

THE BEST 3 DAY CALISTHENICS WORKOUT ROUTINE

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Check out [article](#) for more info

ABOUT PROGRAM

This calisthenics program includes [all kinds of bodyweight exercises](#), from strength and cardio to mobility and flexibility. Doing these exercises can be challenging but will also be fun and effective.

Who can follow it: From beginners to intermediate, anyone can follow this routine to improve their fitness. Calisthenics builds lean mass but isn't suitable for bodybuilding, so avoid it if you want to build a sizeable body.

Target gender: Males and Females can both use this routine to level up their fitness.

Suggested program duration for noticeable results: You should perform this calisthenics program for at least three months to see the noticeable results.

Duration for one session: Completing one session may take 30 to 45 minutes of your time.

Equipment required: Doing calisthenics training requires little or no equipment as it primarily includes bodyweight exercises. However, having a pull-up bar, dip stand, and resistance bands can be great for doing a variety of exercises.

Program goal: It will increase your strength, make your muscles flexible, improve your ability to hold your muscles in a static position, and will help you develop better shape.

Routine type: You can perform exercise whether in circuits or a standard rep-set method. Circuit training can be challenging but is also time-efficient and improves cardiovascular fitness, while the standard rep-set method can be suitable for beginners.

Exercise Sources: I've incorporated exercises from the below articles. If you replace them with other exercises, you can also check out them.

- [Calisthenics Push Workout for Beginner](#)

- [Calisthenics Pull Workout](#)
- [20 Best Calisthenics Leg Exercises](#)
- [13 Best Calisthenics Ab Exercises](#)
- [10 Best Calisthenics Shoulder Exercises](#)
- [12 Best Calisthenics Chest Exercises](#)
- [10 Best Calisthenics Lower Back Exercises](#)

SCHEDULE

Perform some [bodyweight aerobic exercises](#) to increase your heart and blood flow and get your muscles ready to perform calisthenics movements.

Rest time between sets or exercises: 15 seconds to one minute (adjust it according to your fitness level).

DAY 1 – MONDAY

Exercise #1 – Standard Squat

- Target Muscle: Quadriceps
- Reps and sets: 15 x 2
- Purpose: Build strength

Exercise #2 – Pushups

- Target Muscles: Chest
- Reps and sets: 10 x 3
- Purpose: Build strength

Exercise #3 – Superman Pull

- Target Muscles: Back and Posterior Chain
- Reps and sets: 15 x 2
- Goal: Improve Balance and Flexibility

Exercise #4 – Lying Leg Lifts

- Target Muscles: Midsection (Abdomen)
- Reps and sets: 10 x 2
- Goal: Build strength

Exercise #5 – Front Lunges

- Target Muscles: Quadriceps

- Reps and sets: 10 x 2 (each leg)
- Purpose: Build strength

Exercise #6 – Prone T Raises

- Target Muscles: Back and Shoulder
- Reps and sets: 15 x 2
- Purpose: Improve strength, flexibility, and posture.

Exercise #7 – Bench Dips

- Target Muscles: Triceps
- Reps and sets: 15 x 2
- Goal: Build strength

Exercise #8 – Flutter Kicks

- Target Muscles: [Lower Abs](#)
- Activity: 15-sec x 2
- Goal: Build strength

DAY 2 – WEDNESDAY

Exercise #1 – [Dive Bomber Push-ups](#)

- Target Muscles: Upper Body
- Reps x sets: 10 x 3
- Goal: Build strength and improve flexibility

Exercise #2 – Inverted Row/Resistance Band Row/Pull-up/Chinup (any one of them)

- Target Muscles: Back
- Reps x sets: 10 x 3
- Goal: Build strength

Exercise #3 – Bulgarian Split Squat/Squat Jump

- Target Muscles: Glutes and Thighs
- Reps x sets: 10 x 2
- Goal: Build strength, and improve hip mobility and flexibility.

Exercise #4 – Pike Pushup

- Target Muscles: Shoulder
- Reps x sets: 10 x 2
- Goal: Develop strength and balance

Exercise #5 – Lateral Lunges

- Target Muscles: Legs
- Reps x sets: 10 x 2
- Goal: Build strength and mobility

Exercise #6 – Crunches

- Target Muscles: Abs
- Reps x sets: 10 x 2
- Goal: Bolster core strength

Exercise #7 – Shoulder Taps

- Target Muscles: Full Body
- Reps x sets: 10 taps on each side x 2
- Goal: Build strength, burn calories, and improve balance

Exercise #8 – Bird Dog

- Target Muscles: Posterior Chain and core muscles
- Reps x sets: 5 reps on each side, 5 seconds hold x 2
- Goal: Increase balance and flexibility

DAY 3 – FRIDAY

Exercise #1 – Archer Pushup

- Target Muscles: Chest and Shoulder
- Reps x sets: 5 reps on each side x 2
- Goal: Increase strength and flexibility

Exercise #2 – Floor IYT Raises

- Target Muscle: Back and Shoulder
- Reps x sets: 10 x 2
- Goal: Increase strength and flexibility

Exercise #3 – Cursty Lunges

- Target Muscles: Legs and Glutes
- Reps x sets: 5 reps on each side x 3
- Goal: Increase strength, balance, and flexibility

Exercise #4 – Hollow Body Hold

- Target Muscle: Abs
- Reps x sets: 10 seconds hold x 2
- Goal: Improve strength and mobility

Exercise #5 – Diamond Push Ups

- Target Muscles: Chest and Triceps
- Reps x sets: 10 x 2
- Goal: Promote strength and tone muscles.

Exercise #6 – Single-Leg Romanian Deadlift

- Targeted Muscles: Hamstrings, Glute, and Lower Back
- Reps x sets: 5 reps on each side, 5 seconds hold x 2
- Goal: Enhance balance and flexibility

Exercise #7 – [Single-Leg Tuck-up](#)

- Target Muscle: Abs
- Reps x sets: 5 reps on each side x 3
- Goal: Promote strength and balance

Exercise #8 – Forearm Plank

- Target Muscle: Shoulder and Abs
- Activity: 45-sec x 2
- Goal: Improve strength and balance

Helpful Resources

- [Calisthenics Push Workout for Beginner](#)
- [Calisthenics Pull Workout](#)
- [20 Best Calisthenics Leg Exercises](#)
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- [12 Best Calisthenics Chest Exercises](#)
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