

The Ultimate Bodyweight Workout Plan to Get Ripped;

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Summary

Duration	45-60 minutes
Difficulty	Beginner to Intermediate
Physical Fitness Level	Suitable For All Fitness Levels, Such as Beginners (Male or Female) and Intermediate
Goal/Purpose	To Get Ripped, Increase Mass and Strength
Total days of training in a week	4 (For example; Monday, Tuesday, Wednesday, and Friday)
Program Duration	90-Days or 3 months, or 12 Weeks (4 weeks are included in this article)

Exercises You'll Do in This Program:

Related Exercises:

- [Rear Delt Bodyweight Exercises](#)
- [Bodyweight Push Exercises](#)
- [Bodyweight Pull Exercises](#)
- [Bodyweight Lat Exercises](#)
- [Bodyweight Hamstring Exercises](#)
- [Bodyweight Exercises for Arms](#)
- [8 Best Ways To Do Dips At Home](#)
- [Bodyweight Workouts for Beginners](#)
- [Bodyweight Exercises For Back](#)
- [Bodyweight Exercises for Shoulder](#)

WEEK 1

Day 1

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Jumping Jacks	AMRAP in 15 seconds	2	30 seconds	Full body
2	High Knees	AMRAP in 15seconds	2	20 seconds	Lower body
3	Front Lunges	10	2	60 seconds	Quads, Hamstring
4	Regular Squat	15-20	2	60 seconds	Quads
5	Standing Leg Curl	15-20	2	60 seconds	Hamstring
6	Glutes Bridges	10	2	60 seconds	Gluteus, Lower Back
7	Calf Raises	20	3	60 seconds	Calves
8	Incline Push-up	15-20	2	60-90 seconds	Chest

9	Superman Pull	15-20	2	60-90 seconds	Back
10	Standard Push up	15-20	2	60-90 seconds	Chest
11	Plank	As long as you can hold	2	60 seconds	Core
12	Lying Leg Raises	10	2	30 seconds	Abs

Day 2

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Squat Jump	15	2	30 seconds	Lower Body
2	Box Jump	15	2	60 seconds	Lower Body
3	Mountain Climber	15-sec	3	60 seconds	Core
4	Grappler pushup	10	2	60 seconds	Shoulders, Triceps, Biceps
5	Pushup Jack	10	2	60 seconds	Chest, Shoulder
6	Pulse with Squat Jump	10	2	30 seconds	Shoulder
7	Triangle Push up	10	3	60 seconds	Triceps, Chest
8	Incline Narrow Push-up	10	3	60 seconds	Triceps, Chest
9	Chair Dips	10	3	60 seconds	Triceps
10	Plank	As long as you can hold	2	60 seconds	Abs
11	Side plank	As long as you can hold	2	30 seconds	Obliques

12	Russian twist	AMRAP	2	30 seconds	Obliques
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Day 3

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Mountain Climbers	AMRAP in 30 seconds	2	30 seconds	Full body
2	Burpees	AMRAP in 30 seconds	2	60 seconds	Full body
3	Superman Pull	10	3	60 seconds	Back
4	Inverted Row	15	2	60 seconds	Back, Biceps
5	Push-up to Renegade Row	10	2	60 seconds	Upper Body
6	Lying IYT Raises	15	3	60 seconds	Back
7	Towel Pull inside	15	3	60 seconds	Back
8	Single Leg Glute Kickback	10	2	60 seconds	Glute
9	Bicep Leg Curl	15	3	60 seconds	Biceps
10	Towel Curl	15	3	60 seconds	Biceps
11	Dive-bomber Push up	15	2	60 seconds	Biceps
12	Forearm Plank	As long as you can hold	2	60 seconds	Core

Day 4

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
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1	High Knees	AMRAP in 30 seconds	1	30 seconds	Full body
2	Squat jump	10	1	30 seconds	Lower Body
3	Incline Press-up	15	2	60 seconds	Chest
4	Pushup to Row	12	2	60 seconds	Chest
5	Pike Pushups	12	2	60 seconds	Shoulder
6	Triangle Push up	10	2	60 seconds	Triceps
7	Chair Dips	10	3	60 seconds	Triceps
8	I-Y-T Raise	20	2	60 seconds	Back
9	Towel Pull inside	20	2	60 seconds	Back
10	Power Maker	10	2	60 seconds	Full Body
11	Bird Dog	10-sec/side	2	40 seconds	Lower back
12	Locust Pose	10 seconds	2	40 seconds	Lower back

