

# ADVANCED 7-DAY CALISTHENICS TRAINING

Full URL: <https://thefitnessphantom.com/7-day-calisthenics-workout-plan-with-pdf>

## PROGRAM SUMMARY

Exercise Type	Bodyweight Calisthenics
Split Type	Hybrid Split
Sessions/week	Seven (Daily workout)
Duration/session	30-45 minutes
Workout Goal	Improve Strength, Endurance, & Mobility
Equipment Needed	Pull-up Bar, Dip Stand
Experienced Required	Advanced
Target Gender	Male & Females

## WEEKLY SPLIT

- Day 1: Upper Body Strength
- Day 2: Lower Body Strength
- Day 3: Core Workout
- Day 4: Full Body Endurance
- Day 5: Upper Body Mobility
- Day 6: Lower Body Mobility
- Day 7: Core Strength & Endurance

**Preparation for workout:** Start your session with 5-7 minutes dynamic warm-ups to prepare your mind and muscles for the main workout. Follow these warm-up exercises before starting your main workout:

Upper Body	Lower Body	Full Body
<a href="#">Child's Pose to Cobra</a>	<a href="#">Low Lunge to Hamstring Stretch</a>	World's Greatest Stretch
Arms Swings	Leg Swings (Back and Forth)	High Knees
<a href="#">Cross Arm Stretch</a>	Bird Dog Plank Lifts	Jumping jacks
Dive Bomber Push-ups	Quad Stretch w/ Reach	Lunge to Hamstring Stretch
<a href="#">Floor IYT Raises</a>	Bodyweight Deep Squat	Mountain Climber

Substitute challenging exercises with easier variation if you're a newbie.

## Day 1 – Upper Body Strength

Exercise	Sets	Reps	Target Muscle
Bar Dips + Pull-ups (superset)	4-5	20 & 10	Upper Body
Inverted Rows + Push-ups (superset)	4-5	20-30	Chest & Back
Pike Push-ups + Chin-Ups	4-5	12-15	Upper Body

## Day 2 – Lower Body Strength

Exercise	Sets	Reps	Target Muscle
Air Squats	4-5	30-40	Quads
Bulgarian Split Squats	3-4	10 per leg	Thighs & Glutes
Cossack Squats	3-4	10 per leg	Abdominals
Calf Raises	3-4	30-40	Calves

## Day 3 – Core Workout

Exercise	Sets	Reps	Target Muscle
Hanging Knee to Elbows	3-4	10-15	Abdominals
V ups	3-4	15-20	Abdominals
Hanging Windshield Wiper	3-4	6-8/side	Abs & Hips
Bicycle Crunches	3-4	10-12/side	Abdominals
Front Plank	3-4	2-minute	Abs & Shoulder

## Day 4 – Full Body Endurance

Exercise	Sets	Reps	Target Muscle
Explosive Push-ups (Clap)	3-4	12-15	Chest
Crossbody Mountain Climber	3-4	20-second	Abdominal
Squat or Box Jumps	3-4	12-15	Legs
Explosive Pull-ups	3-4	10-12	Back
Burpees	3-4	10-12	Full Body

## Day 5 – Upper Body Mobility

Exercise	Sets	Activity	Target Muscle
Archer Pull-ups	3-4	6-8 reps per side	Arms, Back, & Delts
Supported Handstand Push-ups	3-4	10 reps per side	Back & Delts
Skin-the-Cat	3-4	6-8	Shoulder & Abs
One-arm Push-ups	3-4	10 reps per side	Triceps & Abs

## Day 6 – Lower Body Mobility

Exercise	Sets	Reps	Target Muscle
Pistol Squats	3-4	10 per leg	Lower Body
Sissy Squats	3-4	10-12	Quads
Skater Squats	3-4	10 per leg	Thighs & Glutes
Single-leg Glute Bridge	3-4	30-40	Glutes & Hamstrings

## Day 7 – Core Strength & Endurance

Exercise	Sets	Reps	Target Muscle
Hanging Toes to Bar	3-4	10-15	Abs & Hips
<a href="#">Dragon Flag</a>	3-4	6-8	Core & Upper Body
Hanging L Sit	3-4	10-20 seconds	Abs & Hips
Bicycle Crunches	3-4	10-12/side	Abdominals
<a href="#">Side Plank with Leg Lift</a>	3-4	20 reps per side	Abs & Shoulder

## Frequently Asked Questions (FAQs)

### Is it okay to train 7 days a week?

This 7-day calisthenics plan alternate between different body parts and focus on strength, mobility, endurance on different days, allowing you

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decent active recovery between sessions, so it is fine to follow. Still, if you feel fatigued, get 1-2 rest days per week or replace a strength day with light activity like walking or yoga.

## **What should I do if I miss a day in the 7-day plan?**

Missing a workout is normal when you follow a 7-day routine. I suggest performing 3-4 exercises of your missed workout and 3-4 exercises of your current day to cover up your previous missed workout.

## **How do I progress from one level to the next?**

Increase reps, sets, or exercise difficulty (such as moving from incline push-ups to standard push-ups), whether you want to level up or make your workout more challenging.

## **What if I don't have access to a pull-up bar or dip bars?**

Substitute with alternatives like doorway rows (under a table), resistance band pull-downs, or chair dips. Focus on exercises that don't require equipment, like push-ups or squats.

## **Do I have to take supplements to get the most out of this 7-day plan?**

Generally, supplements like [protein powder](#) and [creatine](#) are good for recovery and performance. These two are also safe for most people. However, I still suggest checking it out with a nutritionist before taking any supplements.

### **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](#)