

30 Day Calisthenics Workout Plan to Challenge Your Fitness Level

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Program Summary and Description

Workout Duration	30 Days
Recommended Program Duration	3 Months
Split Type	Full Body
Frequency per week	5 Days
Daily Workout Duration	30-60 minutes
Workout Goal	Improve overall fitness
Suitable for	Men and Women
Training Level	Intermediate
Alternate Plan	The Ultimate 12-Week Calisthenics Program

First Week

You'll do basic calisthenics exercises during your first week to get your body prepared for challenging exercises. The duration will also be 30 minutes. Once you move forward, exercise difficulty and timing will increase.

You'll do three rounds to complete your session.

Second Week

The second week will be more challenging than the first one because you'll do some advanced exercises along with the basic ones.

- **Workout Duration:** 45 minutes
- **Rounds:** Three

Third and Fourth Week

The last couple of weeks will test and scale up your fitness level. You'll do three to four rounds to complete your workout each day.

Warm-up

Warm-up is crucial for better performance.¹ It will raise your heart rate and improve your oxygen flow throughout the body. You can perform some [cardio exercises](#) for five minutes to get your heart pumped.

Number of Rounds

- **Day 1 to 15:** Three Rounds
- **Day 16 to 30:** Four Rounds

Rest Between Exercises and Rounds

Since each exercise is different from one another, you can quickly move to the next exercise with little to no rest. While you can take three to five minutes of rest between rounds to settle your heart rate and get ready to give your best in the following rounds.

Cool Down Exercises

You can do active cool-down exercises if you like. A study suggests performing active cool-downs may partially prevent immune system depression and promote faster recovery of the cardiovascular and respiratory systems but does not have long-term benefits.² You can do various post-workout stretches, such as cat-cow, standing forward bend, seated forward bend, knee-to-chest pose, child pose, downward-facing dog, and cobra pose.

30 Day Calisthenics Workout Plan To Challenge Your Fitness Level

Day 1

Exercises	Muscle Worked	Reps
Push-ups	Chest	20
Squats	Legs	20
Pike pushup	Shoulder	10
Underhand Inverted Row	Back	20
Lateral Lunges	Legs	10/side
Chair Dips	Triceps	10

Day 2

Exercises	Muscle Worked	Reps
Dive Bomber Push-ups	Upper Body	15
Chin-ups	Back and Biceps	AMRAP
Reverse Lunge	Legs	10/side

Shoulder Tap	Shoulder	20
Reverse Crunches	Core	20
Step-up	Legs	10/side

Day 3

Exercises	Muscle Worked	Reps
Squats	Legs	20
Pullups	Back	AMRAP
Diamond Push Ups	Chest, Triceps	20
Floor Windshield Wipers	Core	10/side
Cursty Lunges	Legs	10/side
Bird Dog	Core	5/side

Day 4 – OFF

Day 5

Exercises	Muscle Worked	Reps
Squat Jump	Legs	10
Pushup	Chest	20
Superman Pull	Back	10
Chinups	Biceps	AMRAP
Wall Handstand Pushup	Shoulder	10
Hollow Body Crunch	Core	10

Day 6

Exercises	Muscle Worked	Reps
Inverted Row	Back, Biceps	10
Archer Pushup	Chest, Shoulder	10/side
Reverse Lunges	Legs	10/side
Bar Dips	Triceps, Chest	10
Mountain Climber	Core	20-sec
Hanging Knee Raises	Core	10

Day 7 – OFF

Day 8

Exercises	Muscle Worked	Reps/Time
Burpee	Full body	10
Floor IYT Raises	Back, Shoulder	10
Wide arm push-up	Chest	10/side

L-Sit	Abs	As long as you can hold (ALAYCH)
Step-up	Leg	10
Standing Calf raises	Leg	20
Plank	Core	45-60 seconds
Side Plank	Core	20-sec/side

Day 9

Exercises	Muscle Worked	Reps/Time
Inverted Row	Back, Biceps	10
Decline Pushup	Chest, Shoulder	10
Bulgarian Split Squat	Lower Body	5/side
Chin-ups	Back, Biceps	10
Bird Dog Plank	Posterior Chain	5/side with 5 seconds pause
Bar Dips	Chest, Triceps	10
Pike Pushup	Shoulder, Triceps	10
Lying Leg Raises	Abs	10

Day 10

Exercises	Muscle Worked	Reps
Squat Jump	Legs	10
Archer Pushup	Chest, Shoulder	10/side
Reverse Lunges	Legs	10/side
Single-Leg Tuck-up	Core	10/side
Lateral Lunges	Legs	10/side
Mountain Climber	Core	20-sec
Hanging Knee Raises	Core	10
Diamond Pushup	Chest Triceps	10

Day 11 – OFF

Day 12

Exercises	Targeted Muscle	Reps/Time
Wall Handstand Push-up	Shoulder	10
Shuttle runs	Full Body	20-sec
Pseudo planche	Upper Body	10
Pistol Squat	Legs	8-10/side
Burpees	Total Body	10

Hanging Leg Raises	Abs	10
Mountain Climber	Abs	20-sec
One-leg RDL	Posterior Chain	8-10/side

Day 13

Exercises	Targeted Muscle	Reps/Time
Back and Forth Lunges	Legs	10
Dead Bug Crunches	Core	10
Nordic Hamstring Curl	Hamstring	10/side
Bird Dog Plank	Core	20
Pull-ups	Back	6/side
Dragon Flag	Core	6-10
Shoulder Tap	Upper Body	15-20 sec
Plank	Core	10/side