WEEK 2

Day 1

Num. of Exercise	Exercise	Reps	Sets	Rest	Muscle Worked
1	Mountain Climbers	AMRAP in 30 seconds	2	30-sec	Full body
2	Burpees	AMRAP in 30 seconds	2	60-sec	Full body
3	Pullup	5-10	3	60-sec	Back
4	Plank To Push Up	10	2	60-sec	Chest, Shoulders

5	Push-up to Renegade Row	10	2	60-sec	Upper Body
6	I-Y-T Raise	15	3	60-sec	Back
7	Towel Pull inside	15	3	60-sec	Back
8	Inverted row	15	2	60-sec	Back
9	Bicep Leg Curl	15	3	60-sec	Biceps
10	Towel Curl	15	3	60-sec	Biceps
11	Dive-bomber Push up	15	2	60-sec	Biceps
12	Forearm Plank	As long as you can hold	2	60-sec	Core

Day 2

Num. of Exercise	Exercise	Reps	Sets	Rest	Muscle Worked
1	Squat jump	AMRAP in 20 seconds	2	40 seconds	Lower body
2	Walking Lunges	10	2	60 seconds	Lower body
3	Inchworm	20-seconds	2	60 seconds	Full Body
4	Box Jump	10-12	3	60 seconds	Quads
5	Slide Leg Exercise	15	3	60 seconds	Hamstring
6	Hamstring Bridge	12	3	60 seconds	Hamstring, Gluteus, Lower Back
7	Knee Tap Push-Up	10	3	60- seconds	Upper Body
8	Double Leg heel raises	10-15	3	60 seconds	Calves
9	Lunge Pulses	10-15	3	60 seconds	Calves

10	Crunches	As many as possible in 30 seconds	2	45 seconds	Abs
11	Forearm Plank	As long as you can hold	2	60 seconds	Core, forearms
12	Lying Leg Raises	10	2	30 seconds	Abs

Day 3

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Mountain Climbers	AMRAP in 20 seconds	2	40 seconds	Full body
2	Burpees	10	3	60 seconds	Full body
3	Incline Press-up	15	3	60 seconds	Shoulder, Chest
4	Decline Press-up	15	3	60 seconds	Chest, Shoulders, Triceps, Biceps
5	Kneeling Squat Jump	10	2	60 seconds	Full Body
6	Triangle Push up	10	3	60 seconds	Chest, Triceps
7	Forearm Triceps Extension	10	2	60 seconds	Triceps
8	Chair Dips	10	3	60 seconds	Triceps
9	Narrow Inclined Bench Push-up	10	2	60 seconds	Triceps, Upper Chest
10	Forearm Plank	As long as you can hold	2	60 seconds	Abs, forearms
11	Side Plank Rotation	10/side	2	30 seconds	Obliques, forearms

12	Russian twist	AMRAP	2	30 seconds	Obliques
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Day 4

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Squat Thrust	10	2	30 seconds	Lower Body
2	Split Squat	10	2	60 seconds	Quads
3	Bear Crawl	10	2	60 seconds	Full Body
4	Pike Pushups	10	3	60 seconds	Shoulders, Triceps, Biceps
5	Plank To Push Up	15	2	60 seconds	Shoulder
6	Bodyweight Shoulder Shrug	10	2	30 seconds	Shoulder
7	Wall Handstand Push up	10	3	60 seconds	Shoulder, Arms
8	Shoulder Tap	10	2	60 seconds	Shoulder, arms
9	Air Plunge	10	2	30 seconds	Wrist
10	Mountain Climbers	10-15 seconds	2	30 seconds	Wrist
11	Knee to inside elbow plank	AMRAP	2	45 seconds	Core
12	Knee to outside elbow plank	AMRAP	2	45 seconds	Core

WEEK 3

Day 1

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Jumping Jacks	AMRAP in 30 seconds	2	30 seconds	Full body
2	Burpees	AMRAP in 30 seconds	2	60 seconds	Full body
3	Box Jump	10-15	3	60 seconds	Quads
4	Lateral Lunge	10	3	60 seconds	Quads, Hamstrings
5	W Superman	15	3	60 seconds	Back
6	Bird dog facing pose	15 seconds hold each side	3	30 seconds	Back, Lower back
7	Towel Pull inside	15	3	60 seconds	Back
8	Inverted row	15	2	60 seconds	Back
9	Bicep Leg Curl	15	3	60 seconds	Biceps
10	Towel Curl	15	3	60 seconds	Biceps
11	Dive-bomber Push up	15	2	60 seconds	Biceps
12	Forearm Plank	As long as you can hold	2	60 seconds	Core

