**VERSATILE FITNESS APP – WORKOUT PLANS**

**Workout plans amended by PTI (Physical Training Instructor), Mr Don Armstrong, on 23rd January 2022, and 01 February 2022, to meet intensity and strength requirements for limited-time workouts.**

Versatile Fitness App focusses on calisthenics workouts to help improve the user’s fitness levels with just a 5 to 15-minute workout per day. Calisthenics exercises build strength and endurance using only the bodyweight of the person, without the use of resistance devices or weights, and all calisthenics exercises are modifiable to suit any fitness level. The advantage of calisthenics is that the workouts can be done anywhere, anytime as there is no need for any extra tools.

There are many benefits to using calisthenics for quick workouts. A proper calisthenics workout plan can help a person meet the recommendations of at least 2 days of strength training per week, and all calisthenics workouts target multiple muscle groups, as set out by the Centers for Disease Control and Prevention (Villines 2021).

**Beginner:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Beginner Intensity – Calisthenics Workout Plan** | | | |
| **Exercise** | **Repetitions** | **Sets** | **Length of Workout** |
| **Full body** | | | |
| **Air bikes** | 10 | 2-3 | **10-15 Minutes** |
| **Modified Plank** | 30 seconds | 2-3 |
| **Push-ups** | 10 | 2-3 |
| **Squats** | 10 | 2-3 |
| **Leg Raises** | 5 | 2-3 |
| **Lunges** | 5 each leg | 2-3 |
| **Burpees** | 10 | 2-3 |
| **Upper Body** | | | |
| **Push-ups** | 10 | 3-4 | **6-10 Minutes** |
| **Pull-ups** | 1-5 | 3-4 |
| **Burpees** | 10 | 3-4 |
| **Lower Body** | | | |
| **Squats** | 10 | 2-3 | **6-10 Minutes** |
| **Jumping Jacks** | 20 | 2-3 |
| **Lunges** | 5 each leg | 2-3 |
| **Jump Lunges** | 5 each leg | 2-3 |
| **Squat Jumps** | 10 | 2-3 |
| **Core** | | | |
| **Air Bikes** | 10 | 2-3 | **6-10 Minutes** |
| **Good Mornings** | 10 | 2-3 |
| **Modified Plank** | 30 seconds | 2-3 |
| **Toe Touches** | 10 each side | 2-3 |
| **Leg Raises** | 5 | 2-3 |
| **Quick Full Body Workout - 6 exercises total** | | | |
| **Choose two of these** | | | **6-10 Minutes** |
| **Air Bikes** | 10 | 2 |
| **Good Mornings** | 10 | 2 |
| **Modified Plank** | 30 seconds | 2 |
| **Toe Touches** | 10 each side | 2 |
| **Leg Raises** | **5** | 2 |
| **Choose two of these** | | |
| **Push-ups** | 10 | 2 |
| **Pull-ups** | 1-5 | 2 |
| **Burpees** | 10 | 2 |
| **Choose two of these** | | |
| **Squats** | 10 | 2 |
| **Jumping Jacks** | 20 | 2 |
| **Lunges** | 5 each leg | 2 |
| **Jump Lunges** | 5 each leg | 2 |
| **Squat Jumps** | 10 | 2 |
| **Beginner Child-friendly Workouts** | | | |
| **Child-friendly 1 (2 years old and up)** | | | |
| **Bear Crawls** | 30 seconds | 2 - 3 | **8-15 Minutes** |
| **Push-ups** | 10 | 2 - 3 |
| **Crab walks** | 30 seconds | 2 - 3 |
| **Squats** | 10 | 2 - 3 |
| **Superman** | 30 seconds | 2 - 3 |
| **Plank High-Fives** | 30 seconds | 2 - 3 |
| **Child-friendly 2 (music dependant)** | | | |
| **Dancing** | 45 seconds | 3 | **10-15 Minutes** |
| **Clap Jacks or High Jumps** | 10 | 3 |
| **Jumping around to the music** | 45 seconds | 3 |
| **Inchworms** | 10 | 3 |
| **Child-friendly 3 (3 years old and below)** | | | |
| **Piggyback Squats (or holding child)** | 5 | 2 | **6-8 Minutes** |
| **Elbow planks (child in front of you or next to each other)** | 30 seconds | 2 |
| **Piggyback Lunges (or holding child)** | 5 each leg | 2 |
| **Push-ups (child underneath you or next to you)** | 10 | 2 |
| **High Jumps (holding child or facing each other)** | 5-10 | 2 |

