

# WEEKLY CALISTHENICS PROGRAM

5 days of bodyweight training — all levels

Mark an X on each day you complete the exercise. Move up a level once you master all sets with good form.

## DAY 1 — PUSH (CHEST, SHOULDER, TRICEPS)

The push pattern: the foundation of the upper body. Lower controlled, push with power, body in a straight line and core tight.

| EXERCISE                   | SETS         | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|--------------|-----|-----|-----|-----|-----|-----|-----|
| Classic push-ups           | 4 x 10-20    |     |     |     |     |     |     |     |
| Parallel bar dips          | 4 x 8-12     |     |     |     |     |     |     |     |
| Pike push-ups (shoulder)   | 3 x 8-12     |     |     |     |     |     |     |     |
| Diamond push-ups (triceps) | 3 x Failure  |     |     |     |     |     |     |     |
| Archer push-ups            | 3 x 6-8/side |     |     |     |     |     |     |     |

## DAY 2 — PULL (BACK, BICEPS)

The pull pattern: where the V-shaped back is built. If you can't do a pull-up yet, use negatives or a resistance band.

| EXERCISE                      | SETS       | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------------------|------------|-----|-----|-----|-----|-----|-----|-----|
| Wide-grip pull-ups (lats)     | 4 x Max    |     |     |     |     |     |     |     |
| Close-grip chin-ups (biceps)  | 4 x Max    |     |     |     |     |     |     |     |
| Negative pull-ups (if needed) | 3 x 5-6    |     |     |     |     |     |     |     |
| Dead hang (grip)              | 3 x 20-40s |     |     |     |     |     |     |     |
| Inverted / Australian rows    | 3 x 10-15  |     |     |     |     |     |     |     |

## DAY 3 — CORE AND CONTROL

The core stabilises absolutely everything else. This isn't ab day: it's the foundation of every pull-up, every dip, every handstand.

| EXERCISE               | SETS        | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------|-------------|-----|-----|-----|-----|-----|-----|-----|
| Front plank            | 3 x 45-60s  |     |     |     |     |     |     |     |
| Side plank (each side) | 3 x 30s     |     |     |     |     |     |     |     |
| Hollow hold            | 3 x Failure |     |     |     |     |     |     |     |
| Hanging leg raises     | 3 x 10-15   |     |     |     |     |     |     |     |
| Ab wheel               | 3 x 8-12    |     |     |     |     |     |     |     |

## DAY 4 — LOWER BODY (LEGS AND GLUTES)

*Calisthenics doesn't neglect legs: switch to unilateral work, where single-leg bodyweight becomes genuinely demanding.*

| EXERCISE                         | SETS         | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------------|--------------|-----|-----|-----|-----|-----|-----|-----|
| Squats                           | 4 x 15-20    |     |     |     |     |     |     |     |
| Bulgarian split squat (each leg) | 3 x 10-15    |     |     |     |     |     |     |     |
| Walking lunges                   | 3 x 20 steps |     |     |     |     |     |     |     |
| Single-leg glute bridge          | 3 x 12/side  |     |     |     |     |     |     |     |
| Standing calf raises             | 4 x 20       |     |     |     |     |     |     |     |

## DAY 5 — REST

**REST — Muscle grows when you stop, not when you train. Sleep, eat protein, hydrate.**

## DAY 6 — FULL BODY AND SKILLS

*Day to integrate everything and practise advanced movements. Work the progressions toward muscle-up, handstand or pistol with a fresh body.*

| EXERCISE                                  | SETS       | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|------------|-----|-----|-----|-----|-----|-----|-----|
| Muscle-up / explosive pull-up progression | 4 x 3-5    |     |     |     |     |     |     |     |
| Handstand progression (against wall)      | 4 x 20-30s |     |     |     |     |     |     |     |
| Pistol squat progression (each leg)       | 3 x 5-8    |     |     |     |     |     |     |     |
| Dips + push-ups (superset)                | 3 x 10+10  |     |     |     |     |     |     |     |
| Burpees (conditioning)                    | 3 x 12     |     |     |     |     |     |     |     |

## DAY 7 — REST

**REST — Muscle grows when you stop, not when you train. Sleep, eat protein, hydrate.**

*Tip: progression in calisthenics isn't adding weight, it's mastering harder variations. Log your reps and plank seconds to know if you're advancing.*