

# THE BEST AMRAP CALISTHENICS WORKOUT PROGRAM

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/amrap-calisthenics-workout-program>

**This calisthenics training program combines two approaches. For example, you'll complete a circuit of four to five exercises. You will try to do each exercise as many times as you can or hold it for as long as you can and aim to complete as many rounds as possible within a set time limit.**

It is challenging but will help you [build endurance](#), stability, and muscle mass without using fancy gym equipment.

## Program Summary

<b>Training Style</b>	Bodyweight Calisthenics Training
<b>Rep-set Approach</b>	AMRAP
<b>Workout Goal</b>	Build Strength, Endurance, & Mobility
<b>Sessions/Week</b>	4-6 days per week
<b>Duration/Session</b>	30-45 minutes
<b>Target Gender</b>	Male and Female
<b>Difficulty Level</b>	Beginner & Intermediate
<b>Equipment Needed</b>	Dip stand, Mat, Rings, Pull-up bar, etc.

# Program A: 30-minute Calisthenics AMRAP Workout for Beginners

This program involves [training the entire body four times weekly](#). Each session will have one [isometric exercise](#), one [stretching exercise](#), and three [isotonic exercises](#), such as pull-ups and dips.

**Instructions:** Perform each exercise (**at a low to moderate heart rate**) till failure (if that doesn't feel challenging, progress exercises [proprioceptively](#)). Rest for 30-60 seconds between movements.

**Repeat as many times as possible in 30 minutes.**

**5-minute Warm-up:** World's Greatest Stretch (5 twists per side with 5 seconds hold on each side), 10 deep and slow squats, 10 slow and deep push-ups, and 30-second jumping jacks. Perform these exercises every day before starting the main workout.

## Day 1

Exercises	Recommended Activity	Target Muscles
Wall Sit	20-30 seconds hold	Quads & Glutes
Push-ups	6-12 reps	Chest & Triceps
Inverted Rows	6-15 reps	Back & Biceps
Forearm/Straight Arm Plank	30-60 seconds hold	Abs & Shoulders
Straight Arm Side Plank	15-20 seconds per side	Obliques, Lower Back, & Shoulders

## Day 2

Exercises	Recommended Activity	Target Muscles
Bodyweight Lunges	10-15 reps per leg	Quads, Glutes, & Hamstrings
Supported One-leg Deadlift	8-10 reps per side	Hamstrings & Lower Back

<a href="#">Negative Push Up</a>	6-8 reps	Chest and Arms
Bench dips	12-18 reps	Triceps
Bodyweight Curl	8-12 reps	Biceps
Deadbug Hold	15-20 seconds hold	Abdominals

## Day 3

It is your rest day but don't just sit at home. Perform low-impact cardio, such as walking for a mile, climbing stairs, or bicycling.

## Day 4

Exercises	Recommended Activity	Target Muscles
Incline Close Grip Push-up	10-20 reps	Triceps & Chest
*Step-up	8-10 reps per leg	Lower Body
<a href="#">Lying Superman Row</a>	12-20 reps	Back and Delts
<a href="#">Reverse Crunches</a>	10-15 reps	Lower Abs
Glute Bridge	8-12 reps	Glutes
Forearm Arm Plank	30-60 seconds hold	Abs & Shoulders
Straight Arm Side Plank	15-20 seconds per side	Abs, Delts, & Lower Back

\*Step-up: Start with a single leg, then do alternating step-ups, and gradually increase the height as well.

## Day 5

Exercises	Recommended Activity	Target Muscles
<a href="#">Sky Squat Reach Stretch</a>	10-15 reps per side	Full Body
Chin-ups (Self or Assisted)	6-10 reps	Biceps
Assisted Bar Dips	10-12 reps	Triceps
Squats	15-20 reps	Legs
Towel Rows	10-15 reps	Back
Hanging Knee Raises	6-12 reps	Abs

## Day 6

This is your second rest day. You can take a break from your entire training or try the medium-intensity 20-minute cardio. It will

enhance your endurance and help you do better during calisthenics exercises.

## Day 7

Allows your muscles to relax and start fresh from day 1.

# Program B for Experienced

This program involves performing 8-9 exercises per session. These exercises hit all the major muscle groups and help build a strong, flexible, and functional body.

You can also perform light to moderate-intensity cardio on rest days to enhance your cardiovascular fitness.

