

CALISTHENICS AND WEIGHT TRAINING PLAN

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Check out [article](#) for more info

Alternating Calisthenics and Weight Training Split

Workout Type	Hybrid (Weights and Body weight)
Split Type	Full Body
Sessions/week	Six (Calisthenics and Weight 3x each)
Program Goal	Build a sturdy, sculpted, and flexible body
Recommended Duration	8-12 Weeks
Workout Level	Intermediate
Target Gender	Both Males and Females

It's a six-day split containing three sessions for resistance training and bodyweight calisthenics each.

- **Day 1:** Weight Training
- **Day 2:** Calisthenics
- **Day 3:** Resistance Training
- **Day 4:** Calisthenics
- **Day 5:** Strength Workout
- **Day 6:** Calisthenics
- **Day 7:** OF

This alternative split allows you to focus on every muscle group and helps you become strong and supple over time.

Before you start your main workout, I suggest performing a couple of **cardio exercises to increase body temperature** and a few sets of resistance exercises (lightweight) to prepare your muscles for intense training.

Day 1 – Weight Training

Exercise	Target Muscle	Sets	Reps
Lat Pull Down	Back	4	20, 15, 12, 10
Incline Bench Press	Chest	4	20, 15, 12, 10
Leg Press	Quads	4	15-20
Overhead Press	Shoulder	4	20, 15, 12, 10
Machine Leg Curl	Hamstrings	4	20, 18, 16, 12

Instructions for Day 1:

- Increase weight by 5-10% after each set.
- You can do incline bench presses with a barbell or dumbbell or on the Smith machine.
- Take 90 seconds to 3 minutes of interval after each set.

Day 2 – Calisthenics

Perform three to five rounds at your own pace.

Exercise	Target Muscle	Activity
Pull-ups	Back	8-12 reps
Dips	Chest	10-15 reps
Pistol Squat	Legs	6-8 reps/leg
Hollow Body Hold	Abs	10-15 seconds
Bird Dog Plank	Core	5 reps, 5-second hold each

Instructions for Day 2:

- Perform pistol squats with the help of a partner or holding an object if you're a beginner or find it difficult to do it.
- You can replace any exercise you find difficult.
- You can use a stand, bar, or gymnastic ring to perform pull-ups and dips.

Day 3 – Resistance Training

Exercise	Target Muscle	Sets	Reps
Walking DB Lunges	Legs	3	10 on each leg
Bent-Over Row	Back	4	20, 15, 12, 10
High Cable Flies	Chest	4	16, 12, 12, 10
Lateral Delt Raises	Shoulder	4	15, 12, 12, 10
Reverse Pec Deck Fly	Rear Delt	4	20, 15, 12, 10

Instructions for Day 3:

- You can perform bent-over rows with a pair of dumbbells or a barbell, depending on your choice.
- Use dumbbells or a cable machine for lateral raises.

Day 4 – Calisthenics

Perform three to five rounds at your own pace.

Exercise	Target Muscle	Activity
Inverted/Ring Rows	Upper Back	15-20 reps
Archer Pushup	Chest	8-10 reps on each side
Pike Pushup	Shoulder	10-12 reps
Single-Leg Tuck-up	Abs	8-10 reps on each side
Archer Squat	Legs	6-8 reps per leg

Day 5 – Strength Training

Exercise	Target Muscle	Sets	Reps
Back Squats	Legs	4	20, 16, 12, 10
Seated Cable Rowing	Back	4	20, 15, 12, 10
Flat Bench Press	Chest	4	16, 12, 12, 10
Preacher Curls	Biceps	3	12-15
Overhead Extension	Triceps	3	12-15
DB Romanian Deadlift	Hamstrings	4	10-12

Day 6 – Calisthenics

Perform three to five rounds at your desired intensity.

Exercise	Target Muscle	Activity
L-Hang	Abs and Arms	10-second
Dive Bomber Push-ups	Chest	10 reps
Superman Pull	Back	15 reps
V-ups/Reverse Crunches	Abs	10/20 reps
Glute Kickback	Legs	10 reps per side
Forearm Plank	Core	1-2 minute

Combined Calisthenics and Weights Workout Plan

Workout Type	Combined Bodyweight & Resistance Training
Split Type	Mixed Body Parts
Rep-Set Scheme	Superset/Pair Set
Sessions/week	Four
Duration/Session	90-minutes
Program Goal	Develop a firm, flexible, and ripped physique
Recommended Duration	12-16 weeks
Workout Level	Intermediate
Target Gender	Both Males and Females

If you need a time-efficient and effective workout plan to develop your fitness and physical appearance simultaneously, you can try this combined calisthenics and weighted workout routine.

It includes four sessions of mixed bodyweight and resistance exercises, allowing you to train half of your body part in one session and half in another.

Here's a weekly split:

- **Monday:** Chest, Legs, and Shoulder
- **Tuesday:** Back, Arms, and Abdominals
- **Wednesday:** OFF
- **Thursday:** Legs, Chest, and Shoulder
- **Friday:** Back, Arms, and Abdominals
- **Saturday:** OFF
- **Sunday:** OFF

Perform some [dynamic cardio exercises](#) to get your muscles ready for doing the stated workouts.

Monday – Chest, Legs, and Shoulder

Superset	Strength Exercise	Calisthenics	Sets
1	Incline Bench Press (12-15 reps)	Pistol Squats (6-8 reps/leg)	3
2	Leg Press/Hack Squat (10-15 reps)	Pike Push-ups (10-12 reps)	3
3	High Cable Fly /Butterfly (15-20 reps)	Bar/Ring Dips (10-20 reps)	3
4	Lateral Delt Raises (12-15 reps)	Curtsy Lunges (10 reps/leg)	3

Tuesday – Back, Arms, and Abdominals

Superset	Strength Exercise	Calisthenics	Sets
1	Lat Pull-down (12-15 reps)	Chin-ups (6-8 reps/leg)	3
2	Seated Cable Row (10-15 reps)	Knee Lifts (10-20 reps)	3
3	Chest-Supported Row (10-12 reps)	Hollow Body Crunch (10-20 reps)	3
4	Overhead Triceps Extension	Russian Twist (15-20 second)	3

Thursday – Legs, Chest, and Shoulder

Superset	Strength Exercise	Calisthenics	Sets
1	Back Squats (12-20 reps)	Archer Push-ups	3
2	Dumbbell Cluster (10-12 reps)	Skater Squats	3
3	Machine Leg Curl	Ring Push-ups	3
4	Rear Delt Flies	Glute Kickbacks	3

Sat/Friday – Back, Arms, and Abdominals

Superset	Strength Exercise	Calisthenics	Sets
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1	Dorian Deadlift (12-15 reps)	Bench/Floor Ring Dips (6-8 reps/leg)	3
2	Cable Lat Pullover (10-15 reps)	Single-leg Tuck-up (8-10 reps/side)	3
3	Preacher Curl (12-15 reps)	Ab Wheel Rollout (8-10 reps)	3
4	Rope Press-down (12-15 reps)	Side Plank (30-sec hold/side)	3

Helpful Resources:

- [12 Best Calisthenics Exercises for Chest](#)
- [Top 12 Calisthenics Back Best Exercises](#)
- [20 Best Calisthenics Leg Exercises](#)
- [13 Calisthenics Exercises to Build Ripped Abs](#)
- [10 Best Calisthenics Exercises to Sculpt Shoulders](#)
- [10 Best Calisthenics Lower Back Exercises](#)
- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

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1. [Equipment](#) (Amazon)
2. [Amazon](#) (Supplement)

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