

Calisthenics for Beginners

June 5, 2024

Beginner calisthenics routine can be a great way to build **strength, flexibility, and endurance** without needing any equipment.

Warm-Up (5-10 minutes)

- Jumping jacks: 1 minute
- High knees: 1 minute
- Arm circles: 1 minute (30 seconds forward, 30 seconds backward)
- Leg swings: 1 minute (30 seconds each leg)
- Bodyweight squats: 1 minute

Beginner Calisthenics Routine (3 days a week)

Alternate between two different routines (A and B) to give your muscles time to recover.

Routine A

1. Push-Ups
 - 3 sets of 8-12 reps
 - If regular push-ups are too difficult, start with knee push-ups.
2. Bodyweight Squats
 - 3 sets of 12-15 reps
3. Plank
 - 3 sets of 20-30 seconds
4. Dips (using a chair or bench)
 - 3 sets of 8-12 reps
5. Mountain Climbers
 - 3 sets of 20-30 seconds

Routine B

1. Pull-Ups or Assisted Pull-Ups

- 3 sets of 4-6 reps
- If you can't do a pull-up yet, use a resistance band or do negative pull-ups.
- 2. **Lunges**
 - 3 sets of 10 reps each leg
- 3. **Russian Twists**
 - 3 sets of 10 reps each side
- 4. **Leg Raises**
 - 3 sets of 10-12 reps
- 5. **Burpees**
 - 3 sets of 5-8 reps

Cool-Down (5-10 minutes)

- Hamstring stretch
- Quadriceps stretch
- Chest stretch
- Shoulder stretch
- Child's pose

Weekly Schedule

- Monday: Routine A
- Tuesday: Rest or light activity (e.g., walking, stretching)
- Wednesday: Routine B
- Thursday: Rest or light activity
- Friday: Routine A
- Saturday: Rest or light activity
- Sunday: Rest

Tips

1. **Progress Gradually:** Start with the lower end of the rep range and gradually increase as you get stronger.
2. **Form Over Speed:** Focus on maintaining proper form to prevent injury.
3. **Rest:** Ensure you have rest days to allow your muscles to recover.
4. **Hydrate and Eat Well:** Proper nutrition and hydration are key to supporting your workouts.

Proper nutrition and hydration are crucial components of any fitness routine, including calisthenics. Here are some detailed guidelines to help you fuel your

workouts and aid in recovery:

Hydration

- 1. Daily Water Intake:** Aim to drink at least 8 cups (about 2 liters) of water daily. This can vary depending on your activity level, climate, and individual needs.
- 2. Pre-Workout:** Drink about 1-2 cups of water 1-2 hours before your workout.
- 3. During Workout:** Sip water regularly to stay hydrated, especially if your workout is intense or lasts more than an hour.
- 4. Post-Workout:** Drink another 1-2 cups of water after your workout to replenish fluids lost through sweat.

Nutrition

Macronutrients

- 1. Protein:**
 - **Why:** Essential for muscle repair and growth.
 - **Sources:** Lean meats, poultry, fish, eggs, dairy products, beans, lentils, tofu, and nuts.
 - **Amount:** Aim for about 1.2 to 2 grams of protein per kilogram of body weight per day. For you, this would be approximately 79 to 131 grams of protein daily.
- 2. Carbohydrates:**
 - **Why:** Provide energy for your workouts.
 - **Sources:** Whole grains, fruits, vegetables, legumes, and starchy foods like potatoes.
 - **Amount:** Make sure carbs make up about 45-65% of your daily calorie intake.
- 3. Fats:**
 - **Why:** Important for overall health and energy.
 - **Sources:** Healthy fats like avocados, nuts, seeds, olive oil, and fatty fish.
 - **Amount:** Fats should account for about 20-35% of your daily calorie intake.

Micronutrients

- 1. Vitamins and Minerals:** Ensure a varied diet rich in fruits, vegetables, whole grains, and lean proteins to get a wide range of essential vitamins and minerals.

2. **Iron:** Important for energy levels and muscle function. Found in red meat, poultry, fish, lentils, and spinach.
3. **Calcium and Vitamin D:** Essential for bone health, found in dairy products, leafy greens, and fortified foods. Vitamin D is also obtained from sunlight exposure.

Pre-Workout Nutrition

1. **Timing:** Eat a balanced meal 2-3 hours before your workout, or a smaller snack 30-60 minutes before if you're short on time.
2. **Content:** Include a mix of carbohydrates and protein. For example, a banana with peanut butter or a small smoothie.

Post-Workout Nutrition

1. **Timing:** Consume a meal or snack within 30-60 minutes after your workout to aid recovery.
2. **Content:** Focus on a combination of protein and carbohydrates. For example, a chicken sandwich on whole grain bread or a yogurt with fruit.

Example Daily Meal Plan

- **Breakfast:** Oatmeal with berries and a side of scrambled eggs.
- **Mid-Morning Snack:** Greek yogurt with honey and nuts.
- **Lunch:** Grilled chicken breast with quinoa and a mixed green salad.
- **Afternoon Snack:** Apple slices with almond butter.
- **Dinner:** Baked salmon with sweet potatoes and steamed broccoli.
- **Evening Snack:** Cottage cheese with sliced peaches.

Additional Tips

- **Avoid Sugary Drinks and Junk Food:** These can lead to energy crashes and don't provide the necessary nutrients for recovery and muscle building.
- **Listen to Your Body:** Everyone's nutritional needs are different. Pay attention to how your body responds to different foods and adjust accordingly.
- **Consult a Professional:** If you're unsure about your nutritional needs, consider consulting a dietitian or nutritionist for personalized advice.

By following these guidelines, you'll support your calisthenics routine with the right nutrition and hydration, helping you achieve better results and maintain overall health.

