

THE FULL BODY CALISTHENICS WORKOUT ROUTINE FOR BEGINNERS

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Check out [article](#) for more info

Program Summary

Duration	6 Weeks
Program Goal	Improve strength, flexibility, balance, and posture.
Sessions/week	3 days a week
Duration/session	20-30 minutes
Skill Level	Beginner
Target Gender	Male and Female
Equipment Needed	Small Dip Station (optional)
Plan to Follow Next	4 Day Calisthenics Routine

Monday

5-minute Warm-up: 15-sec Arm Circles, 15-sec Ankle Hops, 10 Jumping Jacks, 15-sec Stationary Run x 3

Exercise	Target Muscle	Sets x Reps
Incline Push-up	Chest	3 x 10
Goblet Squat	Legs	3 x 10
Inverted Row	Back	3 x 10
Shoulder Tap	Upper Body	3 x 10/side
Calf Raise	Calves	3 x 15
Flutter Kick	Abs	3 x 10-sec

Beginner Full Body Calisthenics Workout Routine

Exercise 1 – Incline Push-up

Reps x Sets: 10 x 3

Instructions: Keep your arms on an elevated object, such as a bench, box, or chair, with your hands shoulder-width apart. Take your feet back and get into an elevated position. Brace your core and hips and begin by bending your elbows to lower your chest toward the bench. Hold for a second, and then push back until your elbows are extended. That's one rep.

Exercise Tips: Maintain a neutral spine position and squeeze your pecs while extending your elbows.

Alternate Option: [Kneeling Pushups](#)

Exercise 2 – Goblet Squat

Reps x Sets: 10 x 3

Instructions: Stand upright with your feet shoulder-width apart and toes pointing slightly out. Keep your arms crossed and hands together against your chest. Pushing your hips and bending your knees, lower into a squat until your glute is parallel to the floor. After a brief pause, extend your knees to return to the standing position. That's one rep.

Exercise Tips: Keep your back straight throughout the movement and push through your feet to return to the standing position.

Alternate Option: Sumo Squat

Exercise 3 – Inverted Row

Reps x Sets: 10 x 3

Instructions: Get under a dip bar stand and grab the stands firmly with your palms underneath. Keep your arms extended and legs straight in front of you with your toes pointing toward the ceiling. Pull yourself up until your chest touches the bar. Pause for a brief moment, then return to the start. That's one rep.

Exercise Tips: Keep your hands slightly wider than shoulder-width apart and maintain a tight core during the exercise.

Alternate Option: TRX Row/Chin-up

Exercise 4 – Shoulder Tap

Reps x Sets: 10 taps on each side x 3

Instructions: Start in a push-up position with hands under shoulders. Keep your body straight and engage your core. Lift your right hand, touch your left shoulder, then place it back. Do the same with your left hand and right shoulder. Alternate tapping your shoulders while keeping your body stable.

Exercise Tips: Keep your body steady and your core muscles engaged throughout the movement.

Alternate Option: Plank

Exercise 5 – Calf Raises

Reps x Sets: 10 x 3

Instructions: Stand with your feet hip-width apart on a flat surface. Keeping your back straight and core engaged, slowly lift your heels as high as you can by pushing up with your toes. Hold briefly at the top, then lower your heels back down until you feel a stretch in your calves.

Exercise Tips: Perform each rep in a slow and controlled fashion, feeling the proper contraction.

Alternate Option: [Single-leg Calf Raises](#)

Exercise 6 – Flutter Kick

Reps x Sets: 10-15 seconds x 3

Instructions: Lie on the floor with your face up, legs straight, and arms straight at your sides. Lift your legs up and down in a fluttering motion until you feel the burn in your core.

Exercise Tips: Do it at a moderate pace and ensure abdominal muscles are tight throughout.

Alternate Option: Unilateral Leg Lifts

Wednesday

5-minute Warm-up: 15-sec Jumping Jack, 15-sec Shoulder Dislocates, 15-sec Cat Cow, and 15-sec High Knees x 3

Main workout:

Exercise	Target Muscle	Sets x Reps
Lunges	Legs	3 x 10/leg
Negative Push Up	Chest	3 x 8
Superman Pull	Back	3 x 10
Reverse Crunches	Abs	3 x 10
Glute Bridge	Glutes	3 x 10
Chair Dips	Triceps	3 x 10

Full Body Calisthenics Workout for Beginners

Exercise 1 – Lunges

Reps x Sets: 10 reps on each side x 3

Instructions: Standing straight in the split stance, lower into a lunge position until your rear knee is almost close to the floor. Now, press through your leading foot until your knees are fully extended. That's one rep for one leg.

