**VERSATILE FITNESS APP – WORKOUT PLAN**

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| **Versatile Fitness App – Calisthenics Workout Plan** | | | |
| **Exercise** | **Repetitions** | **Sets** | **Length of Workout** |
| **Full body** | | | |
| **Air bikes** | 20 | 2-3 | **10-15 Minutes** |
| **Modified Plank** | 20 (30 seconds) | 2-3 |
| **Push-ups** | 20 | 2-3 |
| **Squats** | 20 | 2-3 |
| **Leg Raises** | 10 | 2-3 |
| **Lunges** | 10 each leg | 2-3 |
| **Burpees** | 10 | 2-3 |
| **Upper Body** | | | |
| **Push-ups** | 20 | 3-4 | **6-10 Minutes** |
| **Pull-ups** | 5 | 3-4 |
| **Burpees** | 10 | 3-4 |
| **Lower Body** | | | |
| **Squats** | 20 | 2-3 | **6-10 Minutes** |
| **Star Jumps** | 20 | 2-3 |
| **Lunges** | 10 each leg | 2-3 |
| **Jump Lunges** | 10 each leg | 2-3 |
| **Squat Jumps** | 10 | 2-3 |
| **Core** | | | |
| **Air Bikes** | 20 | 2-3 | **6-10 Minutes** |
| **Good Mornings** | 20 | 2-3 |
| **Modified Plank** | 20 (30 seconds) | 2-3 |
| **Toe Touches** | 10 each side | 2-3 |
| **Leg Raises** | 10 | 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** | 20 (30 seconds) | 2 |
| **Toe Touches** | 10 each side | 2 |
| **Leg Raises** | 10 | 2 |
| **Choose two of these** | | |
| **Push-ups** | 20 | 2 |
| **Pull-ups** | 5 | 2 |
| **Burpees** | 10 | 2 |
| **Choose two of these** | | |
| **Squats** | 20 | 2 |
| **Star Jumps** | 20 | 2 |
| **Lunges** | 10 each leg | 2 |
| **Jump Lunges** | 10 each leg | 2 |
| **Squat Jumps** | 10 | 2 |

**Workout plan amended by PTI (Physical Training Instructor), Mr Don Armstrong, on 23rd January, 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).

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>>.