

# 30-Day Calisthenics Program FREE PDF

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## Unlock Your Bodyweight Potential in 30 Days

### Welcome to Your 30-Day Calisthenics Transformation!

This program is designed to guide you through a 30-day journey to build strength, improve fitness, and sculpt your physique using just your bodyweight. Calisthenics is an incredibly effective and accessible training method that requires no gym memberships or fancy equipment. Get ready to unlock your body's potential!

### This program is perfect for:

- Beginners who are new to fitness or calisthenics.
- Anyone looking for a convenient and effective workout routine they can do anywhere.
- Individuals wanting to build functional strength and a lean, toned physique.

Let's get started!

## Getting Started: Important Tips for Beginners

Before you begin your 30-day journey, keep these essential tips in mind to ensure your safety and maximize your results:

- **Prioritize Proper Form:** Focus on performing each exercise with the correct technique. Quality over quantity is key! Watch videos and understand the movement before increasing repetitions.
- **Warm-Up Before Every Workout:** Always prepare your body with a dynamic warm-up to increase blood flow, muscle temperature, and joint mobility. See the "Warm-up Routine" section for examples.
- **Cool-Down After Every Workout:** Finish each session with a cool-down and static stretches to improve flexibility and aid muscle recovery. See the "Cool-down Routine" section for examples.
- **Listen to Your Body:** Rest and recovery are crucial. Don't push through sharp pain. Muscle soreness is normal, but pain is a signal to stop and rest. Take rest days when needed.
- **Nutrition Matters:** Fuel your body with a balanced diet to support your training and recovery. Focus on whole foods, protein, carbohydrates, and healthy fats. Stay hydrated by drinking plenty of water.
- **Be Patient and Consistent:** Progress takes time. Stick to the program, be consistent with your workouts, and you will see results. Don't get discouraged if you don't see changes immediately.

# The 30-Day Calisthenics Program: Week by Week Breakdown

This program is structured into four weeks, each designed to progressively build your strength and fitness. Follow the schedule for each week, and remember to listen to your body and adjust as needed.

## Week 1: Building the Foundation

**Focus:** Mastering fundamental movements and building a base level of strength and endurance.

**Workout Schedule:**

Day	Workout	Focus
Monday	Full Body Workout A (See Workout Below)	Foundation Strength
Tuesday	Rest	Recovery
Wednesday	Full Body Workout B (See Workout Below)	Foundation Strength
Thursday	Rest	Recovery
Friday	Full Body Workout A (See Workout Below)	Reinforce & Endurance
Saturday & Sunday	Active Rest (Light walk, stretching)	Active Recovery

**Workout A:**

Exercise	Sets	Reps	Rest (seconds)	Notes
Wall Push-ups	3	10-15	60	Focus on form, chest to wall
Bodyweight Squats	3	15-20	60	Full range of motion
Incline Rows	3	10-15	60	Using a table or sturdy surface
Plank	3	30-60 sec hold	60	Hold good form
Crunches	3	15-20	45	Controlled movements
Leg Raises	3	15-20	45	Lower back pressed to floor

**Workout B:**

Exercise	Sets	Reps	Rest (seconds)	Notes
Knee Push-ups	3	8-12	60	Maintain straight line from head to knees

Exercise	Sets	Reps	Rest (seconds)	Notes
Bodyweight Squats	3	15-20	60	Full range of motion
Incline Rows	3	10-15	60	Using a table or sturdy surface
Plank	3	30-60 sec hold	60	Hold good form
Crunches	3	15-20	45	Controlled movements
Leg Raises	3	15-20	45	Lower back pressed to floor

## Week 2: Increasing Strength and Volume

**Focus:** Building upon Week 1, increasing intensity and workout volume.

### Workout Schedule:

Day	Workout	Focus
Monday	Full Body Workout C (See Workout Below)	Strength & Volume Increase
Tuesday	Rest	Recovery
Wednesday	Full Body Workout D (See Workout Below)	Strength & Volume Increase
Thursday	Rest	Recovery
Friday	Full Body Workout C (See Workout Below)	Reinforce & Endurance
Saturday & Sunday	Active Rest (Light walk, stretching)	Active Recovery