Day 14 – OFF

Day 15

Exercises	Muscles Worked	Reps/Time
In and Out Jump	Legs	10
Clap Pushup	Upper Body	10
L Pull-ups	Upper Body	10
Bar Dips	Triceps, Chest	10
Dragon Flag	Core	6-8
Side Plank to Reach Under	Core	20-sec
Chin Ups	Back, Biceps	8-12
Archer Push-up	Chest	6-8/side

Day 16

Exercises	Muscles Worked	Reps/Time
Toes to Bar	Core	10
Skater Squat	Legs	10/side
Muscles up	Upper Body	10
Planche Push-up	Arms, Chest, Shoulder	10
Hollow Body Hold	Core	15-sec
Single-Leg Hamstring Bridge	Hams and Glute	10/side
Triangle Pushup	Triceps	10
Side Plank	Core	15-sec/side

Day 17

Exercises	Targeted Muscle	Reps/Time
Back and Forth Lunges	Legs	10
Australian Pullups	Back	10

Pike pushup	Shoulder	10/side
Archer Squats	Legs	20
Dragon Flag	Core	6-10
Shoulder Tap	Upper Body	15-20 sec
Mountain Climber	Core	15-20 sec
Plank	Core	10/side

Day 18 – OFF

Day 19

Exercises	Targeted Muscle	Reps/Time
Chin-ups	Biceps, Back	10
Archer Pushup	Chest, Shoulder	10/side
Front Lever	Upper Body	AMRAP
Lunges to Single Leg RDL	Lower Body	5/side
Superman Pull	Back	10
Cursty Lunges	Legs	10
Toes to Bar	Core	10
Elevated Glute Bridge	Posterior Chain	10

Day 20

Exercises	Targeted Muscle	Reps/Time
Pike Pushup	Shoulder	10
Back and Forth Lunges	Legs	10/side
Handstand Push-ups	Shoulder	AMRAP
Inverted Row	Back	10
V ups	Core	10
Bar Dips	Triceps	10
Skater Squats	Legs	10
Single-Leg Tuck-up	Core	10

Day 21 – OFF

Day 22

Exercises	Muscles Worked	Reps/Time
Toes to Bar	Core	10
Sissy Squats	Legs	10
Muscles up	Upper Body	AMRAP
Planche Push-up	Arms, Chest, Shoulder	10
Pistol Squat	Leg	10/side

Dragon Flag	Core	AMRAP
Triangle Pushup	Triceps	10
Plank	Core	60-sec

Day 23

Exercises	Muscles Worked	Reps/Time
In and Out Jump	Legs	10
Clap Pushup	Upper Body	10
L Pull-ups	Upper Body	10
Bulgarian Split Squat	Legs	10/side
Hanging Knee to Elbow	Core	10
Knee to Outside Elbow Crunch	Core	10/side
Elevated Inverted Rows	Back, Biceps	8-12
Glute Kickback	Glute	10/side

Day 24

Exercises	Targeted Muscle	Reps/Time
Squat Jump	Legs	10
Pullups	Back	10
Pike pushup	Shoulder	10/side
Sissy Squats	Legs	20
Dragon Flag	Core	6-10
Shoulder Tap	Upper Body	15-20 sec
Mountain Climber	Core	15-20 sec
Hanging Windshield Wiper	Core	10/side

Day 25 – OFF

Day 26

Exercises	Targeted Muscle	Reps/Time
Dive Bomber Push-ups	Chest, Shoulder	10
Muscles up	Upper Body	10
Staggered Pushup	Chest, Shoulder	10/side
Lunges to Single Leg RDL	Lower Body	10/side
Hollow Body Crunch	Core	10
Shrimp squat	Legs	10/side
Toes to bar	Core	10
Bird Dog	Core	10/side

Day 27

Exercises	Targeted Muscle	Reps/Time
Back and Forth Lunges	Legs	10

Front Lever	Back	10
Bar Dips	Triceps, Chest	10/side
Pistol Squat	Legs	20
Pull-ups	Back	6/side
Dragon Flag	Core	6-10
Shoulder Tap	Upper Body	15-20 sec
Plank	Core	10/side

Day 28 – OFF

Day 29

Exercises	Muscles Worked	Reps/Time
Burpee	Integrated Full Body	10
Pullups	Back	10/side
V ups	Core	10
Muscles up	Upper Body	10
Sissy Squat	Leg	10/side
Handstand Push-ups	Shoulder	10
Hanging Knee Raises	Core	15
Bird Dog	Core	10/side

Day 30

Exercises	Muscles Worked	Reps/Time
In and Out Jump	Legs	10
Clap Pushup	Upper Body	10
L Pull-ups	Upper Body	10
Bulgarian Split Squat	Legs	10/side
Hanging Knee to Elbow	Core	10
Knee to Inside Elbow Crunch	Core	10/side
Elevated Inverted Rows	Back, Biceps	8-12
Single-leg Elevated Bridge	Ham and Glute	10/side

Final Words

Calisthenics is a great way to develop overall fitness, including strength, mobility, cooperation, flexibility, and posture. It can also help you build lean mass and improve your shape.

Whether you're male or female, you can use the above 30-day calisthenics workout plan to challenge your fitness level.

Once you complete this program, you'll feel and move better. However, it's best to repeat it for at least three months to see the noticeable changes.

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