

A Complete Guide to the Calisthenics Full Body Workout

Calisthenic exercise is one of the best ways to build muscle mass and strength without equipment. In this article, you'll see how you can do the calisthenics full-body workout and exercises at home with no equipment.

Calisthenics exercise list, variations, benefits, and the workout plan and routine also included in this post that can help [beginners](#) and intermediate to build a strong physique.

You'll also get a free Callisthenic workout PDF so that you don't have to search every time on Google.

This guide of full body calisthenics workout included exercises for beginners, intermediate as well as advanced.

What Is Calisthenics Workout?

Calisthenics is a type of [bodyweight workout](#) that teaches you to focus on building an athletic and muscular physique with little to no equipment.

It requires a combination of your muscle and mind to perform each move efficiently.

Calisthenics exercise is one of the best training programs that increase mobility, stability, strength, movement, and help you build an aesthetic physique.

Push-ups, chin-ups, dips, [squats](#), burpees, pull-ups, [planks](#), and jumping are the best examples of calisthenics workouts.

The calisthenics workouts can be done anywhere, such as at the home, in the ground, on the street, and in the gym with little to no equipment.

Why Calisthenics Is Better?

Calisthenics exercises help in improving strength, flexibility, balance, stability and support a good posture.

Here's what research says about Calisthenics:

Calisthenics training is an effective way to improve posture, strength, and body composition without the use of any major training equipment – a [study](#) published in 2017 by the Sport and Exercise Sciences Research.

Another [study](#) published by The Journal of Strength & Conditioning Research suggests that different progressive variations of calisthenics exercises can improve upper-body muscle strength

List Of Calisthenics Workout For Full Body Training

Calisthenics Exercises List for Chest

1. Normal push-up
2. Wide arm push-up
3. Incline pushup
4. Decline pushup
5. Chest Dips
6. Negative Push Up

Calisthenics Workouts List for Shoulder

1. Pike pushup
2. Handstand Push-ups
3. Dive Bomber Push-ups
4. One-Arm push-Up
5. Staggered Push-Up

List of Calisthenics Exercises for Arms

1. [Bench dips](#)
2. Diamond pushup
3. Pseudo planche
4. Chin-ups
5. Underhand inverted rows
6. Knuckle pushup

Calisthenics Exercises List for Back

1. Standard pull-up
2. Wide pull-ups
3. Inverted Rows
4. [IYT Raises](#)
5. Superman Pull

Calisthenics workout List for Leg

1. Jumping jacks
2. Box Jumps
3. Squat Jumps
4. Squat
5. Sumo Squat
6. Walking lunges
7. Side lunges
8. [Calf Raises](#)

9. Glutes thrust

Calisthenics workouts List for Core

1. Crunches
2. Russian Twist
3. Planks
4. Hanging Knee Raises
5. Windshield Wipers
6. Hanging Leg Raises

Calisthenics Advanced Compound Exercises

- Corkscrew Pushup
- Muscles up
- Handstand pushup

How to Do Full Body Calisthenics Exercises (A Complete Guide)

Calisthenics Pushups for Chest

The push-ups are one of the most effective bodyweight workouts that can be done anywhere. They work on the entire body, especially the chest, backs, arms, and shoulders.

They have different forms and variations. And all of them are useful for building overall strength and power.

1. Normal push-up

Difficulty: Beginner

How to do standard push-ups

- Position yourself to perform push-ups.
- Brace your core and keep your body as straight as possible from head to heels.
- Push yourself down toward the floor by bending your elbows.
- Then press back up powerfully by extending your arms.
- Do as many as reps possible.

2. Wide arm push-ups

Level: Intermediate

How to do wide arm push-ups:

- Position yourself to perform push-ups and make sure to keep your arms wider than shoulder-width apart.
- Make sure your body as straight as possible from head to heels.
- Brace your core and firmly place your arms on the floor.
- Begin with bending your elbows to lower your chest towards the floor. Hold for a second and then press back up powerfully by extending your arms.
- Do as many as reps possible.
- Try to use arms power as much as possible.

