

Calisthenics Routine

Week Routine

Monday - Push:

Pushups

Dips

Incline Pike Pushups

Chest Press*

Tuesday - Pull:

Pull - Ups

Active Hangs

Chin Ups

Wednesday - Legs:

Squat*

Pistol Squat

Shrimp Squat

Thursday - Push:

Pushups

Dips

Incline Pike Pushups

Chest Press

Friday - Pull:

Pull - Ups *

Rows

Chin Ups

Saturday - Martial Art:

Study Martial Art Technique - Any Style You Choose

Sunday - Rest

*might require additional items like dumbbells, a bar, etc. here is everything you need to purchase.

https://www.bing.com/search?q=pull+up+bar+for+doorway&cvid=3f0bf62ae4bb48e4b2dc6893fa17991b&gs_lcrp=EgZjaHJvbWUqBggAEAAyQDIGCAAQABhAMgYIARBFgDkyBggCEAAyQDIGCAMQABhAMgYIBBAAGEAyBggFEAAyQDIGCAYQABhAMgYIBxAAGEAyBggIEAAyQNIBCDI5NThqMGo5qAIEsAIB&FORM=ANAB01&adppc=EDGEEXST&PC=U531

[Amazon.com : FEIERDUN Adjustable Dumbbell Set, 50lbs Free Weight Set with Connector, 4 in1 Weight Set Used as Barbell, Kettlebells, Push up Stand, Fitness Exercises for Home Gym Suitable Men/Women : Sports & Outdoors](#)

Different Exercises:

Pushups

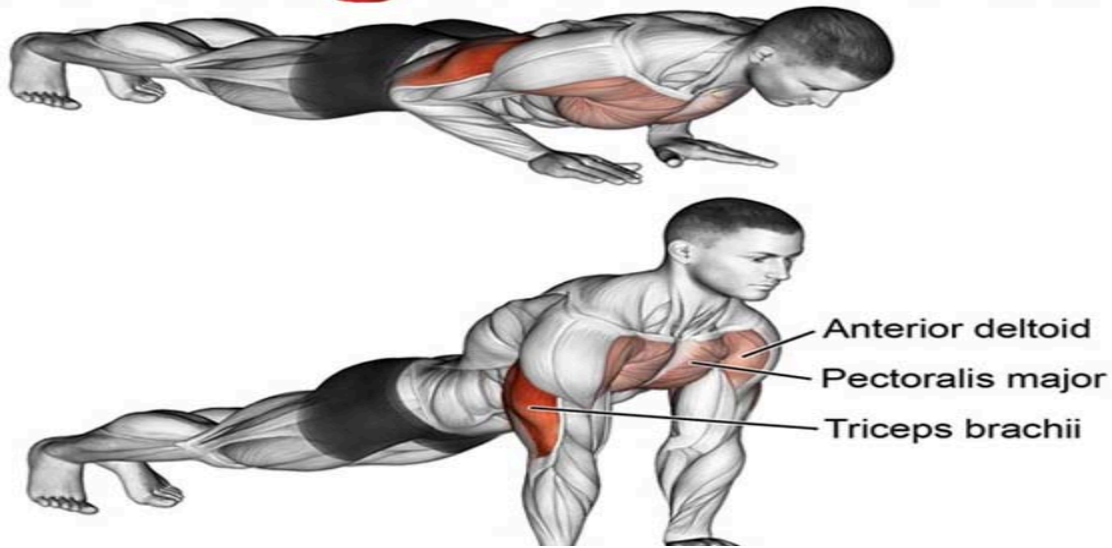
- Get into a plank position with your hands placed slightly wider than shoulder-width apart.
- Your feet should be together or slightly apart, whichever feels more stable for you.
- Keep your body in a straight line from head to heels, engaging your core and glutes to maintain this position.
- Your neck should be in a neutral position, looking slightly ahead of you.

