

## Calisthenics Workout Plan for Intermediate with PDF

| Day       | Muscles working                                 |
|-----------|---|
| Monday    | Shoulder, Chest, Triceps, Calves and Quadriceps |
| Tuesday   | Biceps, Back, Glutes, Core and Hamstrings       |
| Wednesday | Full Body Workout                               |
| Thursday  | Rest  |
| Friday    | Shoulder, Chest, Triceps, Calves and Quadriceps |
| Saturday  | Biceps, Back, Glutes, Core and Hamstrings       |
| Sunday    | Rest  |

### Monday: Shoulder, Chest, Triceps, Calves and Quadriceps

| Exercises         | Muscles Works     | Sets & Reps             |
|-------------------|-------------------|-------------------------|
| Parallel Bar Dips | Triceps and Chest | 2 sets of 18 to 20 reps |
| Standard Push-Ups | Triceps and Chest | 2 sets of 18 to 20 reps |

|                         |                      |                         |
|-------------------------|----------------------|-------------------------|
| Handstand/Wall Push-ups | Shoulder and Triceps | 2 sets of 8 to 10 reps  |
| Pike Push-Ups           | Shoulder and Triceps | 2 sets of 8 to 10 reps  |
| Triangle Pushup         | Triceps              | 2 sets of 8 to 10 reps  |
| Lateral Lunges          | Quads and Hams       | 2 sets of 8 to 10 reps  |
| Jumping Split Squat     | Quads                | 2 sets of 14 to 18 reps |
| Squat Jumps             | Quads                | 2 sets of 18 to 20 reps |
| Standing Calf Raises    | Calves               | 2 sets of 8 to 10 reps  |

## **Tuesday: Biceps, Back, Glutes, Core and Hamstrings**

| Exercises              | Muscles Works      | Sets & Reps             |
|------------------------|--------------------|-------------------------|
| Inverted Row           | Back and Biceps    | 3 sets of 10 to 12 reps |
| Pullups                | Back and Biceps    | 3 sets of 10 to 12 reps |
| Chin-ups               | Biceps and Back    | 3 sets of 10 to 12 reps |
| Elevated Inverted Rows | Back and Rear Delt | 3 sets of 10 to 12 reps |

|                       |                     |                          |
|-----------------------|---------------------|--------------------------|
| Single-Leg RDL        | Hamstring and Glute | 2 sets of 10 to 12 reps  |
| Nordic Hamstring Curl | Hamstring           | 3 sets of 10 to 12 reps  |
| Glutes Bridge         | Glute               | 2 sets of 10 to 12 reps  |
| Plank                 | Core                | 2 Times of 20-30 seconds |
| Bird Dog Plank        | Core                | 2 Times of 15-20 seconds |
| Side Plank            | Core                | 2 Times of 20-30 seconds |

## Wednesday: Full Body Workout

| Exercises     | Muscles Works     | Sets & Reps              |
|---------------|-------------------|--------------------------|
| Burpees       | Full Body         | 2 sets of 10 to 12 reps  |
| Jump Squat    | Full Body         | 2 sets of 10 to 12 reps  |
| High knees    | Full Body         | 2 times of 30-40 seconds |
| Lateral Squat | Lower Body        | 2 sets of 10 to 12 reps  |
| Bar Dips      | Chest and Triceps | 2 sets of 14 to 16 reps  |

|                          |                    |                             |
|--------------------------|--------------------|-----------------------------|
| Wide Arm Push-up         | Chest              | 2 sets of 10 to 12 reps     |
| Pike Push-up             | Shoulder           | 2 sets of 10 to 12 reps     |
| Pull-up                  | Back and Biceps    | 2 sets of 14 to 16 reps     |
| Chin-ups                 | Back and Biceps    | 2 sets of 14 to 16 reps     |
| Floor IYT Raises         | Back and Rear Delt | 2 sets of 8 to 10 reps      |
| Hanging Leg Raise        | Core               | 2 sets of 10 to 12 reps     |
| Hanging Windshield Wiper | Core               | 2 sets of 10 to 12 reps     |
| Hanging Knee Raise       | Core               | 2 sets of 10 to 12 reps     |
| Mountain Climbing        | Core               | 2 times of 30-seconds       |
| Plank                    | Core               | 2 times of 30 to 45 seconds |
| Side Plank               | Core               | 2 times of 20-30 seconds    |

## Friday: Shoulder, Chest, Triceps, Calves and Quadriceps

| Exercises | Muscles Works | Sets & Reps |
|-----------|---------------|-------------|
|-----------|---------------|-------------|

|                         |                      |                         |
|-------------------------|----------------------|-------------------------|
| Narrow Grip Pushup      | Chest and Triceps    | 2 sets of 18 to 20 reps |
| Standard Push-Ups       | Chest and Triceps    | 2 sets of 18 to 20 reps |
| Bench Dips              | Triceps              | 2 sets of 8 to 10 reps  |
| Handstand/Wall Push-ups | Shoulder and Triceps | 2 sets of 8 to 10 reps  |
| Dive Bomber Push-ups    | Shoulder and Chest   | 2 sets of 8 to 10 reps  |
| Lateral Lunges          | Quads and Hams       | 2 sets of 8 to 10 reps  |
| Sumo Squat              | Quads                | 2 sets of 18 to 20 reps |
| Jumping Split Squat     | Quads                | 2 sets of 14 to 16 reps |
| Standing Calf Raises    | Calves               | 2 sets of 8 to 10 reps  |

## **Saturday: Biceps, Back, Glutes, Core and Hamstrings**

| Exercises    | Muscles Works   | Sets & Reps            |
|--------------|-----------------|------------------------|
| Inverted Row | Back and Biceps | 3 sets of 8 to 10 reps |
| Pull-ups     | Back and Biceps | 3 sets of 8 to 10 reps |

|                        |                     |                             |
|------------------------|---------------------|-----------------------------|
| Chin-ups               | Biceps and Back     | 3 sets of 8 to 10 reps      |
| Elevated Inverted Rows | Back and Rear Delt  | 3 sets of 8 to 10 reps      |
| Single-Leg RDL         | Hamstring and Glute | 2 sets of 8 to 10 reps      |
| Nordic Hamstring Curl  | Hamstring           | 3 sets of 8 to 10 reps      |
| Glutes Bridge          | Glute               | 2 sets of 8 to 10 reps      |
| V-ups                  | Core                | 2 times of 30-seconds       |
| Lying Leg Raises       | Core                | 2 times of 30 to 40 seconds |
| Hollow Body Crunch     | Core                | 2 times of 15-seconds       |
| Front and Side Plank   | Core                | Do it as per your strength  |