Exercise Tips: Keep your chest up and back straight and your core and glutes engaged during the movement.

Alternate Option: Bulgarian Split Squat/Reverse Lunge

Exercise 2 – Negative Push Up

Reps x Sets: 8 x 3

Instructions: Get into a high plank position, brace your core, and tighten your thigh and glutes. Bend your elbows and lower your chest toward the floor in a slow and controlled manner until your torso and knees land on the floor. Push back to return to the starting position and repeat.

Exercise Tips: Focus on a slow and controlled descent to maximize the effectiveness of this movement.

Alternate Option: Incline Negative Pushup

Exercise 3 – Superman Pull

Reps x Sets: 10 x 3

Instructions: Lie prone on the floor with your face down, legs straight, and arms extended overhead. Simultaneously lift your arms, chest, and legs off the ground as high as you can while squeezing your lower back and glutes. Imagine you're flying

like Superman. Hold this position briefly, then lower your arms and legs back to the ground. That's one rep.

Exercise Tips: Keep your face down throughout the movement.

Alternate Option: Floor IYT Raises

Exercise 4 – Reverse Crunches

Reps x Sets: 10 x 3

Instructions: Lie on your back with your knees bent and feet flat on the floor. Keep your hands under your hips for support. Lift your legs off the ground, bending your knees at a 90-degree angle, and bring them toward your chest. Hold briefly, then lower your hips and legs back down, keeping them off the ground.

Exercise Tips: Keep your back grounded at all times.

Alternate Option: Flutter Kicks and Leg Lifts

Exercise 5 – Glute Bridge

Reps x Sets: 10 x 3

Instructions: Lie on your back with your knees bent and feet flat on the floor. Place your arms by your sides with palms facing down. Squeeze your glutes and push through your heels to lift your hips off the ground until your body forms a straight line from shoulders to knees. Hold briefly at the top, then lower your hips back down.

Exercise Tips: Try not to overextend your hips, as it can put excess stress on the lower back.

Alternate Option: Glute Kickback/Elevated Hip Bridge/Long Leg March

Exercise 6 – Chair Dips

Reps x Sets: 10 x 3

Instructions: Sit on the chair and grip its edges with your hands, fingers pointing forward. Extend your legs on the floor with your toes pointing upward. Slide your hips forward off the chair, then lower your body by bending your elbows until your upper arms are parallel to the ground. Push back up to the starting position.

Exercise Tips: Make sure to extend your arms properly to activate the triceps heads.

Alternate Option: [Floor/Sofa/Kitchen Counter Dips](#)

Friday

5-minute warm-up: 15-sec Jumping Jack, 15-sec Mountain Climber, 15-sec Cat Camel, and 15-sec Shoulder Roll x 3

Exercise	Target Muscle	Sets x Reps
Air Squat	Legs	3 x 15
Chin-up	Biceps, Back	3 x 5
Dive Bomber Push-Up	Upper Body	3 x 6-8
Side Plank	Obliques	20-sec/side
Triangle Push up	Triceps, Chest	3 x 6-8
Prone IYT Raises	Back, Shoulder	3 x 6-8

Calisthenics Full Body Workout for Beginners

Exercise 1 – Air Squat

Reps x Sets: 15 x 3

Instructions: Stand with your feet shoulder-width apart and toes slightly turned outward. Keep your arms straight in front of your chest. Lower your body by bending your knees and hips, as if you're sitting back into a chair until your thighs are parallel

to the ground. Ensure your knees don't go past your toes. Push through your heels to stand back up.

Exercise Tips: Keep your core tight, chest up, and shoulders back during the movement.

Alternate Option: [Goblet Squat and Prisoner squat](#)

Exercise 2 – Chin-up

Reps x Sets: As many reps as possible x 3

Instructions: Grab a pull-up bar with an underhand grip and thumbs hip to shoulder width apart. Hang from the bar with your arms fully extended. Engage your back, shoulders, and biceps muscles to pull your body upward until your chin touches the bar. Lower yourself back down in a controlled manner.

Exercise Tips: Keep your abdominal muscles tight at all times.

