

6 Month Bodyweight Workout Plan for Men

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Check out [article](#) for more info

Summary and Schedule

Let's have a quick look at the summary of this plan:

- **Goal:** Build strength and lean mass, enhance cardiovascular fitness, and help you improve your shape.
- **Sessions per week:** Four to five
- **Duration/session:** 30-45 minutes
- **Target Gender:** Men
- **Workout Type:** Bodyweight
- **Training Level:** Beginner to Intermediate

Schedule:

- **Month 1** – Full Body Bodyweight Workout
- **Month 2** – Push, Pull, Legs, and Core
- **Month 3** – Compound Bodyweight Workout Split
- **Month 4** – Full Body Workout
- **Month 5** – Cardio and Strength Workout Alternate Day
- **Month 6** – Total Body Bodyweight Workout

The interval time between sets: Take 30 seconds to 2 minutes of rest between sets, depending on your fitness level.

Month 1 – Full Body Bodyweight Workout

Monday

Exercise	Reps	Sets
Ankle Hops	15-sec	2
Jumping Jacks	15-sec	2
Mountain Climber	15-sec	2
Standard Squat	15-20	3
Push-ups (Knee/Toes)	10-12	3
Floor IYT Raises	10-12	3
Bench Dips	12-15	3
Glute Bridge	10-12	3

Tuesday

Exercise	Reps	Sets
Squat Jump	15-sec	2
High Knees	15-sec	2
Shoulder Tap	15-sec	2
Sumo Squat	15-20	3
Diamond-ups (Knee/Toes)	10-12	3
Superman Pull	10-12	3
Bodyweight Lateral Raises	12-15	3
Calf Raise	10-12	3

Thursday

Exercise	Reps	Sets
Burpees	15-sec	2
Mountain Climber	15-sec	2
Kneeling Jump	15-sec	2
Pike Pushups	10-12	3
Front Lunges	10-12	2
Inverted Row	10-12	3
Floor Dips	10-12	3
Situps	10-12	3

Friday

Exercise	Reps	Sets
Ankle Hop	15-sec	2
Squat Thrust	15-sec	2
Shoulder Tap	10/side	2
Inchworm	10-12	3
Floor I-Y-T Raise	10-12	3

Incline Pushups	10-12	3
Triceps Extension	10-12	3
Plank	45-sec	2

Month 2 – Push, Pull, Legs, and Core (PPLC) Split

Monday – Push Workout

Exercise	Reps	Sets
High Knees	15-sec	2
Mountain Climber	15-sec	2
Bear Crawl	15-sec	2
Incline Pushup	10-12	3
Triangle Pushup	10-12	2
Archer Push-up	10/side	2
Lateral Raise	10/side	3
Chair Dips	12-15	3

Tuesday – Pull Workout

Exercise	Reps	Sets
Jog in place	15-sec	2
Burpees	15-sec	2
Bear Crawl	15-sec	2
Pull-up/Chinup	8-10	3
Superman Pull	10-12	3
Lying Y Raises	10-12	3
Incline Towel Row	10-12	3
Lying T Raises	12-15	3

Thursday – Legs Workout

Exercise	Reps	Sets
Squat Jump	15-sec	2
Ankle Hop	15-sec	2
High Knees	15-sec	2
Standard Squat	10-12	3
Lateral Lunges	10/side	2
Sumo Squat	10-12	3
Glute Bridge	10-12	3

Calf Raise	12-15	3
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Friday – Core Workout

Exercise	Reps	Sets
Mountain Climbers	15-sec	2
Tabletop Crunches	10-12	2
Alternate Heel Tap	10/side	2
Reverse Crunches	10-12	2
Knee to Outside Elbow Crunch	10/side	2
Hollow Hold Hold	10-sec	3
Flutter kick	10-sec	3
Forearm Front Plank	45-sec	2
Side plank	15-sec	2

Month 3 – Compound Bodyweight Workout Split

Monday – Chest, Back, and Core

Exercise	Reps	Sets
Ankle Hops	15-sec	2
Burpees	8-10	2
Dive Bomber Pushup	10-12	3
Archer Push-up	10/side	2
Superman Pull	10-12	3
Incline Towel Row	10-12	3
Bird Dog Plank	5/side	2
Lying Leg Lifts	10-12	2
Plank	45-sec	2

Tuesday – Legs, Arms, and Shoulder

Exercise	Reps	Sets
Jumping Jacks	15-sec	2
Mountain Climber	15-sec	2
Standard Squat	15-20	3
Lateral Lunges	10/side	2
Pike Pushups	10-12	3
Bodyweight Lateral Raises	10/side	2
Chair Dips	12-15	3

Bodyweight Seated Bicep Curl	10-12	3
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Thursday – Back, Chest, and Core

