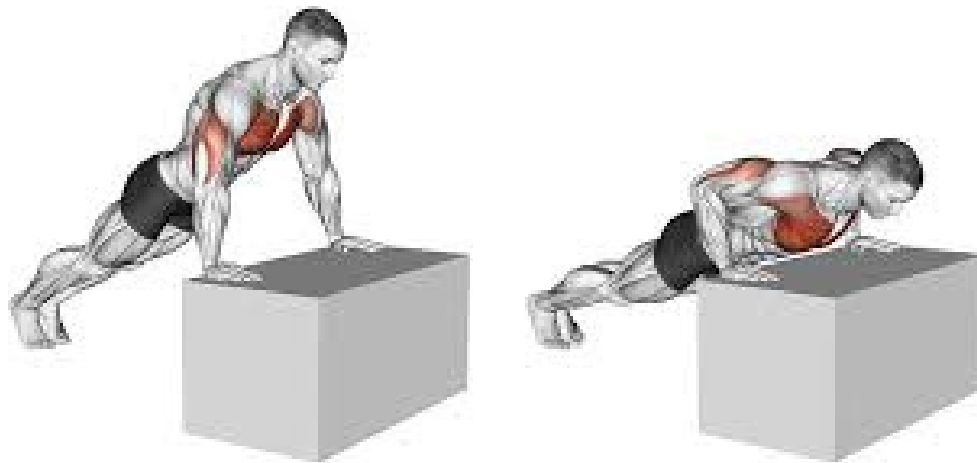
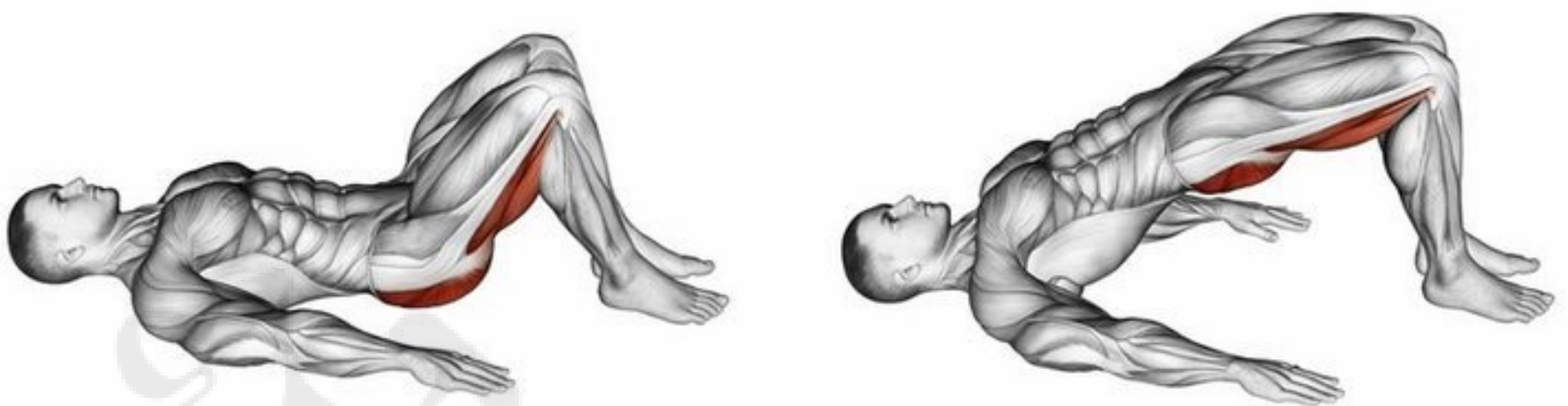


