

10 WEEK CALISTHENICS TRAINING FOR MUSCLE GAIN

Full URL: <https://thefitnessphantom.com/calisthenics-workout-plan-for-muscle-gain>

I've designed an ultimate 10-week calisthenics workout plan for building muscle, strength, and aesthetics. This program is for serious fitness enthusiasts who can train consistently and eat healthily. Whether you are male or female, follow this calisthenics routine to improve the shape of your physique and elevate your fitness.

Program Overview

Exercise Type	Bodyweight
Training Type	Calisthenics
Program Duration	10 Weeks
Sessions/Week	4-5 days
Duration/Session	30-45 minutes
Workout Goal	Build Muscle & Strength
Target Gender	Male and Female
Equipment Needed	Dip Station, Pull-Bar, etc.

This program involves multiple training splits, from full-body and upper-lower to PPL and single-muscle splits. The combination of

different splits builds muscle and strength and helps you achieve the best shape over time.

10-week Calisthenics Training Schedule for Hypertrophy:

- **Weeks 1-2:** Full Body Workout
- **Weeks 3-4:** Upper-Lower Split
- **Weeks 5-6:** PPL & UL
- **Weeks 7-8:** Single Muscle Group Split
- **Weeks 9-10:** Combined Body Part Split

Example of warm-up exercises you can do before the main workout:

- [Kneeling Chest Opener Stretch](#) (upper body)
- Arms Swings (upper body)
- [Cat-Cow](#) (upper body)
- [Dive Bomber Push-up](#) (upper body)
- [Bird Dog](#) (Full body)
- [World's Greatest Stretch](#) (Full body)
- [Inchworm](#) (Full body)
- [Shoulder Pass Through](#) (Upper body)
- [Shoulder Rotation](#) (Shoulder)
- [Leg Swings](#) (Lower Body)
- [Lying Hip Rotation](#) (Lower Body)
- [Single-leg Deadlift](#) (Lower Body)
- [Gute Bridge](#) (Lower Body)
- [Bear Crawl](#) (Lower Body)

WEEKS 1-2: FULL BODY WORKOUT

This period involves training three days a week. But if you feel it is less, increase the frequency. You are also free to adjust the number of reps and sets, and replace easy exercises with challenging ones.

Monday – Total Body

Exercise Plan	Sets & Reps	Target Muscle
Chin-ups	4 sets till failure	Biceps & Back
Push-ups	4 sets till failure	Chest & Triceps
Front Squats	4 sets of 25-30 reps	Quads & Glutes
Reverse Crunches	4 sets of 10-20 reps	Abdominals
Reverse Lunges	4 sets of 10 reps per leg	Thighs & Glutes

Instructions:

- Use an underhand grip (palms under the bar) with your hands shorter than shoulder's width. Pull yourself up at a normal pace but return slowly.
- Keep your body straight with your abs, glutes, and thighs tight for perfect push-ups.

Wednesday – Full Body

Exercise Plan	Sets & Reps	Target Muscle
Inverted Rows (on bar or rings)	4 sets of 15-20 reps	Back & Biceps
Sphinx Push Ups	4 sets of 15-20 reps	Triceps & Abs
Bodyweight Curls	4 sets of 25-30 reps	Quads & Glutes
Skated Squats (Self or supported)	3 sets of 6-8 reps/leg	Thighs & Glutes
Side Plank Hold	3 sets of 30-sec/side	Abs & Shoulders

Instructions:

- Get under the bar or use rings to perform inverted rows.
- Sphinx push-ups involve extending your arms from forearm to the high plank position.

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- Perform bodyweight curls on the bar using an underhand grip.

Friday – Superset

Superset involves performing two exercises back to back, focusing on two different muscle groups. It is a time-efficient approach for building muscle in a short time.

Exercise Plan	Sets & Reps	Target Muscle
1A Pull-ups	4 sets till failure	Back & Biceps
1B Bar Dips	4 sets till failure	Triceps & Chest
2A Goblet Squats	4 sets of 25-30 reps	Quads & Glutes
2B Declined Push-ups	4 sets of 10-20 reps	Chest, Delts, & Triceps
3A Calf Raises	3 sets of 30-40 reps	Calves
3B Sit-ups	3 sets of 15-20 reps	Abdominals

Instructions:

- Since the goal here is to gain muscle, rest for 30 seconds to 1 minute between exercises. The rest time allows you to perform more reps than if you take no rest between sets.
- Use a firm object (such as a box or bench) to keep your feet on for declined push-ups.
- Stand on a foot platform so your heels can stay off the floor and you can perform calf raises with a full range of motion.