Day 2

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Mountain Climbers	AMRAP in 20 seconds	2	40 seconds	Full body
2	Burpees	10	3	60 seconds	Full body
3	Incline Pushup	15	2	60 seconds	Chest

4	Wide Push up	15	2	60 seconds	Chest
5	Slow Motion Push-Up	10	2	60 seconds	Chest
6	Archer pushup	10	2	60 seconds	Chest
7	Forearm Triceps Extension	10	2	60 seconds	Triceps
8	Chair Dips	10	3	60 seconds	Triceps
9	Narrow Inclined Bench Push-up	10	2	60 seconds	Triceps, Upper Chest
10	Forearm Plank	As long as you can hold	2	60 seconds	Abs, forearms
11	Side plank	As long as you can hold	2	30 seconds	Obliques, forearms
12	Russian twist	AMRAP	2	30 seconds	Obliques

Day 3

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Split Squat	AMRAP in 20 seconds	2	40 seconds	Lower body
2	Bulgarian Split Squat	10	2	60 seconds	Lower body
3	Sumo Squat	15	2	60 seconds	Quad, Hamstring, Glutes
4	Standing Leg Curl	15	2	60 seconds	Hamstring
5	Glutes Bridges	15	2	60 seconds	Glutes
6	Single Leg Hamstring Bridge	12	2	60 seconds	Hamstring, Gluteus, Lower Back

7	Superman	10	2	60 seconds	Back
8	Calf Raises	10-15	3	60 seconds	Calves
9	Lying Leg Raises	10	2	60 seconds	Abs
10	Crunches	As many as possible in 20 seconds	2	40seconds	Abs
11	Forearm Plank	As long as you can hold	2	30 seconds	Core, forearms
12	Side Plank	As long as you can hold	2	30 seconds	Oblique

Day 4

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Jumping Jacks	As many as possible in 20 seconds	2	40 seconds	Full body
2	High Knees	As many as possible in 20 seconds	2	40 seconds	Full body
3	Burpees	10	3	60 seconds	Full body
4	Pike Pushups	10	3	60 seconds	Shoulders, Triceps, Biceps
5	Plank To Push Up	15	2	60 seconds	Chest, Shoulder
6	Bodyweight Shoulder Shrug	10	2	30 seconds	Shoulder
7	Shoulder Tap	10	2	60 seconds	Arms, Shoulder
8	Shoulder Shrug	15	2	30seconds	Shoulder
9	Push-Back Push-Ups	10	2	60 seconds	Shoulders, Chest

10	Reverse crunches	AMRAP in 20 seconds	2	40seconds	Abs
11	Flutter Kicks	AMRAP in 20 seconds	2	40seconds	Abs
12	Russian twist	AMRAP in 20 seconds	2	40seconds	Obliques

WEEK 4

Day 1

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Jumping Jacks	AMRAP in 20 seconds	2	40 seconds	Full body
2	Mountain Climbing	AMRAP in 20 seconds	2	40 seconds	Full body
3	High Knees	AMRAP in 20 seconds	3	40 seconds	Full body
4	Pullup or Pullup Superman	6 or 15	3	60 seconds	Back
5	W Superman	15	3	60 seconds	Back
6	Bird dog facing pose	15 seconds hold each side	3	30 seconds	Back, Lower back
7	Towel Pull inside	15	3	60 seconds	Back
8	Inverted row	15	2	60 seconds	Back
9	Bicep Leg Curl	15	3	60 seconds	Biceps
10	Towel Curl	15	3	60 seconds	Biceps
11	Dive-bomber Push up	15	2	60 seconds	Biceps

12	Towel Hammer Curl	10	3	60 seconds	Biceps
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Day 2

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Squat Thrust	AMRAP in 20 seconds	2	40 seconds	Full body
2	Mountain Climbing	AMRAP in 20 seconds	2	40 seconds	Full body
3	Incline Pushup	10	2	60 seconds	Chest
4	Regular Push up	10	2	60 seconds	Chest
5	Decline Press-up	10	2	60 seconds	Chest
6	Triangle Push up	10	2	60 seconds	Triceps
7	Forearm Triceps Extension	10	2	60 seconds	Triceps
8	Curtsy Lunge	10	2	60 seconds	Lower Body
9	Inchworm	15-sec	2	60 seconds	Full Body
10	Forearm Plank	As long as you can hold	2	60 seconds	Abs, forearms
11	Side plank	As long as you can hold	2	30 seconds	Obliques, forearms
12	Russian twist	AMRAP	2	30 seconds	Obliques

