

8-Week Advanced Calisthenics Workout Routine to Get Resilient

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Article URL: <https://thefitnessphantom.com/8-week-advanced-calisthenics-training-pdf>

I've designed an ultimate 8-week advanced calisthenics workout routine for those who have been training for a while and want to level up their fitness.

This program is based on a total body workout method and involves training four days a week.

Here's the program summary:

Sessions/Week	4 Days
Duration/Session	60-90 minutes
Program Duration	8 Weeks
Workout Level	Advanced
Target Gender	Male & Female
Program Goal	Build Resilient and Improve Aesthetic
Split Type	Full Body Workout
Special Equipment Needed	Rings, Dip Stand, and Bars

The Fitness Phantom Disclaimer: It will be a challenging program and will have a high risk of injury, so, make sure you evaluate the benefits and risks of advanced calisthenics movements before starting this.

List of Advanced Calisthenics Exercises

Besides easy and intermediate calisthenics exercises, you'll do the following advanced exercises in this training plan:

1. One-Arm Push-Up
2. L Pull-Up
3. V-Sit
4. Handstand Push-ups
5. Ring Dips
6. One-arm Pull-up
7. Ring Chin Ups
8. Pistol Squat
9. Dragon Flag
10. Hanging Windshield Wiper
11. Muscles up
12. Planche
13. Front lever
14. Human Flag

15. Straddle Planche
16. Feet Elevated Pike Push-up
17. Reverse Plank March
18. Cross-body Push-ups
19. [Straddle Sit Hold](#)
20. Cross Triceps Extension
21. Sphinx Push-up
22. Archer Push-up
23. Star Plank
24. Archer Pull-Ups
25. [Tucked Planché Swing](#)
26. Skin The Cat
27. Back Bridge
28. [Straddle V-Sit](#)
29. Bar Pullover
30. Explosive Pull-up
31. Clapping Push-up

These are important but not all examples of advanced calisthenics workouts. You can integrate more exercises that can fit into your training regime.

Who Can Perform Advanced Calisthenics?

Performing advanced calisthenics movements requires a strong and flexible body and decent mobility.

You must have years of experience before attempting advanced exercises.

This program is for general and experienced fitness enthusiasts who want to enhance their strength, mobility, balance, body coordination strength, and build a resilient body.

However, professional gymnasts wanting to excel in their game, people with a history of injury, or anyone who isn't confident in performing advanced workouts should avoid following this routine.

8-Week Advanced Calisthenics Workout Routine to Get Resilient

This program is divided into two phases. The first phase (first three weeks) involves intermediate to advanced exercises and will help build the foundation for the second phase (last five weeks).

The second phase involves performing [four times weekly](#), with each session containing five exercises.

I also recommend performing moderate or high-intensity interval training to enhance your endurance, speed, and explosiveness.

WORKOUT INSTRUCTIONS

- **Warm-up before main workout:** Each training session starts with a 5-10 minute warm-up workout. You can do [aerobic workouts](#) and [dynamic stretching](#) to increase your body temperature and prepare your muscles for advanced exercises.
- **Rest between sets or supersets:** Take the rest as needed but avoid sitting between exercises.
- **Progression:** Keep adding weight set after set and week after week to challenge your muscles to work hard continuously. This loading progression helps them build muscle and strength over time.
- **Cardio:** Perform low-intensity cardio in the morning to enhance your endurance.
- **Make changes when needed:** This workout plan isn't perfect for all, so I suggest making some changes according to your needs.

Week 1

Monday

Superset	Reps	Sets
Push-up + Air Squat	10-20	3
Dips + Superman	10-20	3
Pull-ups + Reverse Lunges	10-15	3
Pike Push-ups + Sit-ups	10-15	3

Wednesday

Exercise	Activity	Sets
Pistol Squat	8-10 reps per leg	3
Archer Push-up	10 reps per side	3
Hollow Body Hold	20-second hold	3
L Pull-up	5-10 reps	3
Bulgarian Squat	10 reps per leg	3
Windshield Wipers	10 reps per side	3
Single-arm Hang	15-sec hold/arm	3

Friday

Superset	Reps	Sets
Bar Dips + Deep Squat	10-20	3
Trinagle Push-up + Inverted Row	10-20	3
Pull-ups + Curtsy Lunges	8-12	3
Diving Push-up + Hanging Knee Raise	10-15	3

Saturday – HIIT Cardio

Exercise	Activity	Rest
Jumping Jacks	15-sec x 3 sets	15-sec

Mountain Climber	15-sec x 3 sets	15-sec
Burpees	5 reps x 5 sets	30-sec
Crossbody Mt. Climber	15-sec x 3 sets	15-sec
Squat Jumps	10 reps x 3 sets	45-sec
Shoulder Taps	10 taps/side x 3	30-sec
Fast Feet	15-sec x 3 sets	45-sec

Week 2

Perform cardio twice a week. Choose the day, time, and intensity that suits you the best.