Exercise	Reps	Sets
Squat Jump	15-sec	2
Shoulder Tap	10/side	2
Bear Crawl	15-sec	2
Pullup/Chinup	8-10	3
Superman Pull	10-12	3
Floor IYT Raises	8-10	3
Deficit Pushup	10-12	3
Archer Pushup	8/side	3
Situps	AMRAP	3

Friday – Legs, Shoulder, and Arms

Exercise	Reps	Sets
Squat Jump	15-sec	2
Frog Squats	15-20	3
Back and Forth Lunges	10/side	2
Archer Squats	10-12	2
Bodyweight Lateral Raises	10/side	2
Bodyweight Rear Delt Raise	10-12	3
Plank Tricep Extension	12-15	3
Bicep Curls with Towel	10-12	3

Month 4 – Full Body Workout

During this period, you'll train your muscles in the same way as you did in the first month.

There will be some changes in exercises, intensity, and interval time between sets.

For example, you can increase the reps and sets and decrease the rest time.

Here are some exercises you can add to your routine during the fourth month of 6 month bodyweight workout routine:

- [Grappler pushup](#)
- [Sit Outs](#)

- [Pushup to Row](#)
- [Bodyweight Power Maker](#)
- [Knee Tap Push-Up](#)
- Wall Handstand Pushups
- Floor Dips
- Chinups
- Inverted Row
- [Bodyweight Turkish Get Up](#)
- [Diver Pushup](#)

It would be best if you could train for five days instead of four throughout this month.

Month 5 – Cardio and Strength Workout Alternate Day

Monday – Strength Workout

Exercise	Reps	Sets
Squat	15-20	3
Pushups	12-15	3
Floor IYT Raises	10-12	3
Front Lunges	10/side	2
Archer Push-up	10/side	2
Superman Pull	10-12	3
Bench Dips	10-12	3
Bicep Curl with a Towel	10-12	3

Tuesday – Cardio

Perform as many rounds as possible in thirty minutes.

Do exercises at your own pace, typically at 50 to 65 percent of your [maximum heart rate](#).

Exercise	Time	Rest
Ankle Hops	15-sec	30-sec
Jumping Jacks	15-sec	30-sec
Mountain Climber	15-sec	30-sec
High Knees	15-sec	30-sec

Shoulder Taps	15-sec	30-sec
Kneeling Squat Jump	30-sec	45-sec
Flutter Kicks	15-sec	45-sec
Squat Jump	30-sec	45-sec
Crossbody Mt. Climber	15-sec	45-sec
Bear Crawl	30-sec	45-sec

Wednesday – Strength Workout

Exercise	Reps	Sets
Sumo Squat	15-20	3
Incline Pushups	10-12	3
Floor IYT Raises	8-10	3
Step up	10/side	2
Pike Pushups	8-10	3
Superman Pull	10-12	3
Incline Towel Row	10-12	3
Archer Pushup	10-12	3

Friday – Cardio

Do as many rounds as possible in 30 minutes.

Exercise	Time	Rest
Jumping Jacks	15-sec	30-sec
Sit Outs	15-sec	30-sec
Mountain Climber	15-sec	30-sec
Burpees	15-sec	30-sec
Shoulder Taps	15-sec	30-sec
Bodyweight Power Maker	30-sec	45-sec
Flutter Kicks	15-sec	45-sec
Squat Jump	30-sec	45-sec
Crossbody Mt. Climber	15-sec	45-sec
Diver Pushup	30-sec	45-sec

Saturday – Strength Workout

Exercise	Reps	Sets
Sumo Squat	15-20	3
Incline Pushups	10-12	3
Floor IYT Raises	8-10	3
Glute Bridge	10-12	3

Bodyweight Lateral Raise	8-10	3
Superman Pull	10-12	3
Bench Dips	10-12	3
Towel Biceps Curl	10-12	3

Month 6 – Total Body Bodyweight Workout

Since you're in the last month of this program, try to give your best and challenge yourself with some advanced exercises, such as wall handstand pushups, knuckle pushups, and clap pushups.

Perform the combination of the second- and fourth-month's exercises during this period.

You can also increase the daily session duration to push your limits and achieve the best results.

Once you complete this 6-month bodyweight workout program, you should start resistance band and dumbbell exercises.

Here's an ultimate [10-week home workout routine](#) you can follow to improve your shape and take your fitness to the next level without going to the gym.

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [Top 5 Rear Delt Bodyweight Exercises](#)
3. [13 Best Bodyweight Push Exercises](#)
4. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
5. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
6. [Knee push-ups for beginners \(with Video\)](#)
7. [8 Best Bodyweight Hamstring Exercises at Home](#)
8. [The 20 Best Bodyweight Exercises for Arms](#)
9. [8 Best Ways To Do Dips At Home For Solid Triceps](#)

10. [Full Bodyweight Workouts For Beginners](#)

11. [Bodyweight Exercises For Back At Home](#)

12. [Bodyweight Exercises for Shoulder](#)

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