WEEKS 3-4: UPPER-LOWER SPLIT

This program involves performing upper and lower body on separate days. It has two sessions each for legs and torso, and one session for abs. The five sessions are enough to hit all muscle groups effectively and promote hypertrophy.

- Monday: **Upper Body**
- Tuesday: **Lower Body**
- Wednesday: **OFF**
- Thursday: **Upper Body**
- Friday: **Lower Body**
- Saturday: **Abs**
- Sunday: **OFF**

Monday – Upper Body

Superset pull-ups with bar dips and inverted rows with push-ups.

Exercise Plan	Sets & Reps	Target Muscle
1A Pull-ups	6-7 sets of 6-12 reps	Back & Biceps
1B Bar Dips	6-7 sets of 12-15 reps	Chest & Triceps
2A Inverted Rows	5-6 sets of 12-18 reps	Traps & Rear Delts
2B Push-ups	5-6 sets of 10-15 reps	Chest & Triceps

Tuesday – Lower Body

Exercise Plan	Sets & Reps	Target Muscle
Front Squats	6-8 sets of 15-20 reps	Quads & Glutes
Glutes Bridge	4-5 sets of 12-15 reps	Glutes & Lower Back
Reverse Lunges	5-6 sets of 15 reps/side	Thighs & Glutes

Calf Raises	5-6 sets of 20-30 reps	Calves
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Wednesday – Upper Body

Superset pull-ups with bar dips and inverted rows with push-ups.

Exercise Plan	Sets & Reps	Target Muscle
1A Pike Push Ups	5-6 sets of 6-12 reps	Shoulder & Triceps
1B Chin-ups (Underhand grip)	5-6 sets of 6-10 reps	Back & Biceps
2A Bench Dips	5-6 sets of 12-18 reps	Triceps
2B Chin-ups (Neutral grip)	5-6 sets of 6-8 reps	Back & Biceps

Thursday – Lower Body

Exercise Plan	Sets & Reps	Target Muscle
Wall Sit	5-6 sets of 1-minute hold	Quads & Glutes
Nordic Curls	5-6 sets of 10-12 reps	Hamstrings & Abs
Skater Squats	5-6 sets of 5 reps/leg	Thighs & Glutes
Side Lunges	4-5 sets of 8-10 reps per leg	Adductors & Glutes

Friday – Abdominals

Exercise Plan	Sets & Reps	Target Muscle
Hanging Knee Raises	4-5 sets of 10-20 reps	Abdominals
Russian Twists	3-4 sets of 10 reps/side	Obliques
Sit-ups	5-6 sets of 10-12 reps	Abdominals
V Ups	4-5 sets of 15-sec hold	Abdominals

WEEKS 5-6: PPL & UL

The 5th and 6th week routine is based on the popular 5-day PPL-UL split. It involves doing push exercises on day 1, pull exercises on day 2, leg exercises on day 3, upper body on day 4, and lower body on day 5.

Monday – Push Workout

Exercise	Sets & Reps	Target Muscle
Pike Push-Ups	4 sets of 10-15	Shoulders & Triceps
Diamond Push-Ups	3 sets of 10-12	Chest & Triceps
Bar Dips	5 sets of 12-15	Chest & Triceps
Bench/Floor Dips	4 sets of 10-15	Triceps

Tuesday – Pull Workout

Exercise	Sets & Reps	Target Muscle
Pull-ups	5 sets of 6-10	Back & Biceps
Chin-ups	5 sets of 6-10	Back & Biceps
Inverted Rows	4 sets of 12-15	Rear Delts & Trap
Biceps Curls	3 sets of 10-15	Biceps

Wednesday – Legs Workout

Exercise	Sets & Reps	Target Muscle
Squats	6-8 sets of 15-20	Quads & Glutes
Lunges	5-6 sets of 10 per leg	Thighs & Glutes
Nordic Curls/Glute Bridge	4 sets of 12-15	Hamstrings/Glutes
Calf Raises	5 sets of 20-30	Calves

Thursday – OFF

Rest for the entire day or engage in some light cardio, such as brisk walking or stationary biking.

Friday – Upper Body

Superset wide grip pull-up with bar dips and hanging knee raises with bicycle crunches.

