

# 4-WEEK FULL BODY WOMEN'S CALISTHENICS WORKOUT PLAN

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Check out [article](#) for more info

## Workout Description

**Split Type:** It will be a **total body workout program** where you'll do at least one exercise for every muscle group in every session.

**Sessions/week:** This routine involves training three times a week, usually on Monday, Wednesday, and Friday.

**Program Goal:** This women's calisthenics workout plan will build your foundational strength, improve your functional movements, **enhance aerobic fitness**, and help you achieve better shape.

**Equipment Needed:** Most of the calisthenics exercises require no equipment, but having a pull-up bar and dip stands will allow you to perform a variety of exercises.

**Training Duration:** It will be a four-week routine, but you can follow it as long as you're ready to move to the next stage.

**Skill Require:** This training schedule includes exercises from beginner to intermediate level. So, whether you're a newbie or working out for a while, you can follow this regime for some weeks to scale up or maintain your fitness.

**Target Gender:** It is primarily designed for females. However, people of any gender can use this routine to improve their fitness

**Exercise Type:** From strength and cardio to mobility and flexibility, I've included various [bodyweight calisthenics exercises](#) in this training program. These exercises will enhance your overall fitness and improve your body composition.

If you want to see how to perform all exercises, you can check out the following resources:

- [12 Best Calisthenics Exercises for Chest](#)
- [Top 12 Calisthenics Back Best Exercises](#)
- [20 Best Calisthenics Leg Exercises](#)
- [13 Calisthenics Exercises to Build Ripped Abs](#)
- [10 Best Calisthenics Exercises to Sculpt Shoulders](#)
- [10 Best Calisthenics Lower Back Exercises](#)

# 4-Week Full Body Calisthenics Workout Plan for Women

## Weekly Schedule

- **Monday** – Full Body Workout
- **Tuesday** – Rest/OFF
- **Wednesday** – Total Body Workout
- **Thursday** – Rest/OFF
- **Friday** – Full Body Workout
- **Saturday** – Rest/OFF
- **Sunday** – Rest/OFF

## Workout Instructions

- **Rep-Set Approach:** You'll do exercises in a circuit. **Circuit training** involves performing a series of exercises (one after another) with little break between them.
- **Rest Between Exercises:** You can take 15 seconds to 1 minute of rest between exercises, depending on your fitness level.
- **Rounds/Session:** You can do as many rounds as possible depending on your fitness level but perform at least three.
- **Warm-up:** Start your workout with a few minutes of dynamic stretching to prepare your muscles for strength exercises.

**Example of Warm-up Exercises:**

- **Warm-up 1:** Arm Circles, Jumping Jacks, [Scapular Push Up](#), and Quad Stretch (Perform three sets of 10 to 15 seconds per each exercise)
- **Warm-up 2:** Shoulder Dislocates, [Wrist Rocks](#), Cat Cow, Ankle Hop, and High Knees (10-15 seconds per exercise x 3)
- **Warm-up 3:** Jumping Jack, Mountain Climber, Cat Camel, Fire Hydrant, and Shoulder Roll (10-15 seconds per exercise x 3)

## Week 1 – The Foundational Five

The first week involves performing five exercises in each training session that will progress your foundational strength.

### Monday

| Exercise        | Target Muscles      | Activity      |
|-----------------|---------------------|---------------|
| Standard Squat  | Quadriceps          | 10 reps       |
| Kneeling Pushup | Chest and Shoulder  | 10 reps       |
| Superman Pull   | Back and Shoulder   | 10 reps       |
| Glute Bridge    | Glute and Hamstring | 5 reps/leg    |
| Plank           | Core                | 30-45 seconds |

### Wednesday

| Exercise | Target Muscles | Activity |
|----------|----------------|----------|
|----------|----------------|----------|

|                        |                    |             |
|------------------------|--------------------|-------------|
| Front Lunges           | Thighs             | 5 reps/leg  |
| Incline Pushup         | Chest and Shoulder | 10 reps     |
| <b>Floor IYT Raise</b> | Back and Shoulder  | 10 reps     |
| Bench dips             | Triceps            | 10 reps     |
| Side Plank             | Obliques           | 15-sec/side |

## Friday

| Exercise                        | Target Muscles     | Activity    |
|---------------------------------|--------------------|-------------|
| Archer Squats                   | Legs               | 5 reps/side |
| <b>Dive-Bomber Knee Push-up</b> | Chest and Shoulder | 10 reps     |
| Australian Pull-up              | Back and Shoulder  | 10 reps     |
| Calf Raise                      | Calves             | 10 reps     |
| Reverse Crunches                | Abs                | 10 reps     |

## Week 2 – Super Six

You'll do six exercises in each session during the second week of this program. These exercises will bolster your muscular strength and **improve balance and flexibility**.

## Monday

| Exercise                 | Target Muscles | Activity   |
|--------------------------|----------------|------------|
| Air Squat                | Legs           | 10 reps    |
| <b>Negative Push-Up</b>  | Upper Body     | 6 reps     |
| Front Plank              | Abs            | 30-second  |
| Chin-ups/Floor IYT Raise | Biceps/Back    | AMRAP      |
| Reverse Lunges           | Lower Body     | 6 reps/leg |
| Flutter Kicks            | Abs            | 15-second  |

### Exercise Note:

- Try to perform chin-ups as many reps as possible, even partial ones. However, if you do not have a pull-up bar, then do floor IYT raises.