FREE CALISTHENICS WORKOUT PLAN

DAY 1: FULL BODY A



Incline Push-ups (on wall or table): 3 x 8-10



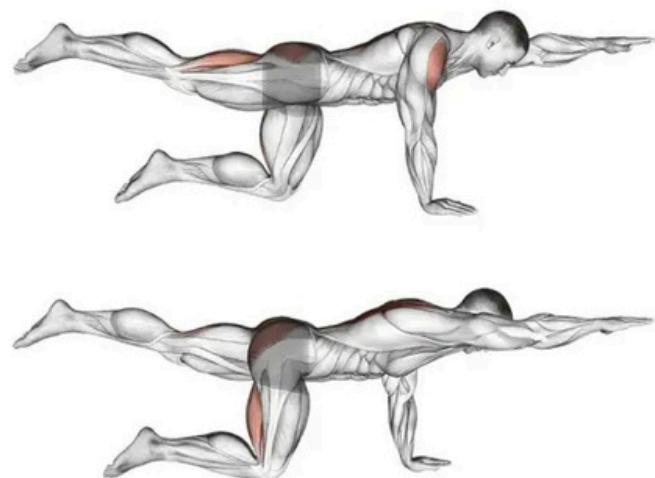
Glute Bridges: 3 x 12



Dead Bug Holds: 3 x 20 seconds



**Wall Sit: 2 x 30
seconds**

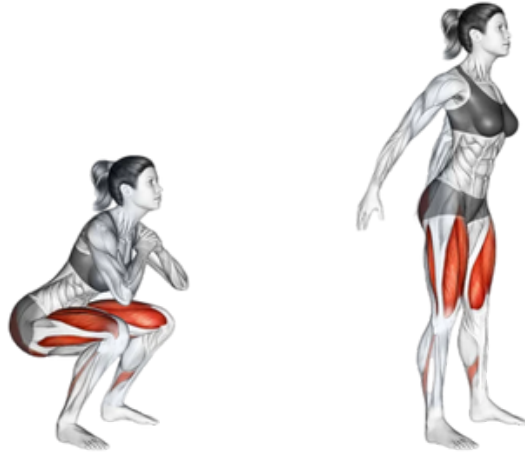