Lowering Phase:

- Begin to lower your body by bending your elbows.
- Keep your elbows at a 45-degree angle to your body or closer; avoid flaring them out to the sides.
- Lower your chest until it is just above the ground, or your arms form a 90-degree angle.

Pushing Phase:

- Push through your palms to straighten your arms and lift your body back to the starting position.
- Focus on keeping your body in a straight line without sagging your hips or raising your buttocks.



Dips

- Find parallel bars, dip station, bench, or really any elevated flat surface.
- Grasp the bars firmly with your palms facing inward.
- Jump or step up to support your weight with your arms straight and your shoulders over your hands.

Starting Position:

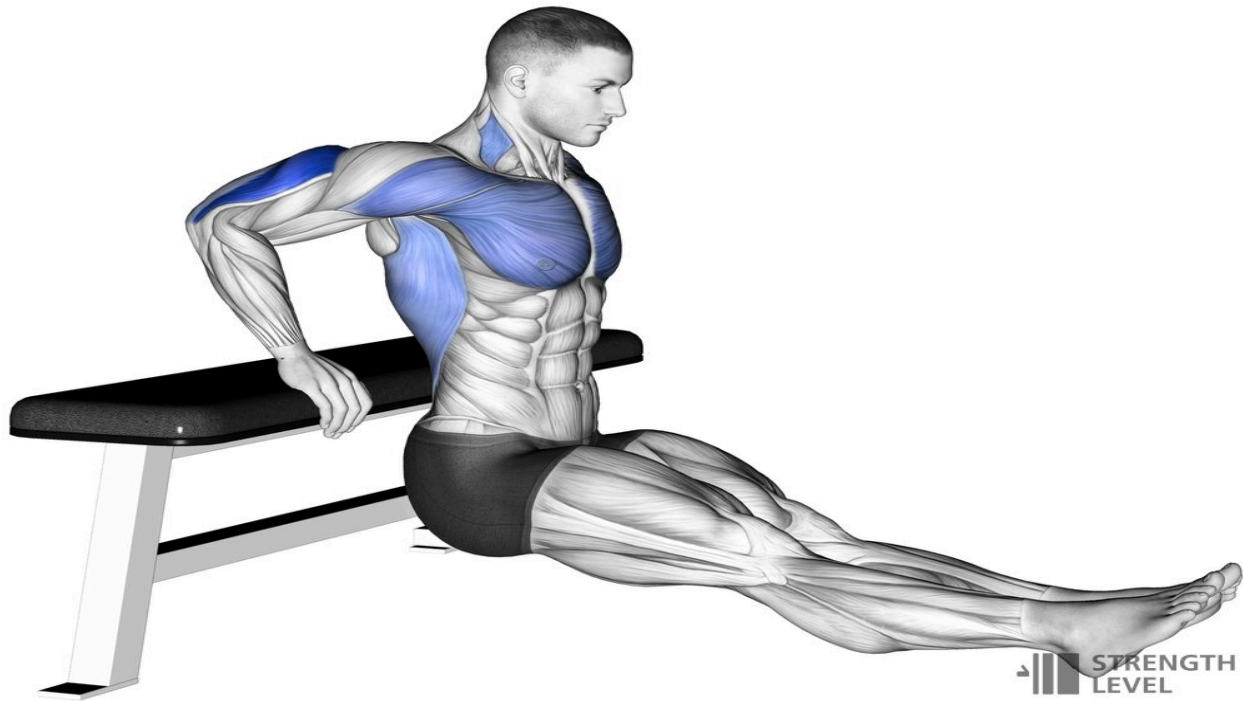
- Keep your body upright with a slight forward lean.
- Engage your core and keep your legs straight or slightly bent at the knees.

Lowering Phase:

- Slowly lower your body by bending your elbows.
- Keep your elbows close to your body, not flaring out to the sides.
- Lower until your shoulders are slightly below your elbows or as far as your mobility allows.