Day 3

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Box Jump	AMRAP in 20 seconds	2	40 seconds	Lower body

2	Walking Lunges	10	2	60 seconds	Lower body
3	Squat Hold	10	2	60 seconds	Quads, gluteus
4	Sumo Squat	12	2	60 seconds	Hamstring, Gluteus, Lower Back
5	Shoulder Tap	10/side	2	60 seconds	Upper Body
6	Hamstring Bridge	12	3	60 seconds	Hamstring, Gluteus, Lower Back
7	Single-Leg Romanian Deadlift	10	3	60 seconds	Hamstring, Gluteus
8	Calf Raises	10-15	3	60 seconds	Calves
9	Jumping Split Squat	10	2	60 seconds	Lower Body
10	Crunches	As many as possible in 30 seconds	2	45 seconds	Abs
11	Forearm Plank	As long as you can hold	2	60 seconds	Core, forearms
12	Lying Leg Raises	10	2	30 seconds	Abs

Day 4

Num. of Exercise	Exercise	Reps/time	Sets	Rest	Muscle Worked
1	Jumping Jacks	20-sec	2	40-sec	Full body
2	Burpees	10	2	60-sec	Full body
3	Diver Pushup	10	2	60-sec	Upper Body
4	Pike Pushups	10	2	60-sec	Shoulders, Triceps, Biceps

5	Plank To Push Up	15	2	60-sec	Chest, Shoulder
6	Turkish Get-up	10	2	60-sec	Full Body
7	Shoulder Tap	10	2	60-sec	Arms, Shoulder
8	Shoulder Shrug	15	2	30-sec	Shoulder
9	Push-Back Push-Ups	10	2	60-sec	Shoulders, Chest
10	Reverse Crunches	AMRAP in 20 seconds	2	40-sec	Abs
11	Toe Touch Crunches	AMRAP in 20 seconds	2	40-sec	Abs
12	Knee to outside elbow plank	AMRAP in 20 seconds	2	40-sec	Obliques

The above routine or plan is just an example. You can try mixing different exercises on different days.

I've listed more than 50 bodyweight exercises that can help you design a better and more effective workout routine according to your fitness level.

One routine doesn't work for everyone because everyone's body responds in a different way. So, it will be better if you make your own workout plan.

But, if you find it difficult to design it, you can contact me using the contact form, and I'll surely help you as much as I can.

Can You Get Ripped with Just Bodyweight Exercises?

Yes, it's possible to get ripped with just bodyweight exercises.

Here's why:

- If you're overweight, High-intensity bodyweight exercises burn more calories than weight training and help you reduce body fat percentage (if you follow a calorie deficit lifestyle).

- If you're lean, bodyweight workouts help you build muscles and gain mass that will help you get ripped (if you eat a good amount of proteins and a balanced diet).

How Long Does It Take Time to Get Ripped?

It depends on several factors, such as your hormones, like how your body responds to what you do and eat, the level of your testosterone and human growth hormone, selection of exercises and foods, etc. However, in general, it takes a minimum of 3 months for your body to start getting ripped.

Also read: [How Long Does It Take To Build Noticeable Muscle?](#)

How Can I Get Ripped in 30 days?

If you want to get ripped in 30 days, you can try the following things:

1. Be consistent with your workout
2. Increase workout intensity, timing, and train 6 days a week.
3. Include more proteins in your diet and decrease the amount of fat. If you're overweight, stay in the calorie deficit and if you're lean, stay in the calorie surplus.
4. Add resistance exercises to your workout routine, such as weight training.
5. Sleep 7 to 8 hours, so your muscles get proper rest.

Related Exercises:

- [Rear Delt Bodyweight Exercises](#)
- [Bodyweight Push Exercises](#)
- [Bodyweight Pull Exercises](#)
- [Bodyweight Lat Exercises](#)
- [Bodyweight Hamstring Exercises](#)
- [Bodyweight Exercises for Arms](#)
- [8 Best Ways To Do Dips At Home](#)
- [Bodyweight Workouts for Beginners](#)
- [Bodyweight Exercises For Back](#)
- [Bodyweight Exercises for Shoulder](#)

Equipment for Bodyweight Training that can maximize your result:

1. [Dip Stand for Rows and Dips](#)
2. [Exercise Mat](#)
3. [Pull up Bar for Doorway](#)

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