3. Incline push up

Level: Beginner

How to perform an incline push up

- Put your arms on the bench just slightly wider than shoulder-width. Adjust your feet so that your body be in an incline and straight position.
- Keep your arms straight and do not lock your elbows.
- Brace your core and hips and begin with bending your elbows to lower your chest toward the bench.
- Hold for a second and then push your body away from the bench until your elbows are extended to return the starting position.
- Try to use arms power as much as possible.
- Keep your body straight and firm during the push-ups.
- Do as many as reps possible.

4. Decline pushup

Level: Intermediate

How to do Decline pushup

- Be in the push-up position with your arms just slightly wider than shoulder-width and your feet on the bench. Adjust your feet so that your body be in a decline and straight position.
- Keep your arms straight and do not lock your elbows.
- Brace your core and hips and begin with bending your elbows to lower your chest toward the floor.
- Hold for a second and then push your body away from the floor until your elbows are extended to return the starting position.
- Try to use arms power as much as possible.
- Keep your body straight and firm during the push-ups.
- Do as many as reps possible.

5. Chest Dips

Level: Intermediate

How to

1. Grab the parallel bar and lift yourself off the ground.
2. Slightly lean your torso forward and bend your knees behind you.
3. Your arms should be fully extended, core tight, and back straight. This is the starting point.
4. Slowly bend your elbows and lower your chest down until your shoulders are below your elbows (or just inline).

5. Squeezing your chest muscles, press the bar with your hands to return your body to the start. That's one rep. Repeat for as many times as you can in three sets.

6. Negative Push Up

Level: Intermediate

How to do a negative push up

- Get into a push-up position and place your hands about shoulder-width apart.
 - Keep your arms extended and back straight so that your body is in line with toe to shoulder. That's the starting position.
 - Brace your core and tighten your thigh and glutes.
 - Bend your elbow to start lowering your body toward the floor; then Drop your knees to the ground and push up from the down position.
 - Hold for a moment and then push back to return the starting position by extending your elbow.
 - Use arms and toe's power to do this movement.
 - Do as many as reps possible.
 - Do not be hasty, do it smoothly.
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Calisthenics Shoulder Exercises

1. Pike push up

Level: Intermediate

How to do a pike push ups

- Keep yourself in the downward-facing dog yoga position. And your arms should be about shoulder-width apart on the floor below your body.
- Raise your hips high so you'll be in inverted-V position.
- Brace your abdominal muscles. And begin to do push-ups by bending your elbows, lower your head toward the floor between your hands.
- Hold for a second and then return to the starting position by extending your arms.
- Try to use arms power as much as possible.
- Keep your body in the downward-facing dog yoga position during the push-ups.
- Do three sets of 10 reps each.

2. Handstand Push-ups

Level: Advanced

How to handstand Push-up

- Get into the high plank position in front of the wall with your hips slightly raised and hands approximately six inches away from the wall.
- Now, kick your legs overhead into a handstand position so your heels will rest against the wall with your feet together. Now, you're in the handstand position.
- With your core engaged, lower your head as low as possible and then press into the floor until your arms fully extended. That's one rep.
- Do as many reps as you can.
- Try to perform slowly and in a controlled fashion.

3. Dive Bomber Push-ups

Level: Intermediate

Dive Bomber Push-ups

- Get into a high plank position with your hands and feet shoulder-width apart.
- Move your hands backward so you can raise your hips toward the ceiling and maintain an inverted "V" position.
- Keep your core tight and back flat. That's your starting point.
- Bring your chest forward by lowering your shoulders as you bend your arms.
- Now, glide your upper body forward by extending your arms, your face should be looking forward and chest up.
- Arch your lower back as you extend your arms.
- Reverse the steps to return to the starting position.
- Repeat as many times as you like.

4. One-Arm Push-Ups

Level: Advanced

How to do one arm push up

- Get in a push-up position and extend your one arm outward and keep the other arm on the back of the thigh.
- Brace your core and tighten your thigh and glutes.
- Bend your elbow to start lowering your body toward the floor.
- Hold for a moment and then return to the starting position by extending your elbow.
- Use arms and leg's power to do this movement.
- Do as many as reps possible.
- This is an advanced push-up and requires proper technique and experience.