Monday – Legs, Shoulder, and Abs

Exercise	Reps	Sets
Pistol Squats	6 per leg	3
Single-Leg Deadlift	6 per leg	3
Sissy Squats	6-8	3
Single-leg Glute Bridge	10 per side	3
Pike Push-ups + Hollow Body Hold	10 & 15-sec hold	3
Lateral Raises + Hanging Leg Raises	10/side & 10	3
Ring Row + L Sit	10 & 10-sec hold	3

Tuesday – Back, Chest, and Arms

Exercise	Reps	Sets
Pull-ups + Dips (superset)	10-15	2-3
Chin-ups + Sphinx Push-up	10-15	2-3
Muscle Up	5-6	4-5
Archer Push-up	10/side	3-4
One-arm Hang (Flex/Straight arm)	15-sec/hand	3-4

Thursday – Legs, Shoulder, and Abs

Exercise	Reps	Sets
Squat Jump	10-12	3
Bulgarian Squat	6-8/leg	3
Skater Squats	6-8/leg	3
Calf Raises	15-20	3
Handstand + V-Sit/Dragon Flag	5 & 10-sec	4
Scapular Push-up + Star Plank	10 & 15-sec	3
Ring Row + Knee to Elbow	10-12	3

Saturday – Back, Chest, and Arms

Exercise	Reps	Sets
L Pull-Up + Ring Dips (superset)	10-15	3-4
Ring Chin Ups + BW Triceps Extension	10-15	3-4
Muscle Up	5-6	5-6
One-Arm Push-Up	5-6/side	3-4

Week 3

Monday

Superset	Reps	Sets
Push-up + Air Squat	10-20	3
Dips + Superman	10-20	3
Pull-ups + Reverse Lunges	10-15	3
Pike Push-ups + Sit-ups	10-15	3

Wednesday

Exercise	Activity	Sets
Pistol Squat	8-10 reps per leg	3
Archer Push-up	10 reps per side	3
Hollow Body Hold	20-second hold	3
L Pull-up	5-10 reps	3
Bulgarian Squat	10 reps per leg	3
Windshield Wipers	10 reps per side	3
Single-arm Hang	15-sec hold/arm	3

Friday

Superset	Reps	Sets
Bar Dips + Deep Squat	10-20	3
Trinagle Push-up + Inverted Row	10-20	3
Pull-ups + Curtsy Lunges	8-12	3
Diving Push-up + Hanging Knee Raise	10-15	3

Saturday – HIIT Cardio

Exercises	Activity	Rest
Jumping Jacks	15-sec x 3 sets	15-sec
Mountain Climber	15-sec x 3 sets	15-sec
Burpees	5 reps x 5 sets	30-sec
Crossbody Mt. Climber	15-sec x 3 sets	15-sec

Squat Jumps	10 reps x 3 sets	45-sec
Shoulder Taps	10 taps/side x 3	30-sec
Fast Feet	15-sec x 3 sets	45-sec

Week 4

Monday

Exercises	Activity	Sets
One-arm Pull-up	5 reps per arm	4
Pistol Squat	5 pers per leg	4
Dragon Flag	6-8 reps	4
Front Lever	10-15 sec hold	4
One-Arm Push-Up	5 pers per side	4

Tuesday

Exercises	Activity	Sets
Archer Push-up	10 reps per side	4
L Pull-up	6-12 reps	4
Windshield Wipers	6 reps per side	4
Planche	10-15 sec hold	4
V-Sit	10-15 sec hold	4

Thursday

Exercises	Activity	Sets
Bar Dips	15-20 reps	5
Curtsy Lunges	10 reps per leg	3
Toes to Bar	8-12 reps	5
Muscle Up	6-8 reps	4
Handstand Push-ups	6-8 reps	4

Friday

Exercises	Activity	Sets
Sissy Squats	8-10 reps	4

Reverse Plank March	30-second	4
Archer Pull-Ups	5 reps per side	4
Skater Squats	10 reps per leg	4
Standing Bird Dog	10-sec hold/side	6

Week 5

Monday

Exercises	Activity	Sets
Tucked Planché Swing	8-10 reps	4
Back Bridge	15-second hold	4
Handstand Push-up	8-10 reps	4
Front Lever	10-second hold	3
Cossack Squat	10 reps per side	3

Tuesday

Exercises	Activity	Sets
One-arm Push-up	6-8 reps per side	3
Pistol Squat	6-8 reps per leg	4
Skin The Cat	5 reps, 5-sec hold	3
Planche	10-second hold	4
Dragon Flag	8-10 reps	4