**Bird Dogs:
2 x 10/side**

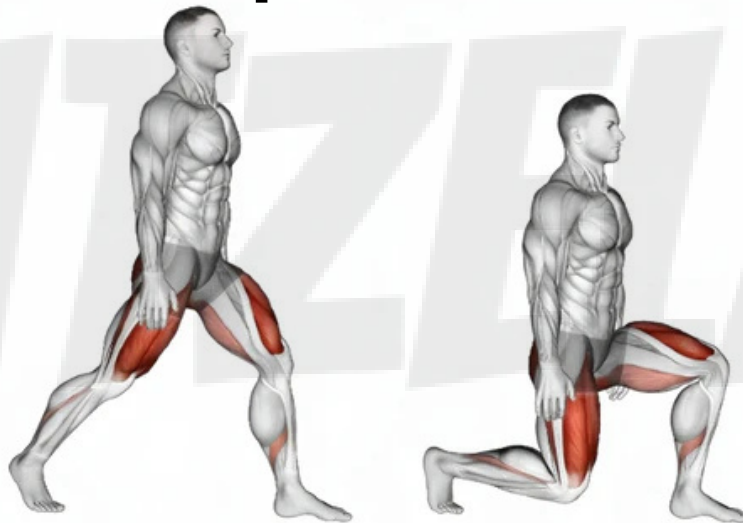


FREE CALISTHENICS WORKOUT PLAN

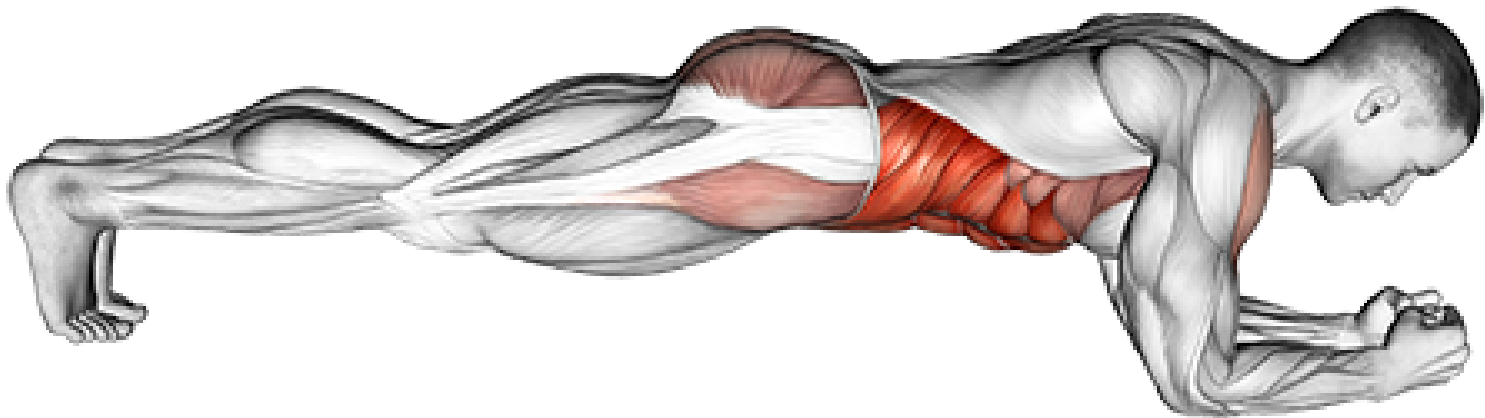
DAY 3: FULL BODY B



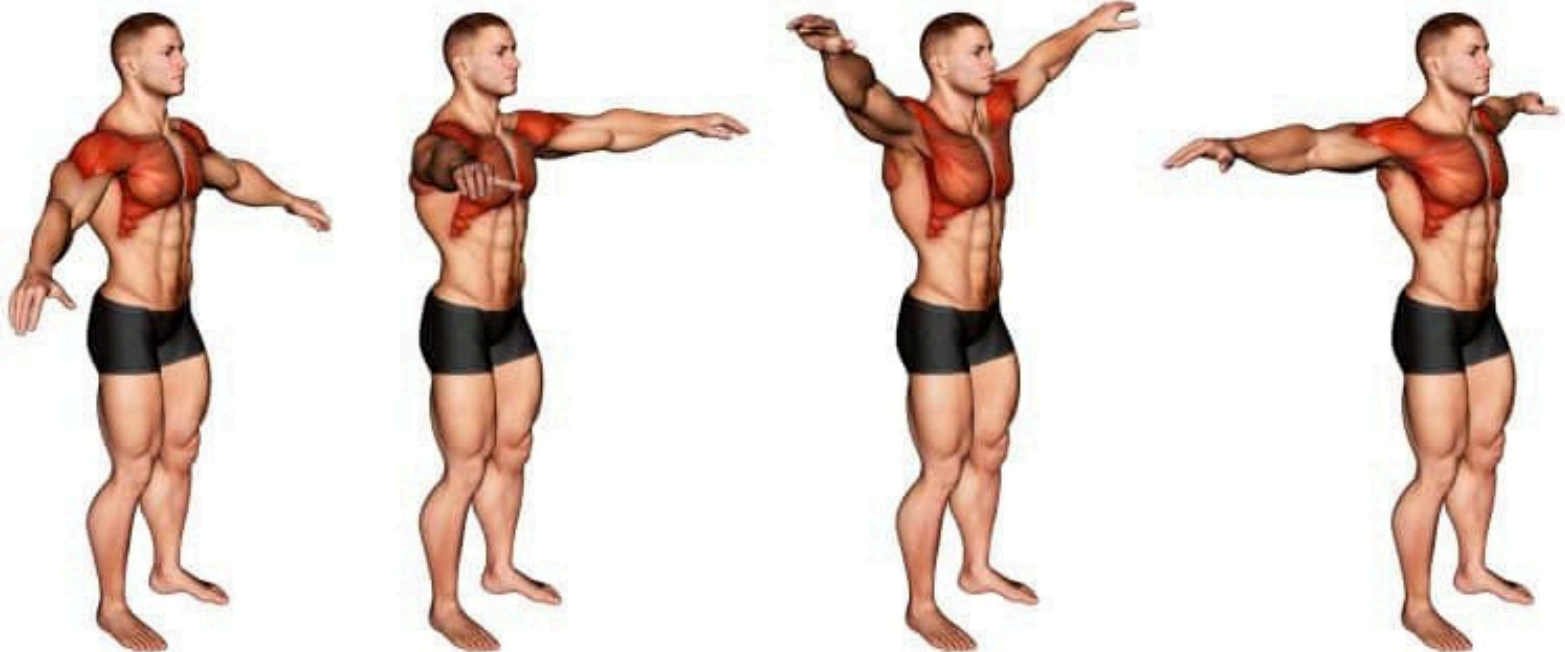
Air Squats: 3 x 10-12