5. Staggered Push-Up

Level: Intermediate

How to Staggered Push Up

- Get into a push-up position and stagger your hands. Place one arm slightly forward while the other remains under your shoulder.
- Keep your arms extended and back straight so that your body is elevated. That's the starting position.
- Brace your core and tighten your thigh and glutes.
- Bend your elbow to start lowering your body toward the floor.
- Hold for a moment and then push back to return the starting position by extending your elbow.
- Use arms and toe's power to do this movement.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.

Calisthenics Exercises For Arms

1. Bench dips

Level: Beginner

How to:

- Sitting on a flat keep your arms beside your hips and extend your legs in front of you with your heels on the ground and toes pointing upward.
- Lift your butt off the bench and slightly move your upper body forward while keeping your arms straight on the bench.
- Slowly bend your elbows to lower your body as low as you can. And then squeezing your triceps press into the bench with your hands to extend your arms fully.
- That's one rep. Do as many as you can

2. Diamond push-up

Level: Beginner

How to do a Diamond push up

- Get into a push-up position and get on all fours on the ground under your chest.
- Form a diamond shape by positioning your both hands together.
- Keep your arms extended and back straight so that your body is elevated. That's the starting position.
- Brace your core and tighten your thigh and glutes.
- Bend your elbow to start lowering your body toward your hands.
- Hold for a moment and then push back to return the starting position by extending your elbow.
- Use arms and leg's power to do this movement.
- Do as many as reps possible.

3. Pseudo planche

Level: Intermediate

How to do a pseudo planche

- Get into a push-up position and position your hands alongside your stomach.
- Keep your arms extended and back straight so that your body is elevated. That's the starting position.
- Brace your core and tighten your thigh and glutes.
- Bend your elbow to start lowering your body toward the floor.
- Hold for a moment and then push back to return the starting position by extending your elbow.
- Use arms and toe's power to do this movement.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.

4. Chin-ups

Level: Beginner

How to do chin-ups

- Hang onto a bar with an underhand grip and your hands about shoulder-width apart. Firmly grip the bar.
- Brace your core and hips and begin pulling up yourself by using your arms power.
- Pull yourself as high as you can and hold there for a couple of seconds and then lower yourself to the starting position. But do not land your feet on the ground.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.
- Main Targeted Muscles: Arms

5. Underhand Inverted Row

Level: Beginner

How to:

1. Lie under the smith machine or dip stand.
2. Grab the bar with an underhand grip with your hands slightly shorter than shoulder-width apart.
3. Keep your arms extended underneath and legs straight in front of you with your toes pointing toward the ceiling. That's your starting point.
4. Pull yourself up until you feel the contraction in your biceps or chest touches the bar.
5. Hold at the top for a couple of seconds and then lower yourself to the start. That's one rep.

6. Do three sets of 10 to 15 repetitions each.

6. Knuckle push-up

Level: Intermediate

How to do a punch push-up

- Get into a push-up position and close your fingers to make a punch and place them about shoulder-width apart under your shoulder.
 - Keep your arms extended and back straight so that your body is elevated. That's the starting position.
 - Brace your core and tighten your thigh and glutes.
 - Bend your elbow to start lowering your body toward the floor.
 - Hold for a moment and then push back to return to the starting position by extending your elbow.
 - Use arms and toe's power to do this movement.
 - Do as many as reps possible.
 - Do not be hasty, do it smoothly.
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Callisthenic Back Workouts

1. Standard pull-ups

Bodyweight calisthenics exercises

Level: Intermediate

How to a standard pull up

- Hang onto a bar with an overhand grip and your hands about slightly wider than shoulder-width apart. Firmly grip the bar.
- Brace your core and hips and begin pulling up yourself by using your arms power.
- Pull your self as high as you can and hold there for a couple of seconds and then lower self to the starting position. But do not land your feet on the ground.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.
- Main Targeted Muscles: Lats, traps and arms

2. Wide pull-ups

Level: Advanced

How to do wide pull ups

- Hang onto a bar with your hands about double wider than shoulder-width apart. Firmly grip the bar.
- Brace your core and hips and begin pulling up yourself by using your arms power.
- Pull yourself as high as you can and hold there for a couple of seconds and then lower yourself to the starting position. But do not land your feet on the ground.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.
- Main Targeted Muscles: Lats and arms

The Best Calisthenics Back Workout and Exercises

Calisthenics Leg Exercises

1. Jumping jacks

Level: Beginner

How to

- In the standing position, perform two movements simultaneously; Jump your feet out to the sides, and raises your arms out until they meet overhead.
- Once you complete jumping, reverse the steps to return to the starting point.
- Keep doing for 30 seconds as fast as you can. Repeat twice.

