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7-DAY CALISTHENICS WORKOUT 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	Intermediate
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
Child's Pose to Cobra	Low Lunge to Hamstring Stretch	World's Greatest Stretch
Arms Swings	Leg Swings (Back and Forth)	High Knees
Cross Arm Stretch	Bird Dog Plank Lifts	Jumping jacks
Dive Bomber Push-ups	Quad Stretch w/ Reach	Lunge to Hamstring Stretch
Floor IYT Raises	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
Push-Ups	3-4	15-20	Chest & Triceps
Inverted Rows	3-4	15-20	Upper Back
Diamond Push-ups	3-4	12-15	Chest & Triceps
Chin-ups	3-4	10-15	Biceps & Back
Bar Dips	3-4	12-20	Chest & Triceps
Pike Push-ups + Chin-Ups	4-5	12-15	Upper Body

Day 2 – Lower Body Strength

Exercise	Sets	Reps	Target Muscle
Air Squats	3-4	15-20	Quads & Glutes
Archer Squats	3-4	10/leg	Thighs & Glutes
Single Leg Glute Bridge	3-4	10/leg	Glutes & Ham
Pistol Squats	3-4	6/leg	Legs & Abs
Bulgarian Split Squats	3-4	10/leg	Thighs & Glutes

Day 3 – Core Workout

Exercise	Sets	Reps	Target Muscle
Mountain Climber	3-4	30-second	Midsection
Crunches	3-4	15-20	Abdominals
Reverse Crunches	3-4	15-20	Lower Abs
Russian Twists	3-4	20-second	Obliques
Front Plank	3-4	1-minute	Abs & Shoulder

Day 4 – Full Body Endurance

Exercise	Sets	Reps	Target Muscle
Jumping Jacks	3-4	15-second	Full Body
Burpees	3-4	15-second	Abdominal
Crossbody Mountain Climber	3-4	10-12	Legs
Push-ups to Knee Taps	3-4	10/side	Upper Body
Fast Pull-ups	3-4	8-10	Back

Day 5 – Upper Body Mobility

Exercise	Sets	Activity	Target Muscle
Archer Push-Ups	3-4	6-8 reps each	Chest & Delts
World's Greatest Stretch	3-4	10 reps per side	Back & Delts
Wall Supported Handstand	3-4	10-15 second's hold	Shoulder & Abs
Tuck Planche Hold	3-4	10-15 second's hold	Triceps & Abs
Plank to Pike	3-4	5-6 reps	Delts, Tris, & Abs

Day 6 – Lower Body Mobility

Exercise	Sets	Activity	Target Muscle
Cossack Squat	3-4	10-12 reps per leg	Quads & Adductors
Single Leg Deadlift	3-4	5 reps per leg	Hamstrings
Single Leg Glute Bridge	3-4	6-8 reps per side	Glutes & Ham
Static Pigeon Stretch	3-4	15 seconds per side	Legs & Hips
Pistol Squats	3-4	6-8 reps per leg	Thighs & Abs

Day 7 – Core Strength & Endurance

Exercise	Sets	Activity	Target Muscle
Hanging Knee Raises	3-4	15-20 reps	Lower Abs
Floor Windshield Wipers	3-4	10 reps per side	Obliques
Single Leg Tuck-up	3-4	10 reps per side	Lower Abs
Hollow Body Hold	3-4	15-20 seconds	Abdominals
Bird Dog Plank Pose	3-4	10-sec hold each	Abs & Back

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](#)