

30-DAY CALISTHENICS WORKOUT PLAN FOR BEGINNERS

1 Strength Progressions

Once the basics feel easy, start progressing to harder variations:

◆ Push-ups Progression:

✓ Incline Push-ups → Regular Push-ups → Diamond Push-ups → Archer Push-ups → One-arm Push-ups

◆ Squats Progression:

✓ Bodyweight Squats → Jump Squats → Bulgarian Split Squats → Shrimp Squats → Pistol Squats

◆ Core Strength Progression:

✓ Regular Plank → Side Plank → Plank with Shoulder Taps → Hanging Knee Raises → L-Sit

◆ Pull Progression (if you have a bar):

✓ Negative Pull-ups → Assisted Pull-ups → Regular Pull-ups → Archer Pull-ups → One-arm Pull-ups

3 Advanced Challenges

Want to test your limits? Try these!

🏹 100 Push-ups Challenge – Aim for 100 push-ups total in the shortest time possible.

🔥 5-Minute Plank Challenge – Build endurance by holding different plank variations for 5 minutes straight.

🏆 Max Reps Challenge – Pick 3 exercises and do as many reps as possible in 10 minutes.

🦵 Pistol Squat Mastery – Work towards 10 controlled reps per leg.

★ Burpee AMRAP (As Many Reps As Possible) – Do as many burpees as possible in 5 minutes.

2 New Workout Splits (After 30 Days)

Once you complete the plan, try structuring your workouts differently:

🔥 Push-Pull-Legs Routine

Day 1: Push (Push-ups, Dips, Shoulder Work)

Day 2: Pull (Rows, Pull-ups, Biceps)

Day 3: Legs (Squats, Lunges, Calves)

Day 4: Core + Cardio

Day 5: Rest / Active Recovery

🔥 Full Body Strength Split

Day 1: Strength (Hardest Variations, Low Reps, High Sets)

Day 2: Endurance (Higher Reps, Shorter Rest)

Day 3: Mobility & Core (Flexibility + Stability)

Day 4: Rest

4 Mobility & Recovery Plan

Don't forget mobility! Here's a simple daily routine to improve flexibility & prevent injuries:

✓ Hip Flexor Stretch – 30 sec each side

✓ Shoulder Mobility Drills – 10 reps

✓ Spinal Twists – 10 reps each side

✓ Deep Squat Hold – 60 sec

✓ Hamstring Stretch – 30 sec each leg