond Push-up 6 x Wall Assisted Handstand 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	
Split	UPPER BODY PULL (Arms, Upper Back, Shoulders Strength Endurance, Stability)	
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>	
Systems worked	Arms (Biceps), Shoulders (Rear Deltoid), Lats (Latissimus Dorsi), Traps (Trapezius), Rhomboid group	