Forward Lunges: 2 x 6/leg



Plank (knees or full): 2 x 20-30 sec

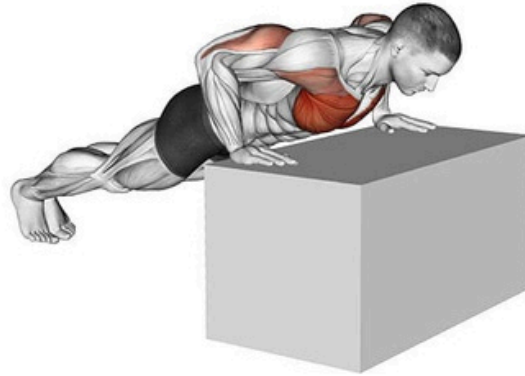


Arm Circles: 2 x 30 seconds

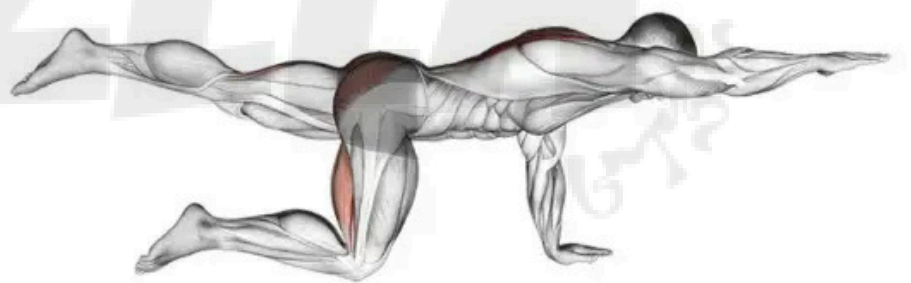
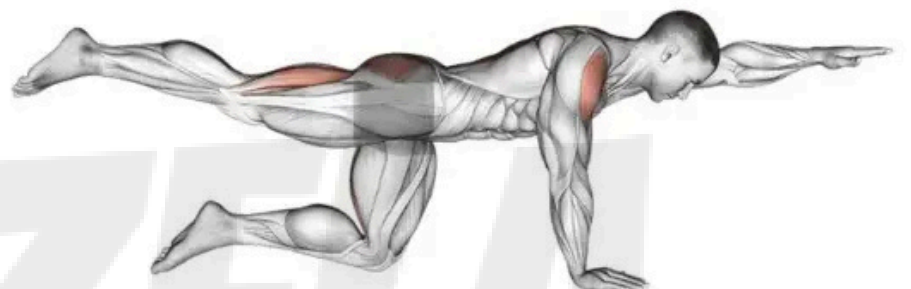
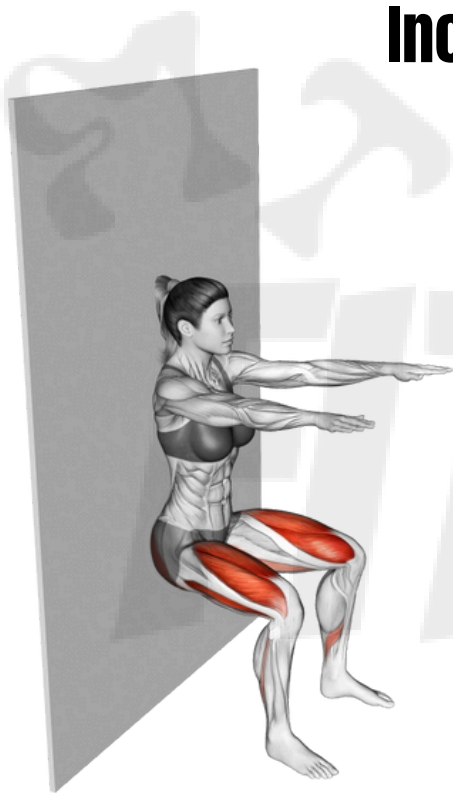