### Workout C:

Exercise	Sets	Reps	Rest (seconds)	Notes
Knee Push-ups	3	10-15	60	Focus on form, chest to floor
Bodyweight Squats	3	20-25	60	Deeper squats if possible
Inverted Rows	3	8-12	60	Use a lower table or surface
Forearm Plank	3	45-75 sec hold	60	Maintain straight line
Russian Twists	3	15-20 per side	45	Controlled twists
Bicycle Crunches	3	15-20 per side	45	Full range of motion

Workout D:

Exercise	Sets	Reps	Rest (seconds)	Notes
Regular Push-ups	3	As many reps as possible (AMRAP)	60	Aim for good form, even if few reps
Lunges (Forward)	3	10-12 per leg	60	Step forward, knee behind toes
Inverted Rows	3	8-12	60	Use a lower table or surface
Side Plank	3	30-45 sec hold per side	60	Hips up, straight line
Russian Twists	3	15-20 per side	45	Controlled twists
Bicycle Crunches	3	15-20 per side	45	Full range of motion

Week 3: Introducing Pull-Ups and Dips (Assisted)

**Focus:** Learning pull-up and dip movements with assistance, building strength for these exercises.

Workout Schedule:

Day	Workout	Focus
Monday	Full Body Workout E (See Workout Below)	Introducing Pull-ups/Dips
Tuesday	Rest	Recovery
Wednesday	Full Body Workout F (See Workout Below)	Introducing Pull-ups/Dips
Thursday	Rest	Recovery
Friday	Full Body Workout E (See Workout Below)	Reinforce & Endurance
Saturday & Sunday	Active Rest (Light walk, stretching)	Active Recovery

Workout E:

Exercise	Sets	Reps	Rest (seconds)	Notes
Regular Push-ups	3	AMRAP	60	Focus on form
Jump Squats	3	12-15	60	Explosive jump, soft landing
Assisted Pull-ups	3	5-8	90	Use resistance band or machine
Bench Dips	3	10-15	60	Hands behind you on a bench
Plank with Leg Raises	3	10-12 per leg	45	Alternate legs, core engaged

Exercise	Sets	Reps	Rest (seconds)	Notes
Bicycle Crunches	3	20-25 per side	45	Full range of motion

### Workout F:

Exercise	Sets	Reps	Rest (seconds)	Notes
Regular Push-ups	3	AMRAP	60	Focus on form
Lunges (Reverse)	3	10-12 per leg	60	Step back, knee behind toes
Assisted Pull-ups	3	5-8	90	Use resistance band or machine
Bench Dips	3	10-15	60	Hands behind you on a bench
Plank Rotations	3	10-12 per side	45	Rotate hips smoothly
Russian Twists	3	20-25 per side	45	Controlled twists

## Week 4: Putting It All Together & Testing Progress

**Focus:** Consolidating gains, increasing challenge, and testing your progress.

### Workout Schedule:

Day	Workout	Focus
Monday	Full Body Workout G (See Workout Below)	Progress Check & Strength
Tuesday	Rest	Recovery
Wednesday	Full Body Workout H (See Workout Below)	Progress Check & Strength
Thursday	Rest	Recovery
Friday	Full Body Workout G (See Workout Below)	Reinforce & Endurance
Saturday & Sunday	Active Rest (Light walk, stretching)	Active Recovery

### Workout G - Progress Check Workout:

Exercise	Sets	Reps/Hold	Rest (seconds)	Notes
Regular Push-ups	3	AMRAP	60	Record total reps across all sets
Pistol Squat Progressions	3	5-8 per leg	60	Assisted or negative pistol squats

Exercise	Sets	Reps/Hold	Rest (seconds)	Notes
Pull-up Negatives	3	3-5	90	Controlled lowering, jump to bar
Bodyweight Dips (if possible) OR Bench Dips	3	AMRAP (Bodyweight) or 10-15 (Bench)	60	Attempt bodyweight dips if strong enough
Advanced Plank Circuit (see below)	1	1 round	90	Perform all plank variations in circuit