2. Box Jumps

Bodyweight calisthenics workout

Level: Intermediate

Steps to do

- Stand straight in the hip-width stance in front of a box or higher object, 20 to 25 cm away.
- Slightly bend your knees, so you'll be able to generate power for jump.
- Now, jump onto the box and slightly bend your knees as you land on the box. Also allow your arms to swing out in front of you during the entire jump.
- Reverse the movement to return on the ground to complete one rep.
- Repeat thrice for 30 seconds each time.

3. Squat Jumps

Level: Intermediate

- Start with standing straight in the shoulder-width stance with your hands behind your head.
- Bend your knees, push your hips back and squat down until your thighs are parallel to the ground.
- Pushing through your heels into the ground, jump explosively in the air as high as you can and then land perform squat again and keep doing that for the desired number of times and sets.

4. Classic Squat

Level: Beginner

How to do squats

- Stand straight shoulder-width apart holding your hands at your chest level or behind your head.
- Brace your core, keep your back as straight as possible and chest up while squatting.
- Start lowering your body by pushing your hips back and bending at the knees.
- Hold for a couple of seconds at the bottom and then push back to the starting position.
- Do as many as reps you want.

5. Sumo squat

Level: Intermediate

How to sumo squats

- Stand with your feet slightly wider than shoulder-width apart and turn your feet slightly out to sides.
- Externally rotating your hips and hold your arms together at your chest level.
- Push your butt back and squat down, keeping your back straight and tight core.
- Hold for a couple of seconds and return to the starting position by pushing yourself through your heels and engaging your inner thighs.
- Do as many as reps possible.

6. Walking Lunges

Level: Beginner

How to do walking lunges

- Stand straight shoulder-width apart; hold your arms at your sides.
- Take a big step forward with your right leg by bending both knees at 90 degrees and your front thigh is parallel to the floor.
- Step forward with your other leg to bring your both feet together.

- Repeat the movement with your opposite leg by moving forward.
- Keep your chest up, back straight and your core and glutes engaged during the movement.
- Do as many as reps possible.

7. Side lunges

Level: Beginner

How to do side lunges

- Stand straight about shoulder-width apart; holding your arms at your sides.
- Take a big step out to the side with one foot until it makes around 90-degree angle with your other leg.
- Hold for a second then return to the beginning position. That's one rep.
- Do as many as reps possible.

8. Calf Raises

Level: Beginner

Steps to perform

- Stand straight in the hip-width stance in front of the wall.
- Place your hands on the wall for support and maintain a flat back.
- Raise your heels as high as you can, squeeze at the top, and then lower to the start.
- Do three sets of 15 to 20 reps each.
- You can stand in front of a pole and tree instead of the wall.

9. Hip thrust

Level: Intermediate

How to

- Place your upper back on a flat bench with your knees bent and feet firmly on the ground, about hip-width apart.
 - Stretch your arms out to the sides to grab the edge of the bench for support. You can also keep your hands on your stomach if you like.
 - Now, pushing your heels into the ground thrust your hips upward until your body is in a straight line.
 - Hold for a couple of seconds and then return to the starting position.
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Calisthenics Core Workout

1. Hanging Leg Raises

Level: Intermediate

Steps to perform

- Hanging onto the bar with your hands shoulder-width apart, keep your arms fully extended.
- Raise your legs together until they are parallel to the ground (make sure you feel the contraction in your back muscles).
- Hold your legs in this position for a couple of seconds and then lower to the start and repeat for the desired number of times.
- Do three sets of 10 to 15 repetitions each.