Exercise Plan	Sets & Reps	Target Muscle
1A Wide Grip Pull-ups	5-6 sets of 6-12 reps	Back & Biceps
1B Bar Dips	5-6 sets of 12-15 reps	Chest & Triceps
2A Hanging Knee Raises	5-6 sets of 10-15 reps	Abdominals
2B Bicycle crunches	5-6 sets of 6-8 reps/side	Abdominals

Saturday – Lower Body

Exercise Plan	Sets & Reps	Target Muscle
Sissy Squat	4-5 sets of 8-10 reps	Quads & Glutes
Archer Squat	3-4 sets of 10 reps/leg	Quads & Adductors
Pistol Squat	3-4 sets of 6-8 reps/leg	Quads & Abs
Back & Forth Lunges	3-4 sets of 6-8 reps/leg	Thighs & Glutes

WEEKS 7-8: SINGLE MUSCLE GROUP SPLIT

This split involves training six days weekly, focusing on every body part individually. It is great for muscle development and improving muscular appearance.

The split for 7th and 8th weeks:

- Monday: **Chest**
- Tuesday: **Back**
- Wednesday: **Legs**
- Thursday: **Shoulders**
- Friday: **Arms**
- Saturday: **Abdominals**
- Sunday: **Rest**

Monday: Chest

Exercises	Sets x Reps	Instructions
Push-ups	5 x 15-30	Perform slow & controlled push-ups for maximum engagement.
Bar Dips	5 x 10-20	Keep your body leaned forward and focus on engaging your chest.
Archer Push-up	3 x 8/side	Perform more reps on the weaker side to improve muscle imbalance.
Ring Push-ups (Deficit Push-ups)	3 x 10-12	Lower your chest below the elevated surface for a deeper stretch.

Tuesday: Back

Exercises	Sets x Reps	Instructions
Pull-ups	6 x 6-12	Lower slowly for maximum lat contraction.
Chin-ups	4 x 6-12	Use a shoulder-width grip and retract your scapula to activate your lats and traps.
Floor IYT Raises	3 x 8-10	Lie prone on the mat and lift your arms off the floor in three ways (front, diagonal, and lateral)

Inverted Rows	3 x 10-12	Pull your shoulder blades down and back and drive your elbows at your sides to feel maximum contraction in your back at the top.
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Wednesday: Legs

Exercises	Sets x Reps	Instructions
Squats	6 x 20-30	You can use a weighted object to make squats more effective.
Front to Back Lunge	4 x 10/leg	Start with lunging forward, then backward. Complete one set, then repeat on the opposite side.
Single-leg Glute Bridge	3 x 8-10	Put weight on your hips to make it more effective.
Archer Squats	3 x 10-12	Shift weight to one leg while extending the other leg straight. Use a dumbbell or a heavy object to make it challenging.

Thursday: Shoulders

Exercises	Sets x Reps	Instructions
Pike Push Ups	6 x 15-20	Keep your hands shoulder-width apart, hips high (body forms a V-shape), and focus on your shoulder while pressing up.
Scapula Pull-ups	4 x 10-12	Grab the bar with an overhand grip and pull your shoulder blades down and together (retraction and depression) without bending your elbows.
Prone T Raises	3 x 15-20	Lie with your face down and arms out straight to your sides. Lift your arms off the floor to engage the rear part of your shoulders.
Ring or Towel Row	3 x 15-20	Adjust the towel in the door and grab each end firmly. Row slowly to engage the rear delts, rhomboids, and traps.

Friday: Arms

Superset bar dips with chin-ups, bodyweight biceps curls with sphinx push-ups, and neutral grip chin-ups with bench dips.

Exercises	Sets x Reps	Instructions
1A Bar Dips	4 x 15-20	Keep your body straight and extend your arms fully.
1B Chin-ups	4 x 8-12	Maintain a soft bend in your elbows and pull until your biceps are fully contracted.
2A Bodyweight Curls	3 x 12-15	Get under the bar with your arms straight and pull your torso until your biceps are engaged.
2B Sphinx Push-ups	3 x 15-20	Get into a forearm plank. Lift your forearms until your arms are straight.

3A Neutral Grip Chin-up	3 x 6-10	Grip the bar using a neutral grip with your palms facing each other.
3B Bench Dips	3 x 15-20	Place weight on your thighs for additional resistance.

