

# 6 Day Push Pull Legs Calisthenics Workout Routine to Advance Your Fitness Level

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Check out [article](#) for more info

## Calisthenics PPL Workout Description

<b>Split Type</b>	Push/Pull/Legs (PPL)
<b>Rep-set Scheme</b>	Superset
<b>Sessions/Week</b>	6 days a week
<b>Workout Goal</b>	Build Strength, Mass, and Resilience
<b>Targeted Gender</b>	Male and Female
<b>Experience Require</b>	Intermediate to Advanced
<b>Exercise Type</b>	Bodyweight
<b>Recommended Duration</b>	12-16 Weeks

This program is based on the [superset method](#), which involves performing two exercises in a row without rest between them.

For example, this routine includes completing two exercises consecutively; one is a compound challenging movement, and the other is an easy isolation exercise.

Pairing two exercises will allow you to train more muscles in less time, making your workout time-efficient and effective.

However, you can also do the exercises one by one (standard set scheme) in case the supersets are difficult for you.

# Calisthenics Push, Pull, and Leg Exercises

## Push Exercises

Push exercises target the chest, shoulder, and triceps and build a firm torso.

1. Push-up
2. Sphinx Push-up
3. Archer Push-up
4. Pike Push-up
5. Bar Dip
6. BW Lateral Raises
7. Dive Bomber Push-up
8. Floor L Dip
9. Pseudo Planche

10. Negative Push Up
11. Bodyweight Triceps Extension
12. Bench Dip
13. Staggered Push-up
14. Triangle Push-up
15. Handstand Push-up

## **Pull Exercises**

Pull exercises work on the back, biceps, forearms, abs, and posterior delts and help make your trunk sturdy, flexible, and upright.

16. Chin-up
17. Australian Pull-up
18. Superman Row
19. Bodyweight Curl
20. Negative Pull-up
21. Hammer Grip Chin-up
22. Renegade Row
23. Ring Row
24. Lying Reverse Fly
25. Pullup
26. Muscle up
27. L Pull Up
28. Jackknife Pull-up
29. Archer Pull-Up
30. Hanging Knee Raises
31. Reverse Crunches
32. Knee Tucks

# Leg Exercises

Leg workout involves all exercises that activate the quads, hamstrings, glutes, calves, and lower back.

33. Wall Sits
34. Goblet Squat
35. Step-up
36. Glute Bridge
37. Calf Raises
38. Bulgarian Split Squat
39. Reverse Lunge
40. Curtsy Lunges
41. Glute Kickback
42. Elevated Glute Bridge
43. Back and Forth Lunges
44. Pistol Squat
45. Kneeling Jump
46. Skater Squats (Single-Leg Squats)
47. Archer Squats
48. Sissy Squats
49. Plie Squat
50. Long Lever Bridge with Marching
51. Nordic Curl
52. Frog Pump
53. Single-Leg Romanian Deadlift
54. Good Morning

# ROUTINE

- Day 1 – Push Workout A
- Day 2 – Pull Workout A
- Day 3 – Leg Workout A
- Day 4 – Push Workout B
- Day 5 – Pull Workout B
- Day 6 – Leg Workout B
- Day 7 – Full Day Off/Recovery Day

**Warm-up:** Generally, it is always effective to begin your training with quick and **dynamic warm-up exercises**, such as jumping jack, inchworm, leg swings, lunge kicks, and Hindu push-ups.

## Day 1 – Calisthenics Push Workout (Workout A)

Superset Push Exercises	Sets	Target Muscles
10 Push-ups + 20 <b>Sphinx Push-up</b>	3	Chest and Triceps
20 Archer Push-up + 10 Pike Push-up	3	Chest and Anterior Delt
15 Bar Dips + 20 BW Lateral Raises	3	Chest, Tris, and Side Delt

Archer push-ups and **bodyweight lateral raises** are unilateral exercises, so perform 10 reps per side.

## Day 2 – Calisthenics Pull Workout (Workout A)

Superset Pull Exercises	Sets	Target Muscles
6 Pull-ups + 12 Inverted Row	3	Lats, Traps, and Rear Delt
10 Chin-ups + 20 <b>Superman Row</b>	3	Biceps and Back
10 Ring Row + 5 <b>Negative Pull-up</b>	3	Biceps, Back, and Abs
15 Knee Raises + 20 Side Knee Raises	3	Abdominals

## Day 3 – Calisthenics Leg Workout (Workout A)

Superset Leg Exercises	Sets	Target Muscles
20 Basic Squats + 20 Curtsy Lunges	3	Quads, Glute, and Hamstrings
20 Archer Squats + 20 Single-Leg RDL	3	Adductors, Ham, & Lower Back
12 <b>Pistol Squat</b> + 12 <b>Long Lever Bridge w/ Marching</b>	3	Quad, Hamstring, and Glute

Curtsy lunges, archer squats, single-leg RDL, pistol squats, and long lever bridge marching are all unilateral exercises, so if there are 20 reps, perform 10 on each side, and if there are 12, do the six reps per side.

## Day 4 – Calisthenics Push Workout (Workout B)

Superset Push Exercises	Sets	Target Muscles
10 Dive Bomber Push-ups + 10 Bar Dips	3	Chest, Triceps, and Delts
10 Pseudo Planche + 10 Floor L Dips	3	Pecs, Delts, and Triceps
10 Negative Push Up + 20 Triceps Extensions	3	Chest and Triceps

## Day 5 – Calisthenics Pull Workout (Workout B)

Superset Pull Exercises	Sets	Target Muscles
5 Muscle-up (No Dip) + 15 Bodyweight Curl	3	Back, Biceps, and Abs
5 L Pull Up + 15 Superman Pull	3	Back, Abs, and Biceps
10 Archer Pull-Up + 10 Jackknife Pull-up	3	Traps, Rear Delt, and Core
20 Knee Tucks + 20 Side Knee Raises	3	Abdominals

Perform Archer pull-up 5 reps per side.

## Day 6 – Calisthenics Leg Workout (Workout B)

Superset Leg Exercises	Sets	Target Muscles
10 Bulgarian Split Squat + 10 Nordic Curl	3	Quad, Ham, and Glute
10 Skater Squats + 20 Bird Dog Lifts	3	Legs, Glutes, and Abs

# My Final Thoughts

The Push-Pull-Leg (PPL) split is limited to bodybuilding only, even calisthenics athletes can use it to make their training interesting and effective.

PPL involves performing push movements (that target the chest, triceps, and shoulders) on day one, followed by pull workouts (back, rear delt, and biceps) on day two and leg workouts on day three.

This split allows you to train your entire body effectively in three days while ensuring adequate time for muscles to recover between training sessions.

If you want to follow an effective calisthenics PPL split, I recommend starting the program I've shared above.

## Helpful Resources:

1. [The Only 5 Calisthenics Biceps Exercises You Need to Build Muscle](#)
2. [The Only 5 Calisthenics Triceps Exercises You Need to Build Muscle](#)
3. [5 Best Calisthenics Hamstring Exercises to Sculpt Your Legs](#)
4. [5 Best Calisthenics Glute Exercises for A-Shaped Butt](#)
5. [Calisthenics Lower Back Workout \(10 Best Exercises\)](#)
6. [20 Best Calisthenics Leg Exercises & Workout Routine](#)
7. [Best Calisthenics Shoulder Workout \(10 Exercises\)](#)

8. [13 Best Calisthenics Ab Exercises for a Sculpted Core](#)
9. [12 Best Calisthenics Pull Exercises to Build Resilience](#)

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