2. Hanging Knee Raises

Level: Intermediate

How to

- Grab the pull-up bar with an overhand grip with your hands shoulder-width apart.
- Hang on the bar with your arms straight.
- Raise your knees as high as you can, hold for a couple of seconds and then lower them down.
- Do three sets of 15 to 20 repetitions each.

3. Pulse up

Level: Intermediate

How to do pulse up:

- Lie flat on the floor and keep your hands straight at your side for support and legs extended straight off the floor around 15-20 degree.
- Brace your core and pull your knees above your abs then push toward the ceiling.
- Hold for a second and squeeze your core then return to the starting position. That's one rep.
- Do as many as reps you want.

4. Toe Touch Crunches

Level: Intermediate

How to

- lie flat on the floor and raise your legs toward the sky and keep them as straight as possible.
- Brace your core and start touching your toes with your fingers if possible.
- Hold for a second and squeeze your core then return your upper body to the starting position. That's one rep
- Do as many as reps you can in 2 or 3 sets.

5. Russian Twist

Level: Intermediate

How to do a Russian twist

- Sit on the mat with extending your legs completely. Hold both hands together in the air above your hips.
- Raise your legs off the floor and bend them at 15 to 20 degrees. That's the starting position.
- Brace your core and move your hands together with both sides alternatively.
- Do as many as reps possible.

6. Planks

Level: Beginner

No equipment calisthenics workout

Planks are very important ab workout that really helps grow abs faster. It has been tried and tested one of the best ab workouts for overall abs and core. The planks have different types and you'll have to do it all for getting the desired result faster.

How to do forearm plank

- Get into a pushup position and place your forearms on the ground at about shoulder-width apart.
- Keeps your backs straight and your toes firmly on the ground.
- Brace your abs and core and hold into a position for as long as you can.
- Keep your body firmly during the movement.

Here we take a look at some other planks that you must do:

- Side plank
- Knee plank
- Side plank toe touches
- Side plank knee-to-elbow

- Plank on one arm
- Side-to-side plank
- Lifting legs
- Rotating plank

7. Windshield Wipers

Level: Intermediate

How to

- Lie flat on the floor on your back with your arms straight out to the sides.
- Raise your legs together until your heels pointing toward the ceiling.
- Keep your legs as straight as possible and core tight. This is the starting point.
- Now, lower your legs to the right until they are close to the ground.
- Then bring to the starting point and lower them on your right side, hold and return your legs to the starting position. That's one rep.
- Do two sets of 10 repetitions each.

Calisthenics Advanced Compound Exercises

1. Corkscrew PUSH UP

Level: Advanced

How to do Corkscrew pushup

- Get into a push-up position and place your hands about shoulder-width apart under your shoulders.
- Then walk your feet in; slightly raise your hips and bend your knees. That's the starting position.
- Bend your elbows and rotate your body towards one shoulder; twist your knees, and lower your body towards the ground.
- Hold for a moment and then push rise up without fully extending your arms, and repeat the movement to the opposite side.
- Finally, push back up to the starting position by extending your arms. That's one rep.
- Do as many as reps possible.
- Do not be hasty, do it smoothly.

2. Muscles up

Level: Advanced

Steps to perform

- Grab the pull-up bar with an overhand grip with your hands slightly wider than shoulder-width apart. Your thumbs should be on the bar because this exercise also includes dips.
- Pull yourself toward the bar until your chin crosses it. And once your chest is parallel to the bar, perform a dip by pressing the bar downward.
- Once you complete the dip, return to the starting position. That's one repetition.
- Do two sets of 6 to 10 reps each.

Calisthenics Workout Benefits

1. Strengthen muscles and joints hence, prevents injuries.
2. Increase muscle endurance.
3. Make you more flexible
4. Improve heart health
5. Helps in weight loss
6. Improve postures
7. Improve grip strength
8. Increase stamina and performance
9. Keeps you mentally fit.
10. keeps you an active whole day
11. Build everlasting muscles and fitness.

The Calisthenics Workout Plan

Below, I'm going to share a sample of a calisthenics full-body workout routine. You can make some changes according to your need.