FREE CALISTHENICS WORKOUT PLAN

DAY 5: FULL BODY C

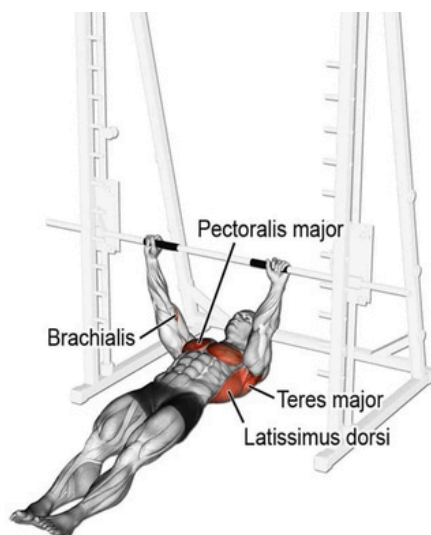


Incline Push-ups: 3 x 10

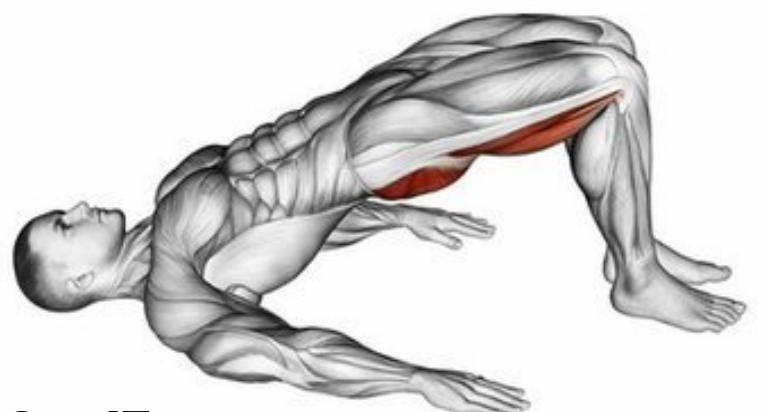


Wall Sit: 3 x 40 seconds

Bird Dogs: 2 x 12/side



Plank (knees or full): 2 x 20-30 sec



Glute Bridges: 3 x 15



FREE CALISTHENICS WORKOUT PLAN

WORKOUT BREAKDOWN



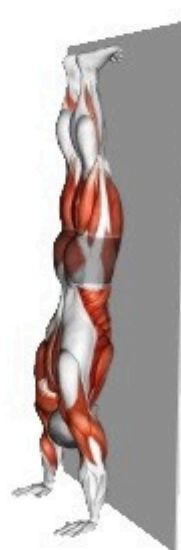
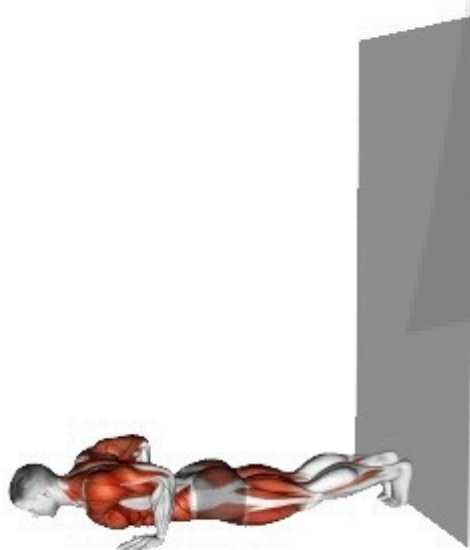
Incline/Standard Push-ups: 3 x 8-12



