

# 28-DAY CALISTHENICS WORKOUT CHALLENGE

DAY

WORKOUT ROUTINE

Day 1: Full-Body Basic Movements

1. Jumping jacks – 2 minutes
2. Arm circles – forward and backward 2 minutes
3. Bodyweight squats – 3 sets x 10 reps
4. Push-ups. – 3 sets of 10–15 reps
5. Lunges – 3 sets x 5 reps per leg

Day 2: Upper Body Workout

1. Mountain climbers – 4 sets x 10 reps
2. Superman hold – 3 sets x 30 seconds hold
3. Chin-ups – 4 sets x 8 reps
4. Tricep dips – 3 sets x 10–12 reps
5. Incline push-ups – 3 sets of 12–15 reps

Day 3: Low-Intensity Workout

1. Indoor Walking
2. Arm Circles (Forward and Backward)
3. Bodyweight Squats
4. Standing Hip Openers (Hip Rotations)
5. Cat-Cow Stretch

Day 4: Abs and Cardio

1. Plank – 45 seconds
2. Leg Raises – 3 sets x 10–15 reps
3. High-Knees – 1 minute
4. Bicycle Crunches – 3 sets x 15–20 reps per side
5. Russian twists – 15 reps total

Day 5: Lower Body Workout

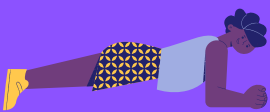
1. Glute Bridges – 3 sets x 15 reps
2. Side Lunges – 3 sets x 10 reps per leg
3. Leg Swings – One minute each leg
4. Calf Raises – 3 sets x 20 reps
5. Box jumps: 2 sets x 10 reps

Day 6: High-Intensity Interval Training [HIIT]

1. Burpees – 40 seconds
2. Jumping Jacks – 40 seconds
3. Mountain Climbers – 40 seconds
4. Jump Squats – 40 seconds
5. Jump Rope – 40 seconds

Day 7: Stretches for Flexibility

1. Standing Side Stretch
2. Seated Forward Fold
3. Downward Dog
4. Butterfly Stretch
5. Cat-Cow Stretch



**JUSTFIT!**