Pushing Phase:

- Push through your palms to straighten your arms and lift your body back to the starting position.
- Focus on using your triceps and chest muscles.
- Avoid locking your elbows at the top to maintain tension in your muscles.



Incline Pike Pushup

Starting Position:

- Begin in a high plank position with your hands placed shoulder-width apart.
- Your body should form a straight line from head to heels.
- Walk your feet towards your hands while lifting your hips towards the ceiling, forming an inverted V shape with your body.
- Keep your legs and back as straight as possible.
- Your head should be aligned with your spine, looking down between your legs.

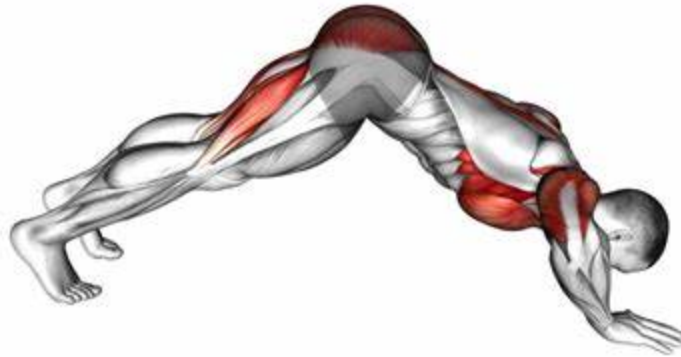
Lowering Phase:

- Bend your elbows and lower your upper body towards the ground, aiming to bring the top of your head close to the floor.
- Your elbows should flare out slightly but not excessively.
- Keep your core engaged and your hips elevated.

Pushing Phase:

- Push through your hands to straighten your arms and lift your body back to the starting position.
- Focus on using your shoulder muscles to press up.
- Maintain the inverted V shape throughout the movement.

PIKE PUSH UP



Chest Press With Dumbbell

Starting Position:

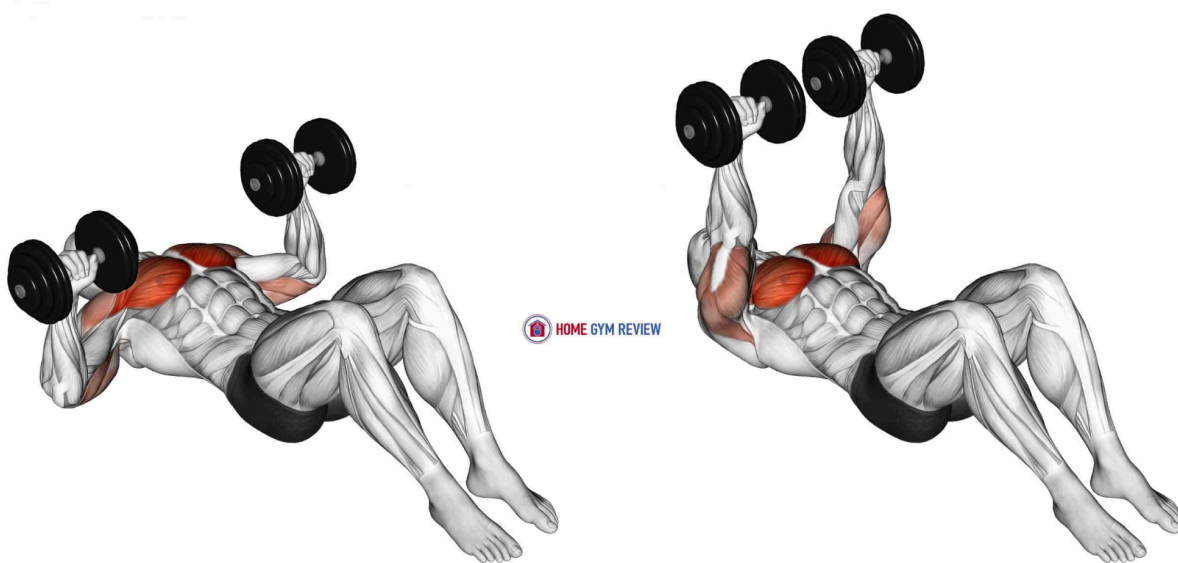
- Lie on a flat bench with your feet flat on the floor. Your head, shoulders, and buttocks should be in contact with the bench or floor.
- Hold a dumbbell in each hand with your palms facing forward and your elbows bent at a 90-degree angle. The dumbbells should be at chest level.

