

6 Week Bodyweight Workout Plan

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Article Link: <https://thefitnessphantom.com/free-6-week-bodyweight-training-plan/>

Summary

Goal	Build Muscle and Improve Shape
Training Type	Full Body
Duration	6 weeks
Frequency	4 days a week
Duration/session	30-45 minutes
Suitable for	Men and Women
Difficulty	Beginner to Intermediate
PDF	At the bottom
Alternate Plan	3-Day Bodyweight Workout Plan

Rounds: two for beginners and three for intermediate.

Rest between sets: 30 to 90 seconds. You can increase or decrease the interval time between sets, depending on your fitness level.

Once you complete the routine for the desired time, you can follow this [bodyweight workout plan to get ripped](#).

Week 1

Monday	Tuesday	Reps/Time
Jumping Jacks	Burpee	30-sec
Regular Squat	Incline Press-up	15 reps
Pushup	Superman Pull	15 reps
Floor I-Y-T Raise	Leg Raises	10 reps
Mount. Climbers	Lateral Lunge	30-sec
Tricep Floor Dip	Inchworm	10 reps
Glutes Bridge	Plank	10 reps
Thursday	Friday	Reps/Time
Squat Jump	High Knee	30-seconds
Lunges	Kneeling/Normal Pike Pushup	10 reps
Sumo Squat	Reverse lunge	10 reps
Narrow Pushup	Froggers	10 reps
Lying Towel Lat Pull Down	Hindu Push up	10 reps
Standing Calf Raises	Leg kickbacks	10 reps

Week 2

Monday	Tuesday	Reps/Time
Jumping Jacks	High Knees	30-sec

Monday	Tuesday	Reps/Time
Lateral Squat	Archer Pushup	10 reps
Skater Hops	Floor I-Y-T Raise	10 reps
Inchworm	Floor/Bench Dips	30-sec
Side Lunges	Side Plank Hip Raises	10 reps
Russian Twist	Split Squat	10 reps
Thursday	Friday	Reps/Time
Mountain Climbing	Burpees	30-sec
Reverse Lunges	Shoulder Tap	10 reps
Bodyweight Renegade Row	Glute Kickback	30-sec
Flutter Kicks	Locust Pose	20-sec
Superman Pull	Hindu Pushup	10 reps
Forearm Plank	Side Plank	60 & 20 sec

Week 3

Monday	Tuesday	Reps/Time
Incline Pushup	Burpee	10 reps
Reverse Crunches	Bird-Dog	20-sec
Bear Crawl	Forward Lunges	20-sec

Monday	Tuesday	Reps/Time
Floor IYT Raises	Lying Towel Lat Pull Down	10 reps
Regular Squat	Russian Twist	20-sec
Lying Leg Raises	Calf Raises	10 reps
Thursday	Friday	Reps/Time
Jumping Jacks	Handstand Wall Pushup (AMRAP)	30-sec
Renegade Row	Burpee	10 reps
Single-leg RDL (10 reps)	Inchworm 20-sec	–
Floor Windshield Wiper	Split Squat	10 reps
Side to Side Squat	Situps	10 reps
Floor Dips	Leg Bicep Curl	10 reps

Week 4

Monday	Tuesday	Reps/Time
Side to Side Jump Squat	Burpee	10 reps
Bodyweight Lateral Raise	Locust Pose	20-sec
Incline Pushup (15 reps)	Mountain Climber (30-sec)	–

Monday	Tuesday	Reps/Time
Floor IYT Raises	Reverse Lunges	10 reps
Plie Squat	V ups	10 reps
Plank (60-sec)	Glute Bridge (10 reps)	–
Thursday	Friday	Reps/Time
Sprint in place	Shadow Boxing	20-sec
Standard Pushup	Crusty Lunges	10 reps
Squat	Renegade Row	10 reps
Floor Dips	Calf Raises	10 reps
Lying Towel Lat Pull Down	Toe Touch Crunches	15 reps
Side Plank (20-sec/side)	One-leg Glute Bridge (10 reps/side)	–

Week 5

Monday	Tuesday	Reps/Time
Jumping Jacks	Burpee	30-sec
Incline Press-up	Floor IYT Raise	10 reps
Superman Pull (15 reps)	Mountain Climb (30-sec)	–
Sumo Squat	Hindu Push up	10 reps

Monday	Tuesday	Reps/Time
Bear Crawl (30-sec)	Lateral Lunge (10 reps)	–
Tricep Floor Dips (15 reps)	Inchworm (30-sec)	–
Leg kickbacks (10 reps/side)	Plank (60-sec)	–
Thursday	Friday	Reps/Time
Squat Jump	Burpee	10 reps
Incline Diamond Pushup	Lying Towel Lat Pull Down	15 reps
Forward Lunges	Single-leg RDL	10 reps
Cross Knee Mountain Climb	Lying Leg Raises	30-sec
Floor/Bench Dips	Leg Biceps Curl	15 reps
Bear Crawl	Superman Hold	20-sec

Week 6

Monday	Tuesday	Reps/Time
Side to Side Squat	Jumping Jack	30-sec
Bird-Dog Plank	Inchworm	20-sec
Floor IYT Raises	Hindu Pushup	10 reps
Situps	Floor/Bench Dips	15 reps

Monday	Tuesday	Reps/Time
Renegade Row	Windshield Wiper	10 reps
Glute Kickback	Calf Raises	15 reps

Thursday	Friday	Reps/Time
Burpee	Squat Jump	10 reps
Sumo Squat	Reverse lunge	10 reps
Lying Towel Lat Pull Down	Floor IYT Raises	15 reps
Archer Pushup	Floor/Bench Dips	10 reps
Glute Bridge	Plank	60-sec
Flutter Kicks	Side Plank	20-sec

You can also check out more bodyweight exercises for training at home.

- [Bodyweight Hamstring Exercises](#)
- [The 10 Best Bodyweight Exercises For Arms](#)
- [Bodyweight Exercises For Back At Home](#)
- [Bodyweight Exercises For Shoulder](#)



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