

# BEGINNER 7-DAY CALISTHENICS ROUTINE

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	Beginner
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
Incline Push-Ups	3-4	10-15	Chest & Triceps
Australian Pull-ups	3-4	10-15	Upper Back
Diamond Push-ups	3-4	10-15	Chest & Triceps
Bodyweight Curls	3-4	10-15	Biceps
Bar Dips	3-4	6-12	Chest & Triceps

## Day 2 – Lower Body Strength

Exercise	Sets	Reps	Target Muscle
Air Squats	3-4	15-20	Quads & Glutes
Reverse Lunges	3-4	10/leg	Thighs & Glutes
Glute Bridge	3-4	12-15	Glutes & Ham
Side Lunges	3-4	10/leg	Adductors
Sumo Squats	3-4	12-15	Quads & Adductors

## Day 3 – Core Workout

Exercise	Sets	Reps	Target Muscle
High Knees	3-4	10/side	Lower Abs
Mountain Climber	3-4	10/side	Lower Abs
Alternating Heel Taps	3-4	10/side	Obliques

Sit-ups	3-4	10-15	Upper Abs
Plank	3-4	45-second	Abs & Shoulder

## Day 4 – Full Body Endurance

Exercise	Sets	Reps	Target Muscle
Jumping Jacks	3-4	15-second	Full Body
Flutter Kicks	3-4	15-second	Abdominal
Squat Jumps	3-4	10-12	Legs
Shoulder Taps	3-4	10/side	Upper Body
<a href="#">Squat Thrusts</a>	3-4	10-15	Full Body

## Day 5 – Upper Body Mobility

Exercise	Sets	Activity	Target Muscle
Cat Cow Stretch	3-4	6-8 reps each	Back & Delts
<a href="#">T Spine Rotations</a>	3-4	10 reps per side	Upper Body
Floor IYT Raises	3-4	6-8 reps	Back & Delts
Inchworm	3-4	15-seconds hold	Upper Body
Side Plank Leg Raise	3-4	10-second hold/side	Full Body

## Day 6 – Lower Body Mobility

Exercise	Sets	Activity	Target Muscle
Wall Sits	3-4	20-40 seconds	Quads & Glutes
Single Leg Deadlift	3-4	5 reps per leg	Hamstrings & Glutes
Single Leg Glute Bridge	3-4	6-8 reps per side	Glutes & Ham
Curtsy Lunges	3-4	6-8 reps per side	Glutes & Ham
Single-leg Calf Raises	3-4	15-20 reps per leg	Gastrocnemius

## Day 7 – Core Strength & Endurance

Exercise	Sets	Activity	Target Muscle
Mountain Climber	3-4	20-40 seconds	Abdominals
Russian Twists	3-4	10 reps per side	Obliques
Reverse Crunches	3-4	12-15 reps	Lower Abs
Hollow Body Hold	3-4	10-20 seconds	Abdominals
Lateral Plank	3-4	20-second/side	Obliques

# 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 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](#)