Lifting Phase:

- Press the dumbbells upward by straightening your arms. Keep the dumbbells in line with your chest throughout the movement.
- Avoid locking your elbows at the top; keep a slight bend to maintain tension in your chest muscles.
- Focus on squeezing your chest muscles as you press the dumbbells up.

Lowering Phase:

- Slowly lower the dumbbells back to the starting position, bending your elbows and keeping them at a 45-degree angle to your body.
- Control the descent to prevent the weights from dropping too quickly.



Pull Ups

Starting Position:

- Find a pull-up bar and grasp it with an overhand grip (palms facing away from you).
- Your hands should be slightly wider than shoulder-width apart.
- Hang from the bar with your arms fully extended and your legs slightly bent or crossed at the ankles.

Engaging Muscles:

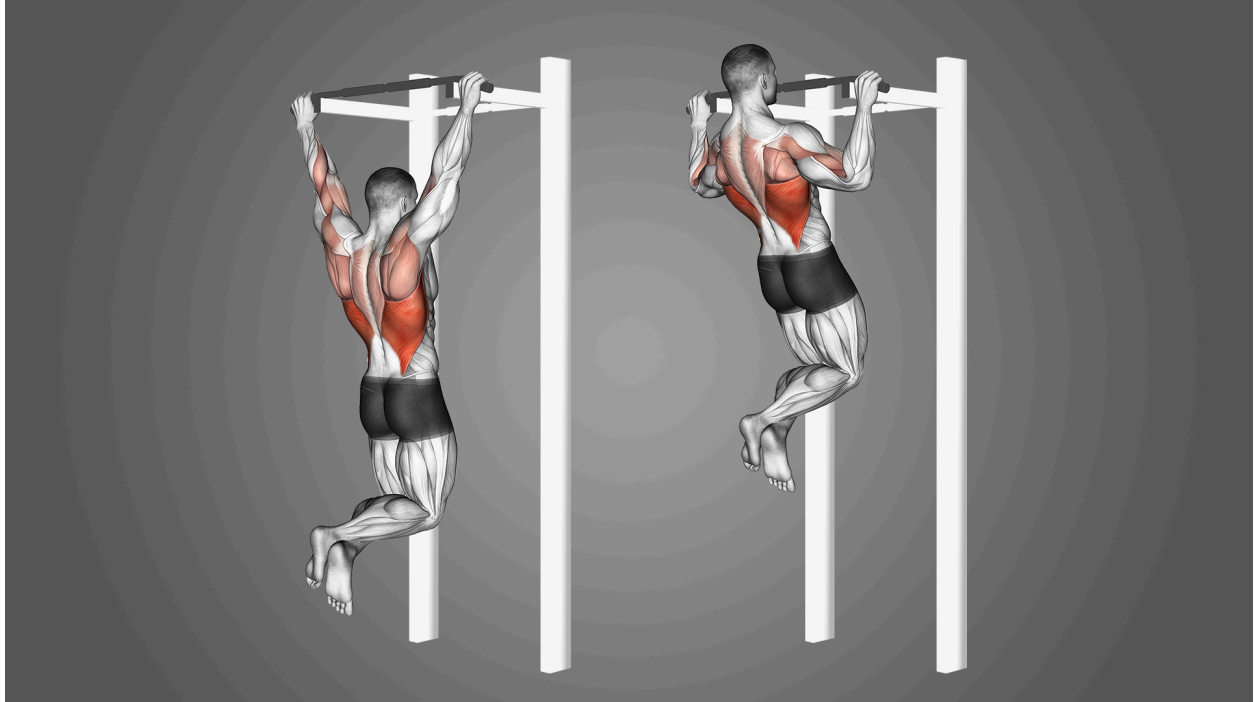
- Engage your core to keep your body stable.
- Pull your shoulder blades down and back to engage your back muscles before initiating the pull.