Thursday

Exercises	Activity	Sets
Straddle V-Sit	10-second hold	4
Bulgarian Split Squat	10 reps per leg	3
Toes to Bar	8-10 reps	5
Bar Pullover	6-8 reps	3
Cross-body Push-ups	10 reps per side	3

Friday

Exercises	Activity	Sets
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Dragon Flag	8-10 reps	4
Sphinx Push-up	10-20 reps	4
Explosive Pull-Ups	8-10 reps	4
Skater Squats	10 reps per leg	4
L-Sit	10-sec Hold	4

Week 6

Monday

Exercises	Activity	Sets
Box Jump	10-12 reps	4
Archer Squat	10 reps per leg	3
Back Bridge	10-second hold	6
Standing Bird Dog	10-sec hold/side	4
Extended Forearm Plank	1-minute hold	3

Tuesday

Exercise	Activity	Sets
Archer Push-up	10 reps per side	4
Archer Pull-up	10 reps per side	4
Pistol Squat	10 reps per leg	3
Planche	15-second Hold	4
Star Plank	30-sec Hold/side	4

Thursday

Exercise	Activity	Sets
Straddle V-Sit	15-sec hold	4
Ring Dips	10-12 reps	4
Toes to Bar	10-15 reps	4
Bar Pullover	10-15 reps	4
Ab Rollout	10-15 reps	4

Friday

Superset	Activity	Sets
Dragon Flag	8-10 reps	4
Pike Push-up	10-12 reps	4
Sissy Squats	8-12 reps	4
Muscle Up	8-10 reps	4
Ring Inverted Row	10-15 reps	5

Week 7

Monday

Exercises	Activity	Sets
One-Arm Push-Up	6-8 reps per side	4
L Pull-Up	8-10 reps	4
V-Sit	10-second hold	6
Pistol Squat	6-8 reps per leg	4
Skin The Cat	8-10 reps	4

Tuesday

Exercises	Activity	Sets
Handstand Push-ups	6-8 reps	5
One-arm Pull-up	6 reps per arm	4
Dragon Flag	8-10 reps	4
Ring Dips	20-30 reps	4
Hollow Body Hold	10-15 second	4

Thursday

Exercises	Activity	Sets
Muscles up	8-10 reps	4
Planche	20-second hold	4
Ring Chin Ups	15-20 reps	4
Hanging Windshield Wiper	10 reps per side	3

Pike Push-up	10-12	4
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Friday

Exercises	Activity	Sets
Human Flag	10-second hold	4
Reverse Plank March	30-second hold	4
Cross-body Push-ups	8-12 reps/side	4
Skater Squat	10 reps per side	4
Knee to Elbow	10-15 reps	4

Week 8

Monday

Exercises	Activity	Sets
Feet Elevated Pike Push-up	10-12 reps	4
Explosive Pull-up	8-10 reps	4
Box Jump	15-20 reps	4
Clapping Push-up	8-12 reps	4
Skin The Cat	6-8 reps	4

Tuesday

Exercises	Activity	Sets
Straddle Planche	15-second Hold	4
Archer Pull-Ups	10 reps per side	4
Dragon Flag	8-10 reps	4
Ring Muscle-up	8-10 reps	4
Pistol Squat	8-10 reps per leg	4

Thursday

Exercises	Activity	Sets
Bar Pullover	10-12 reps	4
Archer Push-up	10 reps per side	4
Sissy Squat	10-12 reps	3

V-Sit	15-second hold	4
One-arm Pull-up	8 reps per side	4

Friday

Exercises	Activity	Sets
Straddle Sit Hold	15-second hold	4
Reverse Plank March	30-second hold	4
Cross-body Push-ups	8-12 reps	4
Skater Squat	8-12 reps	4
Star Plank	30-sec hold/side	3

What Should You Do Next?

I recommend repeating this program for the next eight weeks after shuffling exercises, increasing the intensity or the number of reps, and decreasing rest time between sets.

You can also include resistance exercises in your advanced calisthenics training plan to make your workout more challenging. For example, you can perform weighted pull-ups, dips, push-ups, deadlifts, rowing, and back squats.

You can also start teaching calisthenics to beginners after completing this schedule.

Helpful Resources:

- [The Only 5 Calisthenics Biceps Exercises You Need to Build Muscle](#)
- [The Only 5 Calisthenics Triceps Exercises You Need to Build Muscle](#)
- [5 Best Calisthenics Hamstring Exercises to Sculpt Your Legs](#)

- [5 Best Calisthenics Glute Exercises for A-Shaped Butt](#)
- [Calisthenics Lower Back Workout \(10 Best Exercises\)](#)
- [20 Best Calisthenics Leg Exercises & Workout Routine](#)
- [Best Calisthenics Shoulder Workout \(10 Exercises\)](#)
- [13 Best Calisthenics Ab Exercises for a Sculpted Core](#)
- [12 Best Calisthenics Pull Exercises to Build Resilience](#)