Saturday: Abdominals

Exercise Plan	Sets x Reps	Instructions
Hanging Knee Raises	4-5 x 10-20 reps	Lift your knees toward your chest without swinging your body. Less swing, better contraction.
Russian Twists	3-4 x 10 reps/side	Twist your torso side to side. Make it more effective by using an additional load.
Sit-ups	5-6 x 10-12 reps	Return your torso slowly to feel more work in your abs.
V Ups	4-5 x 15-20 sec hold	Lift your legs off the floor and keep your body in a V shape.

WEEKS 9-10: COMBINED BODY PART SPLIT

This split mostly involves supersets where you alternate between two exercises. It will allow you to train more muscles in less time.

- Monday: **Chest & Quads**
- Tuesday: **Back, Hamstrings, and Glutes**
- Wednesday: **Shoulder and Arms**
- Thursday: **OFF**
- Friday: **Chest and Back**
- Saturday: **Abdominals**
- Sunday: **OFF**

Monday: Chest & Quads

Exercise Plan	Sets x Reps	Target Muscle
1A Push-ups	5-6 sets of 15-30	Chest & Triceps
1B Squats	5-6 sets of 20-40	Quads & Glutes
2A Bar Dips	5-6 sets of 15-20	Chest & Triceps
2B Front to Back Lunges	5-6 sets of 6-8 per leg	Quads & Glutes
3A Archer Push-ups	3 sets of 10 per side	Calves
3B Sissy Squats	3 sets of 6-8 per leg	Quads & Glutes

Tuesday: Back, Hamstrings, and Glutes

Exercise Plan	Sets x Reps	Target Muscle
1A Pull-ups	5-6 sets of 6-15	Back & Biceps
1B Glute Bridge	5-6 sets of 12-15	Quads & Hams
2A Inverted Rows	4-5 sets of 15-20	Back & Biceps
2B Single Leg Deadlift	5-6 sets of 6-8 per leg	Hamstrings & Lower Back
3A Floor IYT Raises	3 sets of 10-12	Back & Shoulder
3B Glute Kickback	3 sets of 6-8 per leg	Glutes & Lower Back

Wednesday: Shoulder and Arms

Exercise Plan	Sets x Reps	Target Muscle
1A Pike Push Ups	5-6 sets of 8-12	Shoulders & Triceps
1B Bodyweight Biceps Curls	5-6 sets of 12-15	Biceps & Upper Back
Bodyweight Lateral Raises	3-5 sets of 10 per side	Middle Deltoids
Bench Dips	3 sets of 15-20	Triceps
Diamond Push-ups	3 sets of 15-20	Triceps & Chest

Thursday: OFF

Rest for the entire day or engage in some light cardio, such as brisk walking or stationary biking.

Friday: Chest and Back

Exercise Plan	Sets x Reps	Target Muscle
1A Deficit Push-ups	5-6 sets of 15-20	Chest & Triceps
1B Pull-ups	5-6 sets of 6-15	Back & Biceps
2A Inclined Push-ups	4-5 sets of 15-20	Chest & Triceps
2B Chin-ups	4-5 sets of 6-15	Back & Biceps

Saturday: Abdominals

Exercise Plan	Sets & Reps	Target Muscle
Hanging Knee to Chest	4-5 sets of 10-20 reps	Abdominals
Bicycle Crunches	3-4 sets of 10 reps/side	Obliques
Lying Leg Raises	5-6 sets of 10-12 reps	Lower Abs
Boat Pose	4-5 sets of 15-sec hold	Abdominals

Frequently Asked Questions (FAQs)

Can I build muscle with calisthenics alone?

Yes, bodyweight exercises, such as pull-ups, dips, push-ups, rows, squats, and lunges, are enough to build noticeable muscle mass. All you have to do is focus on training consistently, push yourself a little harder every week, and [eat a balanced meal](#) to see decent results over time.

How do I make exercises harder to keep building muscle?

You don't have to do much. I suggest increasing the number of sets and reps and trying harder variations of easy exercises, such as handstand for pike push-ups, ring push-ups for standard push-ups, etc. The primary goal here is to pack on mass, so keep it simple, and as I said earlier, push yourself a little harder every week.

How many rest days do I need?

Rest whenever you feel you're exercising too much. The rest days help recover your trained muscles and allow you to focus more on your next workouts.

Can beginners follow this 10-week plan?

This program is for intermediate or experienced fitness enthusiasts, not for beginners. If you are new and want to build muscle, explore this [calisthenics guide](#). You'll also get a free program for yourself.

I've included multiple training approaches so that it can keep your workout interesting while helping you build muscle mass.

Helpful Resources:

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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](#)