

The Basics - Calisthenics Workout

Calisthenics

Created on August 21, 2023 by Antonius Torode

This calisthenics workout is designed to build strength, mobility, and coordination using fundamental bodyweight exercises. It's suitable for beginners and those looking to establish a solid foundation for more advanced movements.

HIIT Warm-up

Perform each exercise for **45 seconds**, followed by a **15-second rest**. Repeat the circuit **twice** for a 10-minute workout.

1. Plank Jacks
2. Squat Jumps
3. Bicycle Crunches
4. High Knees
5. Mountain Climbers

Perform the following exercises in sequence. **Repeat The Circuit 5 times.**

Exercise 1

Push Ups - Adjust inclination for difficulty level. 15 reps.

Exercise 2

Body-weight Squats - Add weight for increased difficulty. 20 reps.

Exercise 3

Pull-ups - Use resistance bands for assistance with pull-ups as needed. 10 reps.

Exercise 4

Dips - 10-15 reps.

Exercise 5

Plank - Hold for as long as you can while maintaining good form.

Cool-down

After completing the workout, cool down your body with light activity and static stretching. **Perform two sets of the following!**

- Slow jog or brisk walk - 4 minutes
- Your preferred stretches - 2 minute