Calisthenics Workout Plan for Beginners Printable (Free PDF)

Free printable. Full guide and tips: https://betterlifecarez.com/calisthenics-workout-plan-for-beginners-printable/

Your Calisthenics Workout Plan for Beginners Printable: 7 Days

Do Workout A and Workout B on the days shown. Rest 60 to 90 seconds between sets.

Week Schedule

Day	Workout	Time or reps	Notes
Day 1	Workout A	About 20 to 25 min	Warm up first
Day 2	Brisk walk	20 to 30 min	Easy pace, can still talk
Day 3	Workout B	About 20 to 25 min	Slow, clean reps
Day 4	Rest or stretch	10 min	Gentle mobility only
Day 5	Workout A	About 20 to 25 min	Try one extra rep
Day 6	Walk or bike	20 to 30 min	Any steady cardio counts
Day 7	Full rest	Day off	Note how you feel

Workout A: Push, Legs, Core

Move	Sets x reps	Notes
Incline push-up	2 x 8-10	Hands on counter or table
Bodyweight squat	2 x 10	Sit back toward a chair
Glute bridge	2 x 12	Squeeze at top, 1 sec
Bird dog	2 x 6 per side	Keep hips level
Forearm plank	2 x 15-20 sec	Knees down is fine

Workout B: Pull, Legs, Core

Move	Sets x reps	Notes
Reverse lunge	2 x 6 per leg	Hold a wall for balance
Doorframe row	2 x 8-10	Sturdy frame, small lean back
Wall sit	2 x 15-20 sec	Stay higher if knees complain
Dead bug	2 x 6 per side	Low back stays down
Calf raise	2 x 12	Hold a wall

Warm-Up and Cool-Down

- Warm-up: march in place for 1 minute
- Warm-up: 10 arm circles each direction
- Warm-up: 10 hip hinges, then 5 easy squats
- Cool-down: chest stretch against a doorframe, 20 seconds
- Cool-down: hamstring stretch, 20 seconds per leg
- Cool-down: 5 slow, deep breaths

4-Week Progression

Week	What changes	Target
Week 1	Learn the moves	2 sets each
Week 2	Add 1 to 2 reps	2 sets each
Week 3	Add a third set	3 sets each
Week 4	Try harder versions	Lower incline, longer plank

Equipment List

Item	Needed?	Notes
Sturdy chair	Yes	Squat target, balance support
Kitchen counter or table	Yes	For incline push-ups
Solid doorframe	Helpful	For rows
Exercise mat or rug	Optional	Cushions knees and back
Supportive sneakers	Helpful	For walking days
Water bottle	Yes	Sip between sets
Phone timer	Yes	Rest periods and planks
Printed plan and pen	Yes	Tick off each day

Stop and get medical help for chest pain, trouble breathing or dizziness.