Moreover, you'll also create your own calisthenics full body workout routine with the help of exercises mentioned in this article.

Calisthenics Full Body Workout Plan For Beginners

Day 1-3-6

60-90 seconds rest between each set

- Jumping ropes (3-5 minutes)
- Regular push-ups (15 reps x 2 sets)
- Incline push-ups (15 reps x 2 sets)
- Standard pull-ups (As many as you can)
- Diamond push-ups (10 reps*2sets, if possible otherwise, you can do kneeling diamond push-ups)
- Bench dips (10 reps x 3 sets)
- Underhand inverted rows (10 reps x 3sets)
- Crunches (30 seconds x 2 sets)
- Planks (1 min)

Day 2 & 5

- Inverted Rows (AMRAP)
- IYT Raises (10 reps x 3sets)
- Superman Pull (10 reps x 3sets)
- Standard pull-ups (AMRAP)
- Chin-ups (AMRAP)
- Squat (10 reps x 3 sets)
- Side lunges (10 reps x 3 sets)
- Calf Raises (10 reps x 3 sets)
- Hip thrust (10 reps x 3 sets)
- Planks (1 min)

Full Body Calisthenics Workout Plan For Intermediate And Advanced

Day 1-3-6

60-90 seconds rest between each set

- High knees (1 min)
- Walking lunges (15 reps x 3 sets)

- Wide Pull-ups (15 reps x 3 sets)
- Wide arm push-up (15 reps x 3 sets)
- Corkscrew push-ups (15 reps x 3 sets)
- Chest Dips (15 reps x 3 sets)
- Pike pushup(15 reps x 3 sets)
- Diamond push-ups (15 reps x 3 sets)
- Dive Bomber Push-ups (10 reps x 3 sets)
- Staggered Push-Up
- Planks (2 mins)
- Russian Twist (1 min)
- Pulse up (1 min)

Day 2 & 5

- Standard pull-up (15 reps x 3 sets)
- Inverted Rows (15 reps x 3 sets)
- Tricep Bar Dips (15 reps x 3 sets)
- One-arm push-ups (10 reps)
- Pseudo planche (20 reps)
- Negative push-ups (15 reps x 3 sets)
- Chin-ups (15 reps x 3 sets)
- Box Jumps (15 reps x 3 sets)
- Squat Jumps (15 reps x 3 sets)
- Calf Raises (20 reps x 3 sets)
- Hip thrust (15 reps x 3 sets)
- Toe touching crunches (15 reps x 3 sets)
- Side planks (1 min)
- Sit-ups (15 reps x 3 sets)

FAQs- Calisthenics Full Body Exercise

How Often Should I Do Calisthenics To Build Muscle?

Doing full body calisthenics workout three to four times a week can be efficient for the development of flexibility, endurance, stability, and muscle strength.

However, the frequency of the calisthenics workout depends on several things, such as the intensity of the workout, the types of calisthenics exercises you do, and your fitness goal.

Low intense calisthenics exercises can be done six times a week, whereas intermediate and advanced calisthenics workouts can be done three to four times a week.

If you do a [high-intensity](#) full-body calisthenics workout, make sure you give your trained muscles proper rest.

How Long Does It Take To Build Muscle With Calisthenics?

Calisthenics workout can build your muscles in 12 to 16 weeks for a lean person if he/she workouts consistently and consume [nutritious foods](#).

Push-ups, squats, pull-ups, and inverted rows are the best calisthenics exercises to build muscles.

However, you shouldn't only rely on bodyweight exercises because your muscles stop growing at a certain point.

If you want to build muscles, you also need to incorporate [weight training](#) in your bodybuilding workout regime.

The Final Words

Doing a calisthenics full-body workout is crucial for building a stronger and athletic physique.

To get the desired result in the least time, you have to be regular with the workout. Always begin your workout with the basics and then move to the intermediate and advanced levels.

Keep yourself hydrated before, after, and during the workout.

Always warm-up for 5 minutes before doing the intermediate and advanced workout.

Eat healthily, sleep properly, and give your body rest after the workout.

Workout consistently and keep patience because good things take time to grow.