

Calisthenics Workout Plan

Free 12-week schedule · Updated September 18, 2026

Three nonconsecutive days each week. Odd weeks: A/B/A. Even weeks: B/A/B. Use easier variations and about 20% fewer reps in weeks 4, 8, and 12.

Phase 1: Foundation · Weeks 1-4

Session A · Phase 1 · Weeks 1-4

Exercise	Sets	Reps / time	Rest	RIR
Wall push-up or knee push-up	2	6-10	2 min	2-3
Bodyweight squat	2	8-12	2 min	2-3
Glute bridge	2	10-15	60-90 sec	2-3
Prone Y-T-W (pull preparation)	2	5 each shape	60-90 sec	Easy technique
Reverse snow angel (pull preparation)	2	8-12	60-90 sec	Easy technique
Dead bug	2	6-10 / side	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Session B · Phase 1 · Weeks 1-4

Exercise	Sets	Reps / time	Rest	RIR
Wall push-up or knee push-up	2	6-10	2 min	2-3
Reverse lunge	2	8-12 / side	2 min	2-3
Glute bridge	2	10-15	60-90 sec	2-3
Prone Y-T-W (pull preparation)	2	5 each shape	60-90 sec	Easy technique
Reverse snow angel (pull preparation)	2	8-12	60-90 sec	Easy technique
Plank	2	15-30 sec	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Week 4 deload: Keep the patterns and sets. Choose easier variations and reduce reps or seconds by about 20%, rounding down.

Floor pull drills are preparation only. They do not replace challenging rows and pull-ups. Use a wall or knee push-up as appropriate.

Phase 2: Build · Weeks 5-8

Session A · Phase 2 · Weeks 5-8

Exercise	Sets	Reps / time	Rest	RIR
Pull-up rung: negative or full	2	3-5 negatives or 4-8 full	2-3 min	2-3 clean reps
Push-up rung	3	6-10	2-3 min	2-3
Squat rung	3	8-12 / side for unilateral	2 min	2-3
Row rung	3	6-10	2 min	2-3
Bridge rung	3	10-15 / side for unilateral	60-90 sec	2-3
Dead bug	2	8-12 / side	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Session B · Phase 2 · Weeks 5-8

Exercise	Sets	Reps / time	Rest	RIR
Pull-up rung: negative or full	2	3-5 negatives or 4-8 full	2-3 min	2-3 clean reps
Push-up rung	3	6-10	2-3 min	2-3
Split squat	3	8-12 / side for unilateral	2 min	2-3
Row rung	3	6-10	2 min	2-3
Bridge rung	3	10-15 / side for unilateral	60-90 sec	2-3
Hollow body hold	2	15-30 sec	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Week 8 deload: Keep the patterns and sets. Choose easier variations and reduce reps or seconds by about 20%, rounding down.

Use your current rung, not necessarily the exercise pictured in the guide. A rated bar and safe row setup are required. Lower from the top for negative pull-ups only while you can control every rep; otherwise practice supported hangs. Easy hangs do not count as hard pulling sets.

Phase 3: Consolidate · Weeks 9-12

Session A · Phase 3 · Weeks 9-12

Exercise	Sets	Reps / time	Rest	RIR
Pull-up rung: negative or full	3	3-5 negatives or 4-8 full	2-3 min	2-3 clean reps
Push-up rung	4	6-10	2-3 min	2-3
Squat rung	4	8-12 / side for unilateral	2 min	2-3
Row rung	3	6-10	2 min	2-3
Bridge rung	4	10-15 / side for unilateral	60-90 sec	2-3
Dead bug	2	8-12 / side	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Session B · Phase 3 · Weeks 9-12

Exercise	Sets	Reps / time	Rest	RIR
Pull-up rung: negative or full	3	3-5 negatives or 4-8 full	2-3 min	2-3 clean reps
Push-up rung	4	6-10	2-3 min	2-3
Split squat	4	8-12 / side for unilateral	2 min	2-3
Row rung	3	6-10	2 min	2-3
Bridge rung	4	10-15 / side for unilateral	60-90 sec	2-3
Hollow body hold	2	15-30 sec	60-90 sec	2-3 reps / 5 sec spare

Complete both sides before counting one set. Choose a rung that leaves the listed reserve.

Week 12 deload: Keep the patterns and sets. Choose easier variations and reduce reps or seconds by about 20%, rounding down.

Use your current rung, not necessarily the exercise pictured in the guide. A rated bar and safe row setup are required. Lower from the top for negative pull-ups only while you can control every rep; otherwise practice supported hangs. Easy hangs do not count as hard pulling sets.

Movement ladders

Six movement patterns: choose your current rung

Pattern	Regression	Standard	Progression	Advanced
Horizontal push	Wall push-up	Push-up	Decline push-up	Archer push-up
Vertical pull	Dead hang	Negative pull-up	Pull-up	Archer pull-up
Horizontal pull	Doorframe row	Table row	Feet-elevated table row	Advanced tuck front lever row
Squat / lunge	Assisted squat	Bodyweight squat	Split squat	Pistol squat
Hinge / hip extension	Glute bridge	Glute bridge march	Single-leg glute bridge	Single-leg Romanian deadlift
Core	Dead bug	Plank	Hollow body hold	Hanging straight-leg raise

These are example rungs, not a twelve-week deadline. Use intermediate inclines, assistance, or body angles where needed. A bridge trains hip extension; the single-leg Romanian deadlift adds hinge and balance practice and is not necessarily a heavier glute exercise. Only row from a verified stable support.

Progression and recovery rules

1. Train three nonconsecutive days: A/B/A, then B/A/B. Repeat through week 12. An optional fourth day is 10–20 minutes of easy skills and mobility.
2. Warm up with 5 minutes of easy general movement and 5–10 minutes of easier versions of the session exercises. Warm-up sets do not count toward working sets.
3. Keep most sets 2–3 good reps short of failure. For holds, leave about 5 seconds before position would break. Pull-preparation drills stay easy.
4. Add one rep to one or more sets within the range. Once every set reaches the top with 2–3 reps in reserve on two exposures, try the next rung at the bottom of the range.
5. Rest 2–5 minutes for hard strength work and 60–90 seconds for accessories. Pair noncompeting movements only if each movement still gets its full recovery.
6. In weeks 4, 8, and 12, keep the exercise patterns and set counts, choose easier variations, and do about 20% fewer reps or seconds, rounding down.
7. Phase 1 needs only floor and wall space; floor pull drills are preparation, not a substitute for rows or pull-ups. Phase 2 needs a rated pull-up bar and a secure rowing setup.
8. Keep sessions within 60 minutes. If rest needs make the full session too long, remove the last set of each four-set exercise. Do not rush hard sets.

Later-phase volume is optional. Phase 3 totals: chest 12 direct sets; combined pulling 18; quads 12; glutes approximately 18 including half credit for squats; core 6; triceps 6 indirect; biceps 9 indirect. Count each push-up set as half a triceps set and each hard pull set as half a biceps set.