**Advanced Plank Circuit (Perform 1 round only, with rest between exercises as indicated):**

Exercise	Hold Time	Rest (seconds)
Forearm Plank	60 sec	15
Side Plank (Right)	45 sec	15
Side Plank (Left)	45 sec	15
Plank with Leg Raises	30 sec per leg (alternating)	15
Plank Rotations	30 sec per side (alternating)	60 (rest before next exercise in workout)

**Workout H:**

Exercise	Sets	Reps	Rest (seconds)	Notes
Regular Push-ups	3	AMRAP	60	Try to beat previous week's reps
Lunges (Walking)	3	10-12 per leg	60	Step forward and walk
Assisted Pull-ups	3	8-10	90	Try to use slightly less assistance
Bench Dips	3	12-18	60	Aim for more reps than previous weeks
Hollow Body Hold	3	30-45 sec hold	45	Engage core, lower back on floor
Russian Twists	3	25-30 per side	45	Controlled, fast twists

## Exercise Guide: Descriptions and (Optional) Video Links

(For each exercise below, include a brief description of proper form. If easily accessible and relevant, consider adding a text-based link to a YouTube video demonstration – e.g., "[Watch a video demonstration of Push-ups on YouTube: [insert link here]]" – but keep it concise for PDF format. If

**video links make the PDF too cluttered, you can omit them and suggest users search on YouTube for exercise demos).**

**(Example entry – Repeat for all exercises in the program):**

### **Regular Push-ups:**

- Start in a plank position with hands shoulder-width apart, fingers pointing forward.
- Lower your chest towards the ground, keeping your body in a straight line from head to heels.
- Push back up to the starting position, fully extending your arms.
- Engage your core throughout the movement.
- Watch a video demonstration of Regular Push-ups on YouTube

### **Push-ups Variations**

#### **Wall Push-ups:**

- Stand facing a wall with your hands at shoulder height and shoulder-width apart.
- Lean into the wall, bending your elbows at a 45-degree angle.
- Push back to the starting position, fully extending your arms.
- Keep your body straight from head to heels.
- Common Mistake: Avoid letting your hips sag.
- Watch a video demonstration of Wall Push-ups on YouTube

#### **Knee Push-ups:**

- Start on your knees with hands slightly wider than shoulder-width apart.
- Lower your chest to the ground, keeping a straight line from head to knees.
- Push back up, fully extending your arms.
- Common Mistake: Don't arch your back; keep your core engaged.
- Watch a video demonstration of Knee Push-ups on YouTube

#### **Regular Push-ups:**

- Begin in a plank position with hands shoulder-width apart.
- Lower your chest towards the ground, maintaining a straight line from head to heels.
- Push back up to the starting position, fully extending your arms.
- Common Mistake: Avoid flaring your elbows out to the side.
- Watch a video demonstration of Regular Push-ups on YouTube

### **Leg Exercises**

#### **Bodyweight Squats:**

- Stand with feet shoulder-width apart, toes slightly pointed out.
- Lower your body by pushing your hips back and bending your knees.
- Keep your chest up and back straight.
- Push through your heels to return to the starting position.
- Common Mistake: Avoid letting your knees cave in.
- Watch a video demonstration of Bodyweight Squats on YouTube

### **Jump Squats:**

- Perform a squat and explode upward, jumping as high as possible.
- Land softly on the balls of your feet and go directly into the next squat.
- Common Mistake: Avoid landing with stiff legs; keep a slight bend in your knees.
- Watch a video demonstration of Jump Squats on YouTube

### **Lunges (Forward, Reverse, Walking):**

- Start with feet together.
- Step forward (or backward for reverse lunges), lowering your body until both knees are bent at 90 degrees.
- Push through your front heel to return to the starting position.
- Common Mistake: Don't let the front knee go past your toes.
- Watch a video demonstration of Lunges on YouTube

### **Pistol Squat Progressions:**

- Stand on one leg with the other leg extended forward.
- Lower your body slowly while maintaining balance.
- Push back up through the standing leg.
- Common Mistake: Avoid leaning too far forward.
- Watch a video demonstration of Pistol Squats on YouTube

### **Pull Exercises**

**\*\* Incline Rows:\*\***

- Hold onto a bar or TRX straps at an incline.
- Pull your chest towards the bar, keeping your body in a straight line.



