

Calisthenics Workout List For Each Muscle (PDF)

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Finding a complete list of calisthenics workouts can be difficult as there is not much relevant information available. That's why I've gathered a full calisthenics workout list (with PDF) in one place so that you can use it to create a [routine](#) for yourself.

I've categorized each exercise based on type, difficulty, and muscle group. So if you're a beginner, you can choose workouts from the beginner-level movement.

And if you're an intermediate or advanced, you can save exercises based on your fitness level.

Doing calisthenics exercises beef up your strength, improve mobility and flexibility, and help you build a shredded physique.

However, if you want to bulk up your muscle mass, you'll need to lift weights because calisthenics may not be as effective as weight training for bodybuilding.

You can directly jump onto a specific list using the links in the table of content below.

List of Calisthenics Full Body Workout

Let's find out a complete list of calisthenics workouts that can help you create a full-body calisthenics workout plan for yourself.

No.	Exercise	Muscles Worked
1	Normal pushup	Chest and Triceps
2	Wide arm pushup	Chest
3	Incline pushup	Chest

No.	Exercise	Muscles Worked
4	Decline pushup	Chest and Shoulder
5	Bar Dips	Chest and Triceps
6	Negative Push Up	Chest, Triceps, and Shoulder
7	Pike pushup	Shoulder and Triceps
8	Handstand Push-ups	Shoulder and Triceps
9	Dive Bomber Push-ups	Deltoids, Triceps, Core, and Lower Body
10	One-Arm push-Up	Chest, Shoulder, and Triceps
11	Staggered Pushup	Chest, Shoulders, and Arms
12	Bench dips	Triceps, Core, and Shoulder
13	Pseudo planche	Shoulders, Arms, Chest, and Deltoids
14	Chin-ups	Back, Biceps and Core
15	Inverted rows	Back, Biceps and Core
16	Knuckle pushup	Arms, Chest, and Front Delt
17	Pullup	Back, Biceps and Core
18	Floor Windshield Wipers	Core, Hips, and Lower Back
19	Hanging Leg Raises	Core and Arms
20	Crunches	Core
21	Plank	Core, Arms, and Shoulder
22	Shoulder Tap	Arms, Core and Shoulder
23	Russian Twist	Core
24	Muscles up	Back, Shoulders, Arms, and Core
25	Shuttle runs	Quadriceps, Glutes, and Calves
26	Standard Squat	Quads
27	Pistol Squat	Quadriceps, Glutes, and Calves
28	Lunges	Quads, Hams, and Glutes

No.	Exercise	Muscles Worked
29	Bird Dog Plank	Core and Back
30	Planche	Arms, Core, Chest, Shoulder and core
31	Front lever	Back, Abs and Core
32	Burpees	Full Body
33	Australian Pullups	Upper back, Shoulders, and Arms
34	Jump Squats	Glutes, Quads, Hips, and Hamstrings
35	Ring Row	Arms and Upper back
36	Elevated Inverted Rows	Back, Shoulder, Arms, and Core
37	Negative Pullup	Back, Biceps and Core
38	L Pull-Up	Core, Hips, Back, Quads, and Arms
39	Hollow Body Crunch	Abdomen, Quads, and Hips
40	Hanging Knee Raises	Core, Hips, and Arms
41	L-Sit	Core, Hips, Quads, Triceps, Shoulders, Pecs, and Lats
42	Single-Leg Tuck-up	Hip Flexors and Upper Leg
43	Dragon Flag	Core and Lower Body
44	Kneeling Ab Wheel Rollout	Core and Lower Back
45	Triangle Pushup	Chest and Triceps
46	Box or Bench Jump	Lower Body
47	Lateral Lunges	Glutes, Hamstrings, and Quads
48	Calf raises	Calves
49	Wall Sits	Glutes, Calves, and Quads
50	Hanging Windshield Wiper	Core, Hips, and Arms
51	Floor Ring Dips	Triceps and Shoulder
52	Ring Pushup	Arms, Core and Chest

No.	Exercise	Muscles Worked
53	Ring Chin Ups	Biceps, Back, and Core
54	Glute Bridge	Glutes, Hips, and Lower Back

list of calisthenics full-body workout

Calisthenics Workout List Muscle Group Wise

Let's take a look at the complete calisthenics workout list based on the several muscle group.