**Average:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Average Intensity – Calisthenics Workout Plan** | | | |
| **Exercise** | **Repetitions** | **Sets** | **Length of Workout** |
| **Full body** | | | |
| **Air bikes** | 20 | 2-3 | **10-15 Minutes** |
| **Modified Plank** | 60 seconds | 2-3 |
| **Push-ups** | 20 | 2-3 |
| **Squats** | 20 | 2-3 |
| **Leg Raises** | 15 | 2-3 |
| **Lunges** | 10 each leg | 2-3 |
| **Burpees** | 15 | 2-3 |
| **Upper Body** | | | |
| **Push-ups** | 20 | 4 | **6-10 Minutes** |
| **Pull-ups** | 5-10 | 4 |
| **Burpees** | 15 | 4 |
| **Lower Body** | | | |
| **Squats** | 20 | 3 | **6-10 Minutes** |
| **Jumping Jacks** | 20 | 3 |
| **Lunges** | 10 each leg | 3 |
| **Jump Lunges** | 10 each leg | 3 |
| **Squat Jumps** | 10 | 3 |
| **Core** | | | |
| **Air Bikes** | 20 | 2-3 | **6-10 Minutes** |
| **Good Mornings** | 20 | 2-3 |
| **Modified Plank** | 60 seconds | 2-3 |
| **Toe Touches** | 15 each side | 2-3 |
| **Leg Raises** | 15 | 2-3 |
| **Quick Full Body Workout - 6 exercises total** | | | |
| **Choose two of these** | | | **6-10 Minutes** |
| **Air Bikes** | 20 | 2 |
| **Good Mornings** | 20 | 2 |
| **Modified Plank** | 60 seconds | 2 |
| **Toe Touches** | 15 each side | 2 |
| **Leg Raises** | 15 | 2 |
| **Choose two of these** | | |
| **Push-ups** | 20 | 2 |
| **Pull-ups** | 5-10 | 2 |
| **Burpees** | 20 | 2 |
| **Choose two of these** | | |
| **Squats** | 20 | 2 |
| **Jumping Jacks** | 20 | 2 |
| **Lunges** | 10 each leg | 2 |
| **Jump Lunges** | 10 each leg | 2 |
| **Squat Jumps** | 10 | 2 |
| **Average Child-friendly Workouts** | | | |
| **Child-friendly 1 (2 years old and up)** | | | |
| **Bear Crawls** | 30 seconds | 2 - 3 | **8-15 Minutes** |
| **Push-ups** | 20 | 2 - 3 |
| **Crab walks** | 30 seconds | 2 - 3 |
| **Squats** | 20 | 2 - 3 |
| **Superman** | 60 seconds | 2 - 3 |
| **Plank High-Fives** | 45 seconds | 2 - 3 |
| **Child-friendly 2 (music dependant)** | | | |
| **Dancing** | 60 seconds | 3 | **10-15 Minutes** |
| **Clap Jacks or High Jumps** | 20 | 3 |
| **Jumping around to the music** | 60 seconds | 3 |
| **Inchworms** | 20 | 3 |
| **Child-friendly 3 (3 years old and below)** | | | |
| **Piggyback Squats (or holding child)** | 10 | 2 | **6-8 Minutes** |
| **Elbow planks (child in front of you or next to each other)** | 60 seconds | 2 |
| **Piggyback Lunges (or holding child)** | 10 each leg | 2 |
| **Push-ups (child underneath you or next to you)** | 20 | 2 |
| **High Jumps (holding child or facing each other)** | 15 | 2 |