Pulling Phase:

- Begin the movement by pulling yourself up towards the bar, focusing on using your back muscles (latissimus dorsi) and arms.
- Lead the movement with your chest, aiming to bring your chin above the bar.
- Keep your elbows pointing downwards and slightly in front of you.

Lowering Phase:

- Slowly lower yourself back to the starting position with control, fully extending your arms.
- Avoid swinging or using momentum to complete the movement.



Active Hangs

Starting Position:

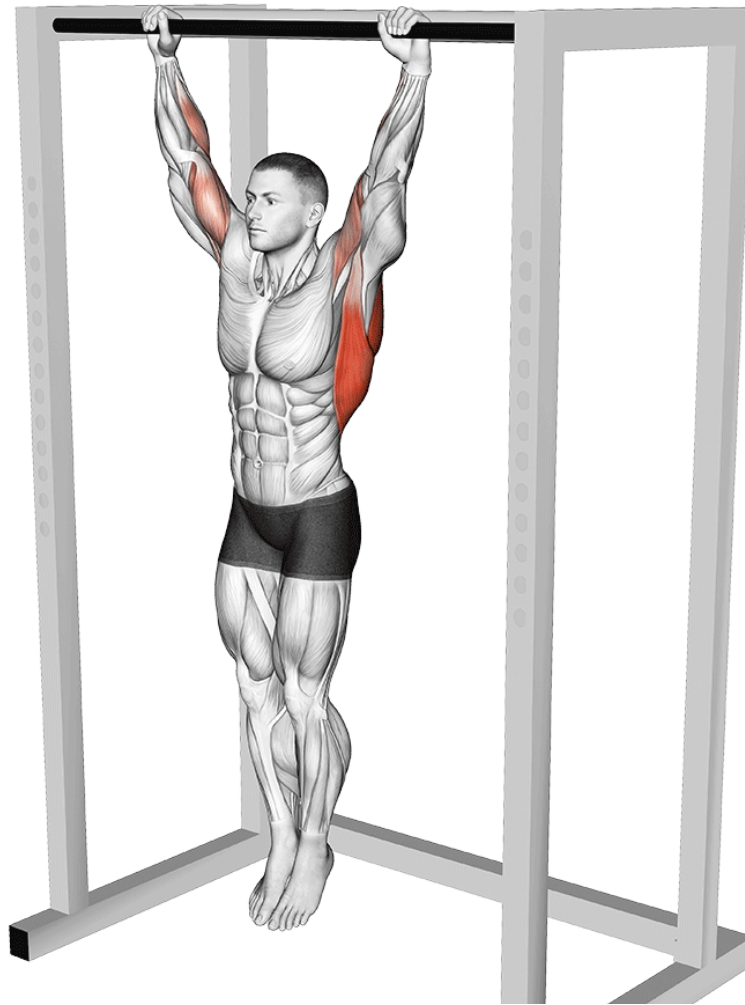
- Find a pull-up bar or any sturdy overhead bar that you can hang from.
- Grasp the bar with an overhand grip (palms facing away from you) or an underhand grip (palms facing you), depending on your preference.
- Your hands should be shoulder-width apart.

Hanging Position:

- Jump or step up to the bar and allow your body to hang freely with your arms fully extended.
- Engage your shoulders by pulling them down and back, away from your ears. This activates your shoulder and upper back muscles, rather than simply hanging passively.
- Engage your core and keep your body in a straight line from head to heels.

Holding the Position:

- Maintain this active position, keeping your shoulders engaged and your body stable.
- Avoid swinging or excessive movement.



