

# Calisthenics Training Plan

## Day 1: Upper Body (Push Focus)

Exercise	Description
Warm-up	Jumping jacks or light jogging (5 minutes)
Push-ups	4 sets of 12-15 reps
Dips on Parallel Bars	4 sets of 10-12 reps
Decline Push-ups	3 sets of 10-12 reps
Pike Push-ups	3 sets of 8-10 reps
L-Sit Hold on Bars	4 sets of max hold (aim for 10-15 seconds)

## Day 2: Lower Body + Core

Exercise	Description
Warm-up	High knees or light jog (5 minutes)
Squats	4 sets of 15-20 reps
Pistol Squat Progressions	4 sets of 5-6 reps each leg
Box Jumps or Broad Jumps	3 sets of 10 reps
Hanging Leg Raises	4 sets of 8-10 reps
Plank	4 sets of 45-60 seconds

## Day 3: Upper Body (Pull Focus)

Exercise	Description
Warm-up	Arm circles and band pull-aparts (5 minutes)
Pull-ups	5 sets of 8-10 reps
Australian Rows	4 sets of 12-15 reps
Chin-ups	3 sets of 6-8 reps
Straight Arm Holds	3 sets of 10-12 seconds
Arch Holds	4 sets of 20-30 seconds

## Day 4: Full Body + Skills

Exercise	Description
Warm-up	Dynamic stretching (5 minutes)
Burpees	3 sets of 10-12 reps
Tuck Planche Hold	4 sets of max hold
Muscle-Up Practice	4 sets, aim for 2-5 reps

Single-Leg Box Squats	3 sets of 8 reps per leg
Core	Windshield Wipers: 3 sets of 8-10 reps each side Russian Twists: 3 sets of 15 reps each side

## Cool Down (after each session)

Stretch the major muscle groups, especially shoulders, back, legs, and wrists.