## horizontal line**Calisthenics Workout Plan**

**Plan Overview**

* **Purpose:** Improve bodyweight strength, endurance, and flexibility.
* **Duration:** 8-12 weeks, suitable for all levels.
* **Frequency:** 5-6 days a week, focusing on specific bodyweight skills.
* **Target Areas:** Full body, with emphasis on upper body strength, core stability, and lower body power.

**Weekly Schedule**

* **Day 1:** Push Exercises (e.g., push-ups, dips, pike push-ups).
* **Day 2:** Pull Exercises (e.g., pull-ups, inverted rows).
* **Day 3:** Core Focus (e.g., planks, leg raises).
* **Day 4:** Active Recovery (e.g., mobility drills, stretching).
* **Day 5:** Legs (e.g., squats, lunges, calf raises).
* **Day 6:** Cardio/HIIT (e.g., sprint intervals, jump rope).
* **Day 7:** Rest/Stretching (static stretches, foam rolling).

**Daily Workout Breakdown**

* **Warm-up:**
  + 5-10 minutes of light cardio (e.g., jogging, jumping jacks).
  + Joint mobility and dynamic stretches.
* **Main Workout:**
  + Progress from basic moves to advanced (e.g., from regular push-ups to handstand push-ups).
  + Perform 3-5 sets of each exercise with 8-15 reps.
* **Cooldown:**
  + 5-10 minutes of stretching, focusing on muscles used.

**Tracking Progress:**

* Track reps and sets, aiming for progression in skill.
* Take weekly videos/photos to observe form and skill improvement.

**Nutrition & Hydration:**

* Balanced diet, focusing on high protein and moderate carbs.
* Hydrate with 2-3 liters of water daily.

**Motivation & Mindset:**

* Set short-term goals (e.g., first muscle-up).
* Use online communities or apps for motivation and accountability.