
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.