

START YOUR FITNESS JOURNEY!

30 DAY BEGINNER

CALISTHENICS

WORKOUT PROGRAM

30-Day Beginner Calisthenics Workout Program

GUIDELINES:

- **Warm-up: Always start with a 5-10 minute warm-up (jumping jacks, arm circles, leg swings, etc.)**
- **Cool-down: Finish with a 5-10 minute cool-down (light stretching, deep breathing)**
- **Rest: Take rest days as indicated to allow muscles to recover**
- **Progression: If an exercise becomes too easy, increase reps or sets gradually**
- **Form: Focus on proper form to prevent injury**

Week #1: Foundation

Week #2: Building Strength

Week #3 Increase Endurance

Week #4: Challenge

Week #1: Foundation

Day 1: Full Body

- **Push-ups: 3 sets of 5-8 reps**
- **Squats: 3 sets of 10-15 reps**
- **Plank: 3 sets of 20-30 seconds**

Day 2: Rest

Day 3: Upper Body

- **Incline Push-ups: 3 sets of 6-10 reps**
- **Tricep Dips (on a chair): 3 sets of 6-10 reps**
- **Dead Hang: 3 sets of 10-20 seconds**

Day 4: Lower Body

- **Lunges: 3 sets of 8-12 reps per leg**
- **Calf Raises: 3 sets of 15-20 reps**
- **Glute Bridges: 3 sets of 10-15 reps**

Day 5: Rest

Day 6: Core

- **Crunches: 3 sets of 10-15 reps**
- **Leg Raises: 3 sets of 8-12 reps**
- **Bicycle Crunches: 3 sets of 10-15 reps per side**

Day 7: Active Rest

- **Light activity (walking, yoga, stretching)**

Week #2: Building Strength

Day 8: Full Body

- **Push-ups: 3 sets of 8-10 reps**
- **Squats: 3 sets of 15-20 reps**
- **Plank: 3 sets of 30-40 seconds**

Day 9: Rest

Day 10: Upper Body

- **Decline Push-ups: 3 sets of 6-8 reps**
- **Tricep Dips: 3 sets of 8-12 reps**
- **Assisted Pull-ups: 3 sets of 3-5 reps**

Day 11: Lower Body

- **Split Squats: 3 sets of 8-10 reps per leg**
- **Single-leg Calf Raises: 3 sets of 10-15 reps per leg**
- **Glute Bridges: 3 sets of 15-20 reps**

Day 12: Rest

Day 13: Core

- **Sit-ups: 3 sets of 10-15 reps**
- **Flutter Kicks: 3 sets of 15-20 reps per leg**
- **Russian Twists: 3 sets of 10-15 reps per side**

Day 14: Active Rest

- **Light activity (walking, yoga, stretching)**

Week #3: Increasing Endurance

Day 15: Full Body

- **Push-ups: 3 sets of 10-12 reps**
- **Squats: 3 sets of 20-25 reps**
- **Plank: 3 sets of 40-50 seconds**

Day 16: Rest

Day 17: Upper Body

- **Pike Push-ups: 3 sets of 6-8 reps**
- **Tricep Dips: 3 sets of 10-15 reps**
- **Assisted Pull-ups: 3 sets of 4-6 reps**

Day 18: Lower Body

- **Reverse Lunges: 3 sets of 10-12 reps per leg**
- **Single-leg Calf Raises: 3 sets of 15-20 reps per leg**
- **Glute Bridges: 3 sets of 20-25 reps**

Day 19: Rest

Day 20: Core

- **Leg Raises: 3 sets of 10-15 reps**
- **Plank with Shoulder Tap: 3 sets of 10-15 taps per side**
- **Mountain Climbers: 3 sets of 15-20 reps per side**

Day 21: Active Rest

- **Light activity (walking, yoga, stretching)**

Week #4: Challenge

Day 22: Full Body

- **Diamond Push-ups: 3 sets of 8-10 reps**
- **Squats: 3 sets of 25-30 reps**
- **Plank: 3 sets of 50-60 seconds**

Day 23: Rest

Day 24: Upper Body

- **Archer Push-ups (or regular if too hard): 3 sets of 6-8 reps per side**
- **Tricep Dips: 3 sets of 12-15 reps**
- **Assisted Pull-ups: 3 sets of 5-7 reps**

Day 25: Lower Body

- **Bulgarian Split Squats: 3 sets of 8-10 reps per leg**
- **Single-leg Calf Raises: 3 sets of 20-25 reps per leg**
- **Glute Bridges: 3 sets of 25-30 reps**

Day 26: Rest

Day 27: Core

- **V-ups: 3 sets of 8-12 reps**
- **Side Plank: 3 sets of 20-30 seconds per side**
- **Bicycle Crunches: 3 sets of 15-20 reps per side**

Day 28: Active Rest

- **Light activity (walking, yoga, stretching)**

Day 29: Full Body Challenge

- **Push-ups: 4 sets of 10-12 reps**
- **Squats: 4 sets of 25-30 reps**
- **Plank: 4 sets of 60 seconds**

Day 30: Rest and Reflect

- **Reflect on progress, note improvements, plan for next steps**

CONGRATULATIONS!
YOU HAVE COMPLETED THE

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Remember to listen to your body, stay hydrated, and maintain a balanced diet to support your workouts. Adjust exercises as needed based on your fitness level and any physical limitations. Enjoy your journey into calisthenics!

**This Program was created
by William Ronaldo Mendez**

Follow me on social media!

**Instagram: mendezstrength
Tik Tok: mendezstrength**

**I appreciate all the support and wish you all
the best on your fitness journey!**