

Beginner Calisthenics Program (8 Weeks)

Prerequisites

- No equipment required, but a pull-up bar is recommended.
- Ability to do basic bodyweight movements like squats, push-ups, and planks.
- Commitment to training at least **3-4 times per week**.

Program Information

- Focus on building strength, endurance, and mobility.
 - Progressive overload by increasing reps or difficulty.
 - **4-day training schedule** with 3 rest days.
 - Suggested rest between sets:
 - **Main exercises:** 60–90 seconds
 - **Core exercises:** 30–45 seconds
 - **Deload Week:** Every 4th week should be a **deload week** with lower reps and fewer sets.
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Training Schedule

Day 1: Push Focus

Exercise	Sets Reps	
Push-ups	3	10-15
Dips (Bench/Parallel Bars)	3	8-12
Wall Handstand Hold	3	30s
Core: Leg Raises	3	12-15

Day 2: Pull Focus

Exercise	Sets	Reps
Pull-ups (Assisted if needed)	3	5-10
Australian Rows	3	8-12
Chin-ups	3	5-10
Core: Plank	3	45s

Day 3: Rest & Mobility

- Stretching and light jogging
- Shoulder and hip mobility drills

Day 4: Legs & Core

Exercise	Sets	Reps
Squats	3	12-15
Bulgarian Split Squats	3	8-12
Calf Raises	3	15-20
Core: Hanging Knee Raises	3	12-15

Day 5: Full Body & Endurance

Exercise	Sets	Reps
Burpees	3	10-15
Jump Squats	3	10-12
Push-ups	3	10-15
Pull-ups	3	5-10
Core: Bicycle Crunches	3	15-20

Day 6 & 7: Rest & Active Recovery

- Light stretching and mobility work
- Optional light cardio (walking, jogging)

Progression Plan

- Increase reps by **1-2 per week**.
- If reps become easy, progress to harder variations (e.g., diamond push-ups, archer pull-ups).
- Focus on controlled movements with proper form.

Additional Notes

- **Recovery Matters:** Aim for **7-9 hours of sleep** and maintain proper nutrition.
- **Warm-up Routine:** Always start with 5-10 minutes of dynamic stretching.
- **Avoid Overtraining:** If feeling fatigued, take extra rest.

Enjoy your calisthenics journey!