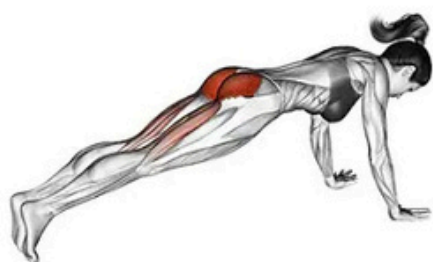
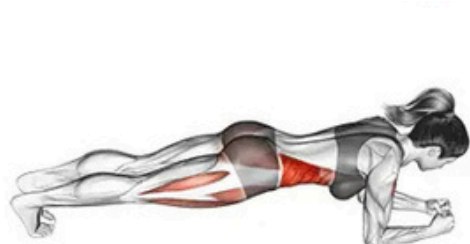
Bench Dips or Chair Dips: 3 x 10



Pike Shoulder Press: 2 x 8



Wall Walk Holds: 2 x 20 sec



Forearm Plank: 3 x 30 sec



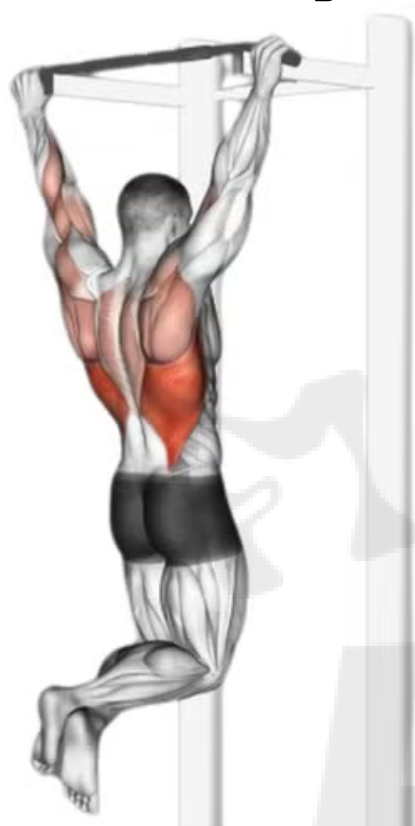
DAY 1: PUSH STRENGTH

FREE CALISTHENICS WORKOUT PLAN

WORKOUT BREAKDOWN



Bodyweight Rows (under bar/table): 3 x 8-10

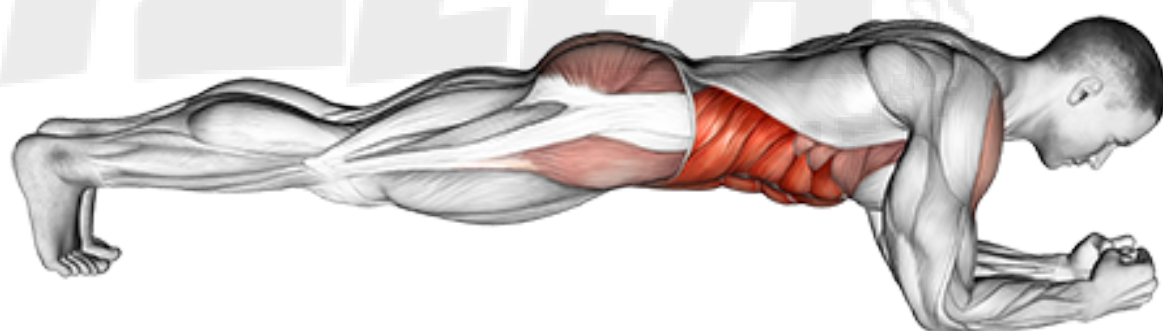


Dead Hang

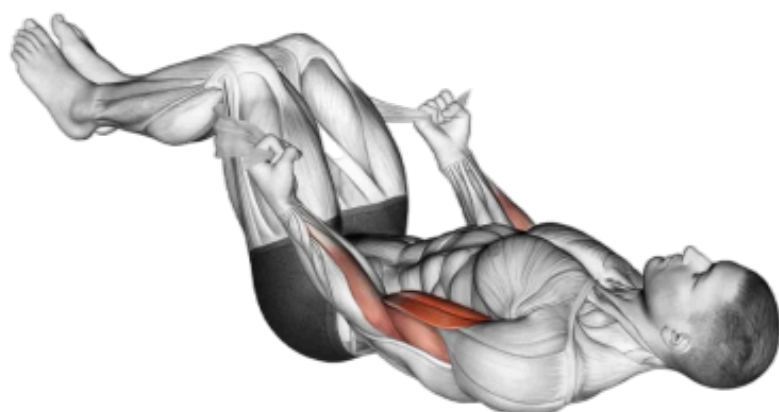