**Instructions: Perform each exercise at a normal pace till failure** (or for the recommended times/reps). Rest for 30-60 seconds between movements. **Repeat as many rounds as possible in 45 minutes.**

**5-minute Warm-up:** World's Greatest Stretch (5 twists per side with 5 seconds hold on each side), 10 deep and slow squats, 10 strict inverted rows, 10 slow and deep push-ups, and 10-15 burpees. Perform these exercises every day before starting the main workout.

## Day 1

Exercises	Recommended Activity	Target Muscles
Inverted Rows	15-20 reps	Back
Squats	30-40 reps	Legs
Bar Dips	15-20 reps	Triceps & Chest
Hanging Knee to Chest	10-15 reps	Abdominals
Push-ups	20-30 reps	Chest
Reverse Lunges	10-15/leg	Lower Body
Pull-ups	10-15 reps	Back
Forearm Plank	1-1.5 minute	Abdominals

## Day 2

Exercises	Recommended Activity	Target Muscles
Straight Bar Dips	10-12	Upper Body
Pistol Squat	8-10/leg	Lower Body
Chin-up	12-15 reps	Biceps & Back
Tuck Ups	10-12 reps	Abdominals
<a href="#">Pike Pushup</a>	12-15 reps	Shoulders & Tris
Lateral Squats	12-15/leg	Adductors
Ring/Towel Row	15-20 reps	Back & Biceps
Bird Dog Plank	5 reps with 10-sec hold/side	Abs & Lower Back

## Day 3

Perform low-intensity cardio, such as walking for a mile, climbing stairs, or bicycling.

## Day 4

Exercises	Recommended Activity	Target Muscles
Ring Chin Ups	8-14 reps	Biceps
Ring Pushup	10-15 reps	Chest
Ring Dips	10-15 reps	Triceps
Step-ups	10-12/leg	Lower Body
Single-leg Deadlift	10-12/leg	Lower Body
<a href="#">Archer Pushup</a>	10-12/side	Upper Body
Bulgarian Split Squat	10-12/leg	Lower Body

Ring/Towel Row	15-20 reps	Lower Body
<a href="#">V-ups</a>	10-12 reps	Abdominals

## Day 5

Exercises	Recommended Activity	Target Muscles
<a href="#">One-Arm Push-Up</a>	8-10/side	Upper Body
Skater Squats	8-10/leg	Lower Body
<a href="#">Ring Row</a>	12-15 reps	Biceps & Back
<a href="#">Tuck Front Lever</a>	10-12 reps	Abdominals
Archer Pushup	12-15/side	Shoulders & Tris
Sissy Squats	8-12 reps	Adductors
Ring/Towel Row	12-16 reps	Back & Biceps
<a href="#">L-Sit</a>	15-20 hold	Abs & Arms

## Day 6

This is your second rest day. Rest or perform medium-intensity 20-minute cardio. It will improve your stamina and enhance your performance during calisthenics training.

## Day 7

Take a full day off. Take a steam bath, ice bath, or massage to recover your muscles.

# Frequently Asked Questions (FAQs)

## What is an AMRAP calisthenics workout?

An AMRAP calisthenics workout involves performing a series of bodyweight exercises (like push-ups, pull-ups, or squats) for as many rounds or reps as possible within a defined time.

## What are the benefits of AMRAP calisthenics workouts?

AMRAP Calisthenics helps improve muscular endurance and cardiovascular fitness, increases fat burning, and mental toughness. They're time-efficient, require no equipment, and can be scaled for all fitness levels.

## Can AMRAP calisthenics help build muscle?

Yes, it helps build muscle and endurance simultaneously. You need to increase the number of reps or rounds and decrease rest time over time to stimulate muscle growth. However, don't expect to see [muscle growth like bodybuilders](#).

## How do you track progress in AMRAP workouts?

Record the number of rounds or reps completed in the set time. Over weeks, aim to increase reps, rounds, or exercise difficulty while maintaining good form.

## Can AMRAP calisthenics help with weight loss?

Yes, the high intensity burns calories and boosts metabolism. Combined with a [low-calorie diet plan](#) for effective weight loss, as exercise alone isn't enough.

## How do you avoid burnout during AMRAP workouts?

Prioritize form over speed, take rests (10-15 seconds) when needed, and lower the number of reps per exercise if that feels too much. Gradually increase intensity as your stamina improves.