## Wednesday

| Exercise                  | Target Muscles  | Reps  |
|---------------------------|-----------------|-------|
| Squat Jumps               | Legs            | 8-10  |
| Kneeling Triangle Push-up | Chest & Triceps | 8-10  |
| Inverted Row              | Back & Shoulder | 10-12 |

|   |         |       |
|---|---------|-------|
| Glute Bridge                                    | Glute   | 10-12 |
| Bench Dips                                      | Triceps | 10-12 |
| Hanging Knee Raises/ <a href="#">V-sit hold</a> | Core    | 8-10  |

## Friday

| Exercise                   | Target Muscles  | Reps     |
|----------------------------|-----------------|----------|
| <a href="#">Drop Squat</a> | Legs            | 8-10     |
| Dive Bomber Push-up        | Upper Body      | 8-10     |
| Chin-ups                   | Biceps and Back | AMRAP    |
| Lateral Lunges             | Lower Body      | 8-10/leg |
| Reverse Crunches           | Core            | 10-12    |
| Bench Dips                 | Triceps         | 10-12    |

## Week 3 – Splendid Seven

The third week of this female calisthenics' workout plan involves performing seven exercises that work throughout the body and help build strength, endurance, and mobility.

## Monday

| Exercise            | Target Muscles | Activity              |
|---------------------|----------------|-----------------------|
| Crab Walk           | Full Body      | 10 steps back & forth |
| Superman Pull       | Back           | 10 reps               |
| Negative Pushups    | Upper Body     | 10 reps               |
| Sit-ups             | Abs            | AMRAP                 |
| Chin-ups            | Biceps         | AMRAP                 |
| Standing Calf Raise | Calves         | 10-12 reps            |
| Plank               | Core           | 45 seconds            |

## Wednesday

| Exercise            | Target Muscles  | Reps                |
|---------------------|-----------------|---------------------|
| Bear Crawl          | Full Body       | 8-10 (back & forth) |
| Dive Bomber Push-up | Chest & Triceps | 8-10                |
| Inverted Rows       | Biceps and Back | AMRAP               |
| Curtsy Lunges       | Legs and Glutes | 6-8/leg             |
| Bench Dips          | Triceps         | 10-12               |
| Glute Kickback      | Glutes          | 8-10/leg            |
| Hanging Knee Raise  | Core            | 10-12               |

## Friday

| Exercise                | Target Muscles    | Reps    |
|-------------------------|-------------------|---------|
| Inchworm                | Full Body         | 8-10    |
| Standard Push-Ups       | Chest & Triceps   | 8-10    |
| Chin-ups                | Biceps and Back   | AMRAP   |
| Step-up                 | Legs and Glutes   | 6-8/leg |
| Plank Triceps Extension | Triceps           | 10-12   |
| Floor IYT Raises        | Back and Shoulder | 8-10    |
| Lying Leg Curl          | Hamstrings        | 10-12   |

## Week 4 – Energetic Eight

The exercises in the fourth week will be more challenging than the first three ones. There will be a total of eight exercises that target muscles from the upper to the lower body and take your fitness to the next level.

## Monday

| Exercise             | Target Muscles          | Activity     |
|----------------------|-------------------------|--------------|
| Bear Crawl           | Full Body               | 8-10 reps    |
| Decline Pushups      | Shoulder & Triceps      | 8-10 reps    |
| Flutter Kicks        | Abs                     | 15-20 sec    |
| Crab Walk            | Total Body              | 30-second    |
| Bench Dips           | Triceps                 | 10-12        |
| Cursty Lunges        | Thigh and Glutes        | 6-8/leg      |
| Bird Dog Pose        | Ab, Glute, & Lower Back | 5 reps/side  |
| Alternating Heel Tap | Oblique                 | 10 reps/side |

## Wednesday

| Exercise                | Target Muscles     | Reps   |
|-------------------------|--------------------|--------|
| Burpee                  | Full Body          | 8-10   |
| Pike Pushups            | Shoulder & Triceps | 8-10   |
| Back and Forth Lunges   | Legs and Core      | 5/leg  |
| Floor IYTWO Raises      | Upper Body         | 6-8    |
| Archer Pushups          | Chest              | 8/side |
| Inchworm                | Full Body          | 8-10   |
| Long Leg March          | Glutes and Abs     | 6/leg  |
| Plank Triceps Extension | Triceps and Core   | 8-10   |

## Friday

| Exercise                          | Target Muscles    | Reps     |
|-----------------------------------|-------------------|----------|
| Air Squat                         | Quadriceps        | 12-15    |
| Inverted Row                      | Back and Shoulder | 10-12    |
| Triangle Pushups                  | Triceps and Chest | 6-8      |
| Reverse Crunches                  | Core              | 10-12    |
| Chin-ups                          | Biceps            | AMRAP    |
| <a href="#">Single-Leg Bridge</a> | Posterior Chain   | 8-10/leg |
| Pike Push-Ups                     | Shoulder          | 6-8      |
| Single-Leg RDL                    | Hamstrings        | 5/leg    |

You can also perform some static stretching exercises at the end of your main workout to ease muscle soreness and enhance your flexibility. If that's not possible, you can do them on alternate days but try to include isometric stretching exercises in your training program to achieve better results.

**My final tip:** Creating a workout program that can fit all fitness enthusiasts isn't possible. So, if you need a perfect program, you'll have to customize it according to your needs. I've linked all the possible exercises you can include in a calisthenics workout plan, so check them out and use them in your customized routine based on your fitness goal.

### Helpful Resources:

- [12 Best Calisthenics Exercises for Chest](#)
- [Top 12 Calisthenics Back Best Exercises](#)
- [20 Best Calisthenics Leg Exercises](#)
- [13 Calisthenics Exercises to Build Ripped Abs](#)
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