

4 DAY CALISTHENICS ROUTINE TO SCALE YOUR FITNESS LEVEL

Created by: [Murshid Akram](#)
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Calisthenics Program Summary

Suggested Program Duration	3 Months
Workout Type	Full Body
Sessions/week	Four
Duration/session	30-45 minutes
Program Goal	Build Strength, flexibility, balance, and improve body composition
Suitable for	Men and Women
Skill Level	Beginner to Intermediate
Program for Beginners	3 Day Calisthenics Workout

Equipment Needed: Most of the calisthenics exercises require no equipment. However, having a pull-up bar, dip stand, and resistance bands allows you to perform a variety of exercises as well as help you build lean mass.

Schedule

- Monday – Full Body Workout
- Tuesday – Full Body Workout
- Wednesday – OFF
- Thursday – Full Body Workout
- Friday – OFF
- Saturday – Full Body Workout
- Sunday – OFF

Instructions to perform the exercises:

- **Warm-up:** You can perform 3-5 minutes of [low-impact dynamic warm-up](#) to increase your body temperature and oxygen flow and prepare your muscles to perform calisthenics movements efficiently.
- **Way to perform the exercise:** This program involves performing exercises (one after another with little or rest in between) in rounds. For example, if there are five exercises of five rounds, it means you have to perform those five exercises to complete one round and then repeat five times.
- **Rest Between Exercises:** Since each exercise is different from one another, you can quickly move to the next exercise without taking a rest between them. However, calisthenics isn't only about cardio. When you feel breath out, it is best to take time to settle your heart rate before you perform the next exercises or rounds.

Day 1 – Full Body Workout

Round 1–2

Exercise	Activity
Basic Squat	10 reps
Pushups	5 reps
Superman Pull	10 reps
Flutter Kicks	15-sec
Bench/Chair Dips	10 reps

Round 3-4

Exercise	Activity
Front Lunge	5 reps/leg
Pike Pushup	5 reps
Inverted Row	10 reps
Hanging Knee Raises	10 reps
Glute Bridge	10 reps

Day 2 – Full Body Training

Round 1–2

Exercise	Activity
Curtsy Lunges	5 reps/leg
Archer Pushups	5 reps/arm
Lying IYT Raises	5 reps
Reverse Crunches	10 reps
Diamond Pushups	5 reps

Round 3-4

Exercise	Activity
Lateral Lunges	5 reps/leg
Bar Dips	5 reps
Pull-ups	5 reps
Hanging L Raise	10-15 sec
Bird Dog Plank	15-sec/side

Day 3 – Total Body Workout

Round 1–2

Exercise	Activity
Burpees	6 reps
Spiderman Crawl	6 steps/side
Chin-ups	6 reps
Dive Bomber Pushups	6 reps
One-leg RDL	6 reps/leg

Round 3-4

Exercise	Activity
Planche Push-up	6 reps/leg
Inverted Row	6 reps/arm
Pike Pushups	6 reps
Single-Leg Tuck-up	6 reps
Pistol Squat	6 reps/leg

Day 4 – Full Body Workout

Round 1–2

Exercise	Activity
Back and Forth Lunges	7 reps/leg
Staggered Pushups	6 steps/side
V ups	7 reps
Shrimp squat	7 reps/leg
Hanging Knee Raises	7 reps

Round 3-4

Exercise	Activity
Pull-ups	7 reps

Hollow Body Hold	10-15 sec
Bar Dips	7 reps
Side Plank Hip Dips	7 reps/side
Long Leg March	7 reps/leg

Note: You can replace as many exercises as you want if you think those are better than the ones outlined above.

Here are more exercise options to integrate into your 4 days weekly calisthenics workout plan.

- Wide arm push-up
- Decline pushup
- Negative Push Up
- Ring Pushup
- Handstand Push-ups
- One-Arm Push-Up
- Shoulder Tap
- Superman Fly
- Ring Dips
- Ring Pushups
- Ring Chin Ups
- Knuckle pushup
- Muscles Up
- Front Lever
- L Pull-Up
- Ring Chin Ups
- Superman Pull
- Floor Windshield Wipers
- Hanging Leg Raises
- Dragon Flag
- Ab Rollout
- Hanging Windshield Wiper

Final Words

Calisthenics is a great way to build muscular strength, increase flexibility and balance, and improve body composition without using major gym equipment like dumbbells, barbells, and machines.

However, you need a good workout program when it comes to taking your fitness skill to the next level.

And if you want to get better at calisthenics training, you can follow the above 4-day schedule for a few months.

This program will increase your strength, make your muscles flexible, improve your ability to hold your muscles in a static position and help you achieve better shape over time.

Helpful Resources:

- [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](#)

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