

## 7-Day Beginner Calisthenics Workout Plan

Created by: [Murshid Akram](#)

Check out [article](#) for more info

This routine will help you build strong, toned muscles and improve your overall strength and fitness level. You'll be able to perform more difficult calisthenic exercises as well as pull-ups, push-ups and dips with ease.

### A brief info about workout:

- Training Frequency a week – 4 days
- Daily workout duration – 30 to 45 minutes
- The ideal interval time between sets – 45 seconds to 2 minutes
- Way to perform exercises: Complete all sets of one exercise before moving on to another.
- Expected program duration: 12-16 weeks
- Warm-up: It's best to perform warm-up exercises for 5 minutes before starting bodyweight strength training.

### Schedule

- **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
<a href="#">Hindu Pushups</a>	Upper Body	10 x 2
<a href="#">Bench Dips</a>	Chest and Triceps	10 x 2

<a href="#">Triangle Pushup</a>	Triceps and Chest	10 x 2
<a href="#">Lateral Lunges</a>	Shoulder and Triceps	5/side x 2
<a href="#">Negative Push-Up</a>	Triceps	10 x 2
<a href="#">Inchworm</a>	Full Body	10-sec x 2
<a href="#">Drop Squat</a>	Legs	10 x 2
<a href="#">Standing Calf Raise</a>	Calves	10 x 2

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

<a href="#">Inverted Row</a>	Back and Biceps	8 x 2
<a href="#">Superman Pull</a>	Back	AMRAP
<a href="#">Floor IYT Raises</a>	Back and Rear Delt	8 x 2
<a href="#">Chin-ups</a>	Biceps and Back	8 x 2
<a href="#">Nordic Hamstring Curl</a>	Hamstring	8 x 2
<a href="#">Glutes Bridge</a>	Glute	10 x 2
<a href="#">Plank</a>	Core	45-sec x 2
Side Plank	Core	20-sec/side x 2
<a href="#">Bird Dog Plank</a>	Core	10-sec/side x 3

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

Exercise	Muscles Worked	Reps
<a href="#">Incline Pushup</a>	Chest	10 x 2
<a href="#">Standard Push-Ups</a>	Triceps and Chest	10 x 2
Kneeling Pike Pushups	Shoulder and Triceps	6 x 2
Bench Dips	Triceps	10 x 2
<a href="#">Step-up</a>	Quads & Glutes	15 x 2
<a href="#">Reverse Lunge</a>	Quads and Hams	10 x 2
Glute Kickback	Calves	10 x 2

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

Exercise	Muscles Worked	Reps
Chinups	Back and Biceps	AMRAP
Assisted Pullups	Back and Biceps	AMRAP
Floor IYT Raises	Back and Rear Delt	10 x 3
Superman Pull	Back	10 x 2
<a href="#">Single-Leg Bridge</a>	Hamstring	10/side x 2
<a href="#">Glute Kickback</a>	Glute	10/side x 2
<a href="#">10-min Abs Workout</a>	Core	–

**You can add more exercises from the list below:**

1. [Calisthenics Full Body Workout](#)
2. [Calisthenics Push Workout For Beginner](#)
3. [Calisthenics Pull Workout](#)
4. [20 Best Calisthenics Leg Exercises](#)
5. [Calisthenics Ab Exercises](#)
6. [70 Best Bodyweight Cardio Exercises](#)
7. [Top 5 Rear Delt Bodyweight Exercises](#)
8. [Calisthenics Back Workout and Exercises](#)
9. [The Best Calisthenics Chest Workout](#)
10. [Knee push-ups for beginners \(with Video\)](#)
11. [Calisthenics Workout List for Each Muscle](#)
12. [The 20 Best Bodyweight Exercises for Arms](#)
13. [Calisthenics Exercises for Shoulder](#)

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