- Lower back down with control.
- Common Mistake: Don't sag your hips; keep your core engaged.
- Watch a video demonstration of Incline Rows on YouTube

### **Inverted Rows:**

- Lie under a bar and grab it with an overhand grip.
- Pull your chest to the bar, squeezing your shoulder blades together.
- Lower back down, fully extending your arms.
- Common Mistake: Avoid flaring your elbows.
- Watch a video demonstration of Inverted Rows on YouTube

### **Assisted Pull-ups:**

- Use a resistance band or assisted pull-up machine.
- Grab the bar with an overhand grip and pull your chin above the bar.
- Lower down with control.
- Common Mistake: Avoid swinging your body for momentum.
- Watch a video demonstration of Assisted Pull-ups on YouTube

### **Pull-up Negatives:**

- Jump or step to the top position of a pull-up.
- Slowly lower yourself down, resisting gravity.
- Common Mistake: Don't drop too quickly; focus on a controlled descent.
- Watch a video demonstration of Pull-up Negatives on YouTube

## **Core Exercises**

### **Plank Variations (Forearm, Side, Leg Raises, Rotations):**

- Maintain a straight line from head to heels.
- Engage your core, glutes, and legs.
- Keep your shoulders directly above your elbows.
- Common Mistake: Don't let your hips sag or rise too high.
- Watch a video demonstration of Plank Variations on YouTube

### **Crunches:**

- Lie on your back with knees bent and hands behind your head.
- Lift your shoulders off the ground, engaging your abs.
- Lower back down without pulling on your neck.
- Common Mistake: Avoid using momentum or straining your neck.
- Watch a video demonstration of Crunches on YouTube

### **Leg Raises:**

- Lie on your back with legs straight.
- Lift your legs up to a 90-degree angle, keeping them straight.
- Lower them back down slowly without letting them touch the ground.
- Common Mistake: Don't arch your lower back.
- Watch a video demonstration of Leg Raises on YouTube

### **Russian Twists:**

- Sit with knees bent, feet lifted, and lean back slightly.
- Twist your torso side to side, touching the ground beside your hips.
- Common Mistake: Avoid using just your arms; rotate from your torso.
- Watch a video demonstration of Russian Twists on YouTube

### **Hollow Body Hold**

- Lie on your back, arms extended overhead, and lift your shoulders and legs off the ground.
- Keep your lower back pressed into the floor.
- Common Mistake: Avoid arching your lower back.
- Watch a video demonstration of Hollow Body Hold on YouTube\*\*

## **Warm-up Routine (Perform before each workout)**

Perform each exercise for 30-60 seconds.

- **Arm Circles (Forward and Backward)**
- **Leg Swings (Forward and Sideways)**
- **Torso Twists**
- **Cat-Cow Stretch**
- **Dynamic Hamstring Stretch (Leg swings with slight bend)**
- **Bodyweight Squats (10 reps)**
- **Push-up Warm-up (Wall push-ups or Knee push-ups, 5-10 reps)**

## **Cool-down Routine (Perform after each workout)**

Hold each stretch for 20-30 seconds.

- **Chest Stretch (Doorway stretch)**
- **Triceps Stretch**
- **Lat Stretch (Hanging from a bar or using a towel)**
- **Quadriceps Stretch**
- **Hamstring Stretch**
- **Calf Stretch**

- **Cobra Stretch (for core and lower back)**
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## Beyond 30 Days: Continue Your Calisthenics Journey

Congratulations on completing the 30-Day Calisthenics Program! To keep progressing, consider these next steps:

- **Repeat the program:** Increase reps, sets, or try harder variations.
- **Explore intermediate programs:** Look for more advanced calisthenics routines.
- **Set skill goals:** Work towards pull-ups, dips, handstands, muscle-ups, etc.
- **Weighted Calisthenics:** Add weights (vest, dumbbells) to bodyweight exercises for increased strength.
- **Join a community:** Connect with other calisthenics enthusiasts for motivation and support.

**Keep pushing your limits and enjoy your continued calisthenics journey!**

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