

# Beginner Calisthenics Workout Plan (Weekly Routine)

Created by [Murshid Akram](#)

Administrator of the [Thefitnessphantom.com](#)

Article Link - [Thefitnessphantom.com/calisthenics-workout-plan-with-pdf/](#)

- **Monday** – Chest, Shoulder, Triceps, Quadriceps, and Calves
- **Tuesday** – Back, Biceps, Core, Hamstrings, and Glutes
- **Wednesday** – Rest
- **Thursday** – Chest, Shoulder, Triceps, Quadriceps, and Calves
- **Friday** – Back, Biceps, Core, Hamstrings, and Glutes
- **Saturday** – Rest
- **Sunday** – Rest

## Monday – Push Workout and Legs

Exercise	Muscles Worked	Reps
Standard Push-Ups	Chest and Triceps	10 x 2
Diamond Pushup ( <a href="#">Kneeling</a> or on toes)	Triceps and Chest	10 x 2
<a href="#">Kneeling Pike Push-Ups</a>	Shoulder and Triceps	6 x 2
<a href="#">Bench Dips</a>	Triceps	10 x 2
<a href="#">Squat</a>	Quads	15 x 2
Lunges	Quads and Hams	10 x 2
<a href="#">Standing Calf Raises</a>	Calves	10 x 2

## Tuesday – Back, Biceps, Core, Hamstrings, and Glutes

Exercise	Muscles Worked	Reps
<a href="#">Inverted Rows</a>	Back and Biceps	8 x 2
Assisted Pullups	Back and Biceps	AMRAP
<a href="#">Floor IYT Raises</a>	Back and Rear Delt	8 x 2
Chin ups	Biceps and Back	8 x 2

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
<b>Nordic Hamstring Curl</b>	Hamstring	8 x 2
<b>Single-Leg RDL</b>	Hamstring and Glute	10 x 2
<b>Glutes Bridge</b>	Glute	10 x 2
<b>Plank</b>	Core	45-60 seconds
Side Plank	Core	20-30 seconds
<b>Bird Dog Plank</b>	Core	20-30 seconds

### **Thursday – Chest, Shoulder, Triceps, Quadriceps, and Calves**

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Incline Push-Ups	Chest	10 x 2
Narrow Pushup (Kneeling or on toes)	Triceps and Chest	10 x 2
<b>Kneeling Pike Push-Ups</b>	Shoulder and Triceps	6 x 2
Bench Dips	Triceps	10 x 2
Squat Jumps	Quads	15 x 2
Lateral Squat	Quads and Hams	10 x 2
Standing Calf Raises	Calves	10 x 2

### **Tuesday – Back, Biceps, Core, Hamstrings, and Glutes**

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Inverted Rows	Back and Biceps	8 x 2
Assisted Pullups	Back and Biceps	AMRAP
Floor IYT Raises	Back and Rear Delt	8 x 2
Chinups	Biceps and Back	8 x 2
Nordic Hamstring Curl	Hamstring	8 x 2
Single-Leg RDL	Hamstring and Glute	10 x 2
Glutes Thrust	Glute	10 x 2

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Mountain Climbing	Core	20-30 seconds
Reverse Crunches	Core	20-30 seconds
Plank	Core	45-60 seconds

You can see more calisthenics exercises

1. [Calisthenics Full Body Workout, Routine, And PDF](#)
2. [Calisthenics Push Workout For Beginner](#)
3. [The Best Calisthenics Chest Workout](#)
4. [The Best Calisthenics Back Workout And Exercises](#)
5. [Calisthenics Pull Workout \(The 9 Best Exercises\)](#)
6. [Calisthenics Ab Exercises \(The 10 Best Workout\)](#)
7. [Best Calisthenics Shoulder Workout \(10 Exercises\)](#)
8. [Calisthenics For Weight Loss \(Workout And Plan\)](#)

Please help me grow on social sites:

[Instagram](#)

<https://www.instagram.com/thefitnessphantom/>

**Facebook:**

<https://www.facebook.com/murshid.akram07/>

<https://www.facebook.com/fitnessphantom>

**YouTube:**

<https://www.youtube.com/c/MurshidAkram/>