Alternate Option: Inverted Row/Hammer Chin-up

Exercise 3 – Dive Bomber Push Up

Reps x Sets: 6-8 x 3

Instructions: Start in a downward-facing dog (inverted V) with your hips high and hands and feet on the ground. Lower your head and chest toward the ground while bending your elbows and arching your back. Continue the movement by pushing your chest forward and arching your back upward, similar to a cobra pose. Reverse the motion by lifting your hips back up into the starting position. That's one rep.

Exercise Tips: Keep your core tight and palms firmly on the floor.

Alternate Option: No Option

Exercise 3 – Side Plank

Reps x Sets: Hold 15 seconds on each side x 2

Instructions: Lie on your right elbows with your legs straight and feet stacked on top of each other. Engage your core and lift your hips off the ground, creating a straight line from head to heels. Hold this position for 20-30 seconds or as long as you can while maintaining good form.

Exercise Tips: Repeat equally on each side.

Alternate Option: Straight-arm Side Plank

Exercise 5 – Triangle Push up

Reps x Sets: 6-8 x 3

Instructions: Place your hands on the floor, close to each other in a way that they form a triangle shape and get into the starting position of a pushup. Perform as many pushups as possible.

Exercise Tips: Focus on extending your elbows fully so you can feel the contraction in your triceps.

Alternate Option: Triangle Push-up on Knees

Exercise 6 – Prone IYT Raises

Reps x Sets: 6-8 x 3

Instructions: Lie prone on the floor with your face down and arms extended forward. Begin by raising your arms in the shape of the letters “I,” “Y,” and “T” sequentially. For “I,” lift your arms straight up. For “Y,” raise them diagonally outward. For “T,” lift

them straight out to the sides. Return your arms to the start and repeat the sequence.

Exercise Tips: You can also do it on a flat or incline bench to hit more muscles simultaneously.

Alternate Option: No alternative

5 Best Tips for Beginners to Achieve Optimal Results Through Calisthenics

1. **Warm-Up:** Begin your sessions with 5-10 minutes of light cardio and dynamic stretches to prepare your muscles and joints for calisthenics strength and mobility exercises.
2. **Consistency:** Whether you want to build muscle, lose weight, or maintain your shape, consistent training is necessary. Consistently working out and consuming a healthy diet will help you achieve decent results over time.
3. **Rest and Recovery:** Sometimes we over trained our muscles in excitement and end up hurting ourselves. But if you want to achieve optimum results, you should allow your muscles to recover between workouts and train in an organized way keeping your emotion in controlled.
4. **Nutrition:** You can work out as hard as you can but if you don't consume the required macros, building muscles will take much time. Consuming protein-rich foods and healthy fats and carbs fuel your workout and helps grow muscle faster. For example, you can consume protein shakes and banana, oatmeal with yogurt, almonds, and berries, chicken burrito with salad and cheese, grilled chicken with roasted vegetables and rice.
5. **Progression:** When it comes to scaling your fitness to the next level, consistently increasing the difficulty of exercises or adding more reps/sets is crucial. Increasing intensity or reps/sets will put more stress on your muscles and help them become muscular and toned.

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Frequently Asked Questions (FAQs)

How Often Should You Do Full Body Calisthenics Workout?

Two to four times a week. A total body calisthenics workout involves performing exercises for every muscle group, from the upper to the lower body. So, training two to four times a week is optimal to develop flexibility, endurance, balance, and muscular strength.

Do Calisthenics Build Muscle?

Yes, calisthenics helps build muscle and improve body composition. Calisthenics training includes performing bodyweight compound exercises, such as chin-ups, pull-ups, push-ups, inverted rows, squats, lunges, and planks. These exercises are excellent for strengthening, toning, and increasing lean mass.

However, you'll have to pay more attention to your diet to grow your muscles. You must consume [high protein nutritious foods](#), healthy fats, and carbohydrates to promote muscle growth.

Also, Read: [How Long Does it Take to Build Muscle?](#)

Is Calisthenics Better Than Gym for Beginners?

Yes, calisthenics training teaches you to use your body weight to perform various exercises and helps develop strength, balance and flexibility. It bolsters the foundational strength and takes your fitness to the next level.

Once you solidify your basics, you can then start lifting weights or perform high-level calisthenics exercises.

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](#)
- [10 Best Calisthenics Exercises to Sculpt Shoulders](#)
- [10 Best Calisthenics Lower Back Exercises](#)

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