

No-Equipment Calisthenics Workout Plan (Age 19)

Reasoning Behind the Plan

Reasoning Behind the Plan:

1. No Equipment & Limited Space: We use bodyweight (calisthenics) exercises that require minimal space.
2. Medium Slim Build & Rarely Worked Out: Begin with progressive, low-impact bodyweight exercises to build base strength and prevent injury.
3. Age 19 & Grow Taller: Posture correction, stretching, and explosive exercises can help you reach your full height potential.
4. Goals: Build stamina, endurance, strength, speed, explosiveness via structured, varied training days.

Weekly Plan Overview

Weekly Split (45-60 min/day):

Mon - Full Body + Explosiveness

Tue - Cardio + Core

Wed - Upper Body Strength

Thu - Legs + Speed + Jumping

Fri - Full Body HIIT + Core

Sat - Active Recovery + Stretch

Sun - Rest

Daily Warm-up

Warm-up (10 min):

- 30s each: Jumping jacks, high knees, arm circles, leg swings, hip rotations
- 1 min: Burpees or fast mountain climbers
- 2 min: Dynamic stretching

Day 1: Full Body + Explosiveness

Push-ups - 3 sets x 10-15 reps

No-Equipment Calisthenics Workout Plan (Age 19)

Jump squats - 3 sets x 10 reps

Plank shoulder taps - 3 sets x 20 reps (10/side)

Explosive lunges - 3 sets x 10 reps per leg

Burpees - 3 sets x 10 reps

Pike push-ups - 3 sets x 10 reps

Cooldown: 5 min full-body stretch

Day 2: Cardio + Core

High knees - 3 sets x 45 sec

Jumping jacks - 3 sets x 45 sec

Plank - 3 sets x 1 min

Bicycle crunches - 3 sets x 20 reps

Russian twists - 3 sets x 30 reps

Mountain climbers - 3 sets x 30 sec

Cooldown: Stretch + Breathing

Day 3: Upper Body Strength

Diamond push-ups - 3 sets x 10-12 reps

Incline push-ups - 3 sets x 12-15 reps

Superman hold - 3 sets x 30 sec

Dips (on edge) - 3 sets x 10 reps

Plank to push-up - 3 sets x 10 reps

Cooldown Stretch

Day 4: Legs + Speed + Jumping

Squats - 3 sets x 15 reps

Broad jumps - 3 sets x 6 reps

Explosive step-ups - 3 sets x 10 reps/leg

No-Equipment Calisthenics Workout Plan (Age 19)

Sprint in place - 3 sets x 30 sec

Calf raises - 3 sets x 20 reps

Cooldown Stretch

Day 5: Full Body HIIT + Core

Circuit (3-4 rounds):

Jumping jacks - 30 sec

Push-ups - 10 reps

Mountain climbers - 30 sec

Squats - 15 reps

Sit-ups - 15 reps

Plank - 45 sec

Rest 1 min between rounds

Day 6: Recovery & Flexibility

20-30 min yoga/stretching session

- Focus: hamstrings, hips, shoulders, neck
- Deep breathing, posture alignment

Progress & Recovery Tips

Progress & Recovery Tips:

- Track your reps weekly and aim to improve.
- Stay hydrated and eat protein-rich foods.
- Sleep 7-9 hours for recovery.
- Use tennis ball or stretching for sore muscles.
- Stick with the plan for 8-12 weeks for best results.