

40-Day Calisthenics Workout Plan

Introduction

This 40-day calisthenics workout plan combines strength, skill, and conditioning routines inspired by Kevin Zhang and STRIQfit. You'll train 1 hour per day focusing on mastering bodyweight movements and gradually progressing over 6 weeks.

Daily Routine Structure

DAILY ROUTINE STRUCTURE (1 Hour):

- Warm-Up: 10 min (Mobility, Dynamic Stretches)
- Skill + Strength: 30 min (2-3 Exercises, 3-5 Sets of 8-12 reps or 20-60s holds)
- MetCon Circuit: 15 min (30s work / 30s rest × 4 rounds)
- Cool-Down: 5 min (Stretching)

Weekly Training Structure

WEEKLY STRUCTURE (Repeat for ~6 Weeks):

Day 1: Push + Core

Day 2: Pull + Mobility

Day 3: Legs + Skill

Day 4: Push + Conditioning

Day 5: Pull + Core

Day 6: Legs + Skill

Day 7: Active Recovery

Sample Day Plan

SAMPLE DAY - Push + Core:

Warm-Up (10 min): Jumping jacks, arm circles, hip openers

Skill/Strength (30 min):

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- Push-Ups: 4 sets x 8-12 reps
- Plank Hold: 3 sets x 30-45s
- Hollow Rocks: 3 sets x 20s

MetCon Circuit (15 min):

4 rounds:

- 30s burpees
- 30s mountain climbers
- 30s rest

Cool-Down (5 min): Stretch chest, shoulders, and core

Progression Overview

PROGRESSION OVER 40 DAYS:

Days 1-10: Foundation (Incline Pushups, Assisted Rows, Core Basics)

Days 11-20: Intermediate (Standard Pushups, Negative Pullups, L-Sit Tuck)

Days 21-30: Advanced (Diamond Pushups, Pullups, L-Sit, Pistol Prep)

Days 31-36: Peak (Max reps, Handstand, Planche Leans)

Days 37-40: Deload (Stretch, Light Strength, Skill Maintenance)

Tips for Success

TIPS:

- Track your reps and form every week
- Progress by increasing reps or using harder variations
- Focus on form over speed or quantity
- Sleep and nutrition are critical for recovery and muscle gain
- Take 1 rest or active recovery day every 6 days