Chest

1. Normal push-up
2. Wide arm push-up
3. Incline pushup
4. Decline pushup
5. Bar Dips
6. Negative Push Up
7. Staggered Push-Up
8. Ring Pushup

Shoulder

1. Decline pushup
2. Pike pushup
3. Handstand Push-ups
4. Dive Bomber Push-ups
5. One-Arm push-Up
6. Shoulder Tap
7. Planche
8. Elevated Inverted Rows

Arms

1. Bench Dips
2. Bar Dips
3. Pseudo planche
4. Triangle Pushup
5. Floor Ring Dips
6. Ring Pushup
7. Chin-ups
8. Ring Chin Ups

9. Underhand Inverted rows
10. Knuckle pushup
11. Shoulder Tap
12. Planche
13. Australian Pull-Ups
14. Ring Row
15. Elevated Inverted Rows
16. Negative Pullup

Back

1. Pull-up
2. Inverted rows
3. Muscles up
4. Front lever
5. Chin-ups
6. Bird Dog Plank
7. Australian Pull-Ups
8. Ring Row
9. Elevated Inverted Rows
10. Negative Pullup
11. L Pull-Up
12. Ring Chin Ups

Abdomen and Oblique (Core)

1. Floor Windshield Wipers
2. Hanging Leg Raises
3. Crunches
4. Plank
5. Russian Twist
6. Bird Dog Plank
7. Front lever
8. L Pull-Up
9. Hollow Body Crunch
10. Hanging Knee Raises
11. L-Sit
12. Single-Leg Tuck-up
13. Dragon Flag
14. Kneeling Ab Wheel Rollout
15. Hanging Windshield Wiper

Quadriceps

1. Shuttle runs
2. Standard Squat
3. Pistol Squat
4. Lunges
5. Jump Squats
6. Box or Bench Jump
7. Lateral Lunges

8. Wall Sits

Hamstrings

1. Pistol Squat
2. Lunges
3. Lateral Lunges
4. Nordic Hamstring Curl

Glutes

1. Wall Sits
2. Glute Bridge
3. Glute Kickback

Calves

1. Calf raises

Calisthenics Exercises List Ranking From Beginner to Advanced Level

Beginner

1. [All Knee Pushup](#)
2. Incline pushup
3. Normal push-up
4. Bench dips
5. Chin-ups
6. Inverted rows
7. Floor Windshield Wipers
8. Crunches
9. Plank
10. Standard Squat
11. Lunges
12. Bird Dog Plank
13. Jump Squats
14. Ring Row
15. Hanging Knee Raises
16. Lateral Lunges
17. Calf raises
18. Wall Sits
19. Floor Ring Dips
20. Glute Bridge

Intermediate

1. Wide arm push-up

2. Decline pushup
3. Pull-up
4. Bar Dips
5. Negative Push Up
6. Pike pushup
7. Dive Bomber Push-ups
8. Staggered Push-Up
9. Pseudo planche
10. Knuckle pushup
11. Hanging Leg Raises
12. Shoulder Tap
13. Russian Twist
14. Shuttle runs
15. Pistol Squat
16. Burpees
17. Australian Pull-Ups
18. Elevated Inverted Rows
19. Negative Pullup
20. Hollow Body Crunch
21. L-Sit
22. Single-Leg Tuck-up
23. Kneeling Ab Wheel Rollout
24. Triangle Pushup
25. Box or Bench Jump
26. Ring Pushup
27. Ring Chin Ups

Advanced

1. Handstand Push-ups
2. One-Arm push-Up
3. Muscles up
4. Planche
5. Front lever
6. L Pull-Up
7. Dragon Flag
8. Hanging Windshield Wiper

Names Of Push And Pull Calisthenics Exercise Type

Push Workout	Pull Workout
Normal pushup	Chin-ups
Wide arm pushup	Inverted rows
Incline pushup	Pullup
Decline pushup	Hanging Knee Raises
Bar Dips	Muscles up
Negative Push Up	Front lever
Pike pushup	Australian Pullups
Handstand Push-ups	Ring Row
Dive Bomber Push-ups	Elevated Inverted Rows
One-Arm push-Up	Negative Pullup
Staggered Pushup	L Pull-Up
Bench dips	Ring Chin Ups
Pseudo planche	–
Knuckle pushup	–
Squat	–
Planche	–
Triangle Pushup	–
Floor Ring Dips	–

Related Articles:

[Ultimate Calisthenics Workout Plan with PDF](#)

[Calisthenics For Weight Loss \(Workout And Plan\)](#)

[Calisthenics Full Body Workout, Routine, And PDF](#)

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For Paid and Customized Workout Plan based on fitness level and goal, Contact me.