(from pull-up bar): 2 x 20 sec



Reverse Crunches: 3 x 12



Side Planks: 2 x 20 sec/side



Towel Curls (wrap towel over door handle): 2 x 10



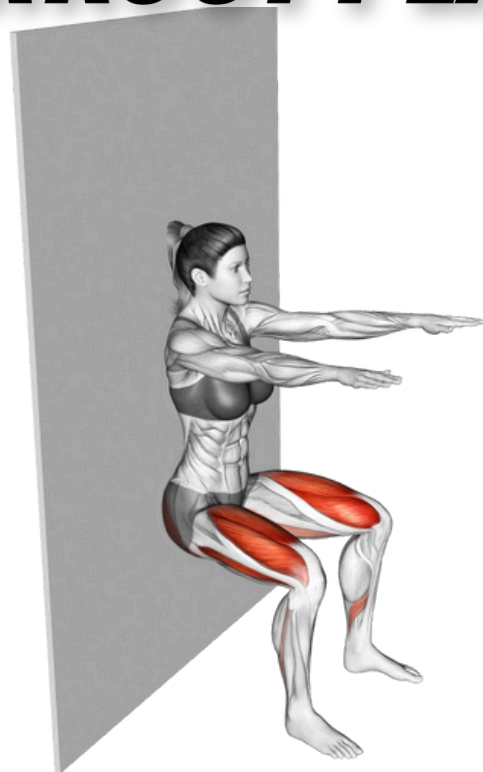
DAY 3: PULL + CORE

FREE CALISTHENICS WORKOUT PLAN

WORKOUT BREAKDOWN



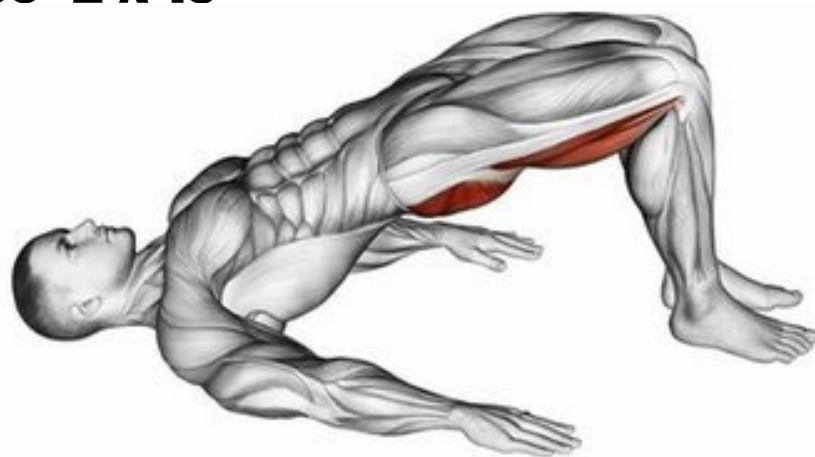
Bulgarian Split Squats (use chair): 3 x 6/leg



Wall Sit: 3 x 45 sec



Calf Raises: 2 x 15



Hip Bridges: 3 x 15



Lying Leg Raises: 2 x 12

DAY 5: LOWER BODY

