

# 5-DAY CALISTHENICS ROUTINE (NO-EQUIPMENT)

Full URL: <https://thefitnessphantom.com/no-equipment-calisthenics-5-day-workout-plan>

I've created an ultimate 5-day calisthenics split to help improve your strength, balance, and flexibility, and shape your physique.

If you're looking for an easy-to-follow and effective calisthenics program that can level up overall fitness without equipment, save this routine.

## PROGRAM DESCRIPTION

Training Type	Calisthenics
Equipment Needed	None
Sessions/Week	Five
Duration/Session	30 minutes
Split Type	Push, Pull, Legs & Upper-Lower
Difficulty Level	Medium (Beginner to Intermediate)
Target Gender	Males and Females
Recommended Duration	8-12 weeks

**Types of Exercises:** I've included various exercises, from strength and cardio to balance and flexibility, to make this workout program fun, challenging, and effective.

**Sessions per week:** It involves training five days a week (push, pull, legs, upper, and lower body exercises).

**Who can follow it:** This program is designed for various people, from beginners to experienced. If you want to bolster your base strength and pack on some noticeable muscle mass, follow this routine.

**Target gender:** Males and Females can both use this routine to level up their fitness and improve their body composition.

**Suggested program duration:** The longer you perform, the better the result you can expect.

**Equipment required:** Although calisthenics training requires a pull-up bar, dip stand, and other equipment, this program involves only equipment-free exercises.

**Program goal:** This workout routine will help you grow your muscular strength, [make your body flexible](#), enhance balance and muscle coordination, and improve posture and physical appearance.

# The Best 5 Day Calisthenics Workout Plan (No-Equipment Needed)

## Weekly 5-day Calisthenics Split:

- **Day 1:** Push
- **Day 2:** Pull
- **Day 3:** Legs
- **Day 4:** OFF
- **Day 5:** Upper Body
- **Day 6:** Lower Body
- **Day 7:** OFF

## Instructions to follow the workout:

- **Warm-up:** You can perform 3-5 minutes of [low-impact dynamic warm-up](#) to increase your body temperature and heart rate and prepare your muscles to perform [calisthenics exercises](#).
- **Rest Between Exercises:** You can take rest for as little or as long as you want between exercises. Calisthenics is not cardio. So, the primary focus should be on utilizing your body weight to improve strength, balance, and flexibility.
- **Adjustment:** Adjust the routine based on fitness level, goal, and preferences.

## Day 1 – Calisthenics Push Workout

Exercise	Target Muscles	Sets	Reps
Dive Bomber Push-ups	Chest & Shoulders	3	10-12
Declined Push-ups	Shoulder & Triceps	2	15-20
Standard Push-ups	Chest & Triceps	3	15-20
Diamond Push-ups	Triceps & Chest	3	12-15

Char/Sofa/Stairs Dips	Triceps	3	15-20
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## Day 2 – Calisthenics Pull Workout

Exercise	Target Muscles	Sets	Reps
Lying Superman Row	Lats	4	15-20
Inverted Row (under a table)	Traps & Rhomboids	4	15-20
Lying T Raises/Reverse Fly	Rear Delts & Back	4	15-20
Renegade Row	Lats & Traps	3	10 per side
Knee Tucks	Abdominals	3	10-15

## Day 3 – Calisthenics Legs Workout

Exercise	Target Muscles	Sets	Reps
<a href="#">Back and Forth Lunges</a>	Thighs & Glutes	3	10 per leg
Squats	Quads & Glutes	4	20-30
Single-leg Glute Bridge	Glutes & Hamstrings	3	8-10 per leg
Sissy Squats	Quadriceps	3	8-12
Single Leg RDL	Hamstrings	3	8-10 per leg

## Day 4 – Upper Body Calisthenics Workout

Exercise	Target Muscles	Sets	Reps
<a href="#">Spiderman Crawl</a>	Full Body	3	10-15 seconds
Declined Push-ups	Shoulder, Chest, Triceps	3	10-20
Bench Dips	Triceps	3	15-20
Floor IYT Raises	Legs and Core	3	5 per leg
Renegade Rows	Back and Abs	3	10 per side
Front Plank	Abdominals	3	1-minute
Side Plank	Side Plank	3	30-second/side

## Day 5 – Lower Body Calisthenics Workout

Exercise	Target Muscles	Sets	Reps
Skater Squats	Legs and Glutes	3	10-12
Curtsy Lunges	Glutes and Thigh	3	10/leg
Pistol Squat/Plie Squat	Thighs and Glutes	3	6/leg or 15
Archer Squats	Quads & Adductors	3	10/leg
<a href="#">Nordic Curl</a>	Hamstrings	3	10-12

# Additional No-Equipment Calisthenics Exercises to Add to Your Plan

**Explore and integrate the following exercises in this 5-day calisthenics routine:**

- Wide arm pushup
- Hamstring March
- Decline pushup
- Lunges to Single-leg Deadlift
- Negative Push Up
- Renegade Row
- Handstand Pushups
- Spiderman Plank
- One-Arm Pushup
- Shoulder Tap
- Alternate Heel Taps
- Superman Fly
- Knuckle pushup
- Lying Prone Superman Row
- Floor Windshield Wipers
- Dragon Flag
- Hanging Windshield Wiper
- [100 Stretching Exercises](#)

## Frequently Asked Questions (FAQs)

### Who can follow this program?

This 5-day calisthenics program is easy to follow. It can work for everyone (unless you have an injury), from beginners to experienced, and males to females.

## Is this effective for building muscle?

This program can help you build mass if you gradually challenge your muscles with harder variations, higher reps, slower tempo, and shorter rest periods. However, the muscle growth will be limited and will stop at some point, and after that, you need to put additional load on the muscle to [stimulate hypertrophy](#).

## How do I increase intensity without weights?

Try harder exercises (such as pike push-ups, pistol squats, handstand, and planche), increase reps and sets per exercise, reduce rest time between sets, and add isometric holds in your exercise plan.

## How soon will I see results?

With consistent training and proper diet, noticeable improvements usually appear within 8–12 weeks.

### Helpful Resources:

1. [20 Best Calisthenics Leg Exercises & Workout Routine](#)
2. [Calisthenics Push Workout for Beginner \(9 Best Exercises\)](#)
3. [Calisthenics Lower Back Workout \(10 Best Exercises\)](#)
4. [Calisthenics Back Workout \(12 Best Exercises\)](#)
5. [Best Calisthenics Shoulder Workout \(10 Exercises\)](#)
6. [5 Best Calisthenics Glute Exercises for A-Shaped Butt](#)
7. [5 Best Calisthenics Hamstring Exercises to Sculpt Your Legs](#)
8. [5 Calisthenics Triceps Exercises You Need to Build Muscle](#)
9. [5 Calisthenics Biceps Exercises You Need to Build Muscle](#)
10. [12 Best Calisthenics Pull Exercises to Build Resilience](#)
11. [Calisthenics Chest Workout: 8 Best Exercises to Build Mass](#)
12. [13 Best Calisthenics Ab Exercises for a Sculpted Core](#)