**Experienced:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Experienced Intensity – Calisthenics Workout Plan** | | | |
| **Exercise** | **Repetitions** | **Sets** | **Length of Workout** |
| **Full body** | | | |
| **Air bikes** | 30 | 3 | **10-15 Minutes** |
| **Modified Plank** | 90 seconds | 3 |
| **Push-ups** | 30 | 3 |
| **Squats** | 30 | 3 |
| **Leg Raises** | 20 | 3 |
| **Lunges** | 20 each leg | 3 |
| **Burpees** | 20 | 3 |
| **Upper Body** | | | |
| **Push-ups** | 30 | 4-5 | **6-10 Minutes** |
| **Pull-ups** | 5-15 | 4-5 |
| **Burpees** | 20 | 4-5 |
| **Lower Body** | | | |
| **Squats** | 30 | 3-4 | **6-10 Minutes** |
| **Jumping Jacks** | 30 | 3-4 |
| **Lunges** | 10 each leg | 3-4 |
| **Jump Lunges** | 10 each leg | 3-4 |
| **Squat Jumps** | 10 | 3-4 |
| **Core** | | | |
| **Air Bikes** | 30 | 3-4 | **6-10 Minutes** |
| **Good Mornings** | 30 | 3-4 |
| **Modified Plank** | 90 seconds | 3-4 |
| **Toe Touches** | 20 each side | 3-4 |
| **Leg Raises** | 20 | 3-4 |
| **Quick Full Body Workout - 6 exercises total** | | | |
| **Choose two of these** | | | **6-10 Minutes** |
| **Air Bikes** | 30 | 2 |
| **Good Mornings** | 30 | 2 |
| **Modified Plank** | 90 seconds | 2 |
| **Toe Touches** | 20 each side | 2 |
| **Leg Raises** | 20 | 2 |
| **Choose two of these** | | |
| **Push-ups** | 30 | 2 |
| **Pull-ups** | 5-15 | 2 |
| **Burpees** | 20 | 2 |
| **Choose two of these** | | |
| **Squats** | 30 | 2 |
| **Jumping Jacks** | 30 | 2 |
| **Lunges** | 20 each leg | 2 |
| **Jump Lunges** | 20 each leg | 2 |
| **Squat Jumps** | 20 | 2 |
| **Experienced Child-friendly Workouts** | | | |
| **Child-friendly 1 (2 years old and up)** | | | |
| **Bear Crawls** | 45 seconds | 3-4 | **8-15 Minutes** |
| **Push-ups** | 30 | 3-4 |
| **Crab walks** | 45 seconds | 3-4 |
| **Squats** | 30 | 3-4 |
| **Superman** | 60 seconds | 3-4 |
| **Plank High-Fives** | 60 seconds | 3-4 |
| **Child-friendly 2 (music dependant)** | | | |
| **Dancing** | 60 seconds | 4 | **10-15 Minutes** |
| **Clap Jacks or High Jumps** | 30 | 4 |
| **Jumping around to the music** | 60 seconds | 4 |
| **Inchworms** | 20 | 4 |
| **Child-friendly 3 (3 years old and below)** | | | |
| **Piggyback Squats (or holding child)** | 20 | 3 | **6-8 Minutes** |
| **Elbow planks (child in front of you or next to each other)** | 90 seconds | 3 |
| **Piggyback Lunges (or holding child)** | 15 each leg | 3 |
| **Push-ups (child underneath you or next to you)** | 30 | 3 |
| **High Jumps (holding child or facing each other)** | 20 | 3 |

Villines, S 2021, *Progressive calisthenics workout plans for all fitness levels,* Medical News Today, Viewed 20 January 2022, <<https://www.medicalnewstoday.com/articles/calisthenics-workout-plan#benefits>>.