Chin Ups

Starting Position:

- Find a sturdy pull-up bar.
- Grasp the bar with an underhand grip (palms facing you) and your hands shoulder-width apart.
- Hang from the bar with your arms fully extended and your feet off the ground. Your body should be straight, and your core should be engaged.

Engaging Muscles:

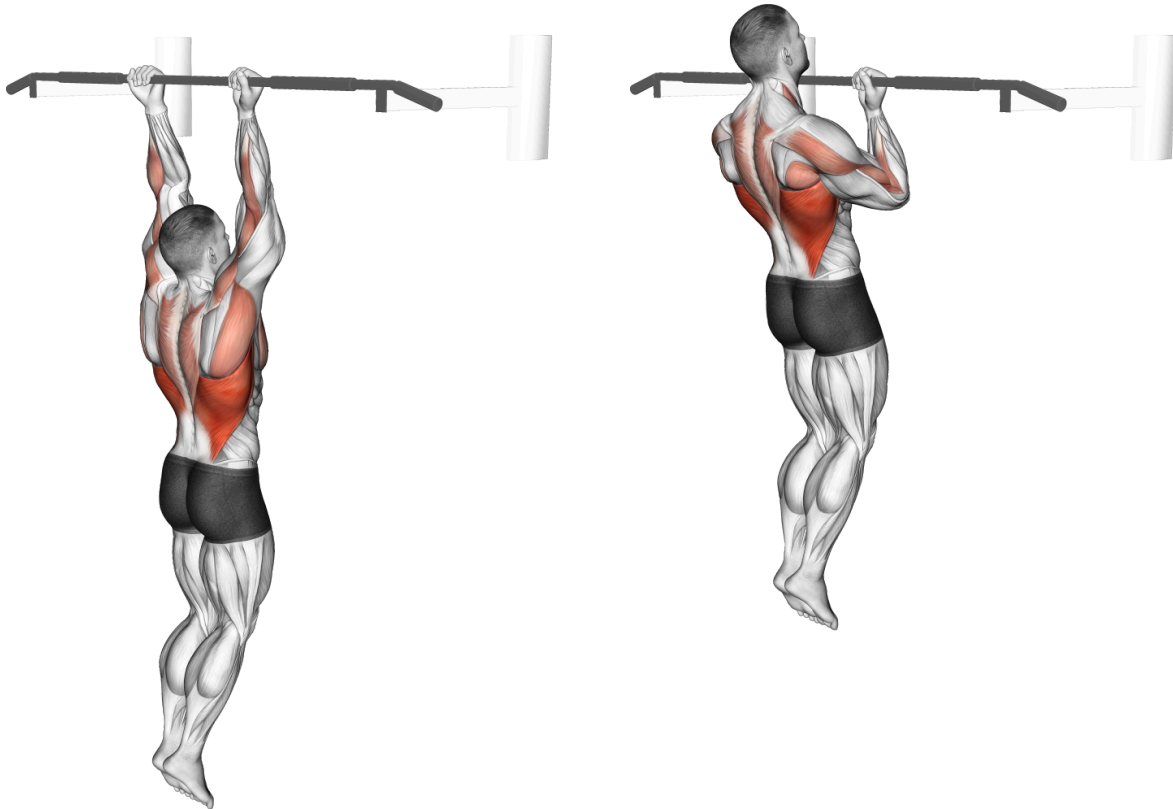
- Engage your core and pull your shoulder blades down and back. This helps to activate your back muscles and prepare for the movement.

Pulling Phase:

- Begin to pull yourself up towards the bar, leading with your chest.
- Focus on using your biceps and back muscles to lift your body.
- Pull until your chin is above the bar.

Lowering Phase:

- Slowly lower yourself back to the starting position with control, fully extending your arms.
- Avoid swinging or using momentum during the movement.



Squat

Starting Position:

- Stand with your feet shoulder-width apart or slightly wider.
- Your toes should point slightly outward, aligned with your knees.
- Keep your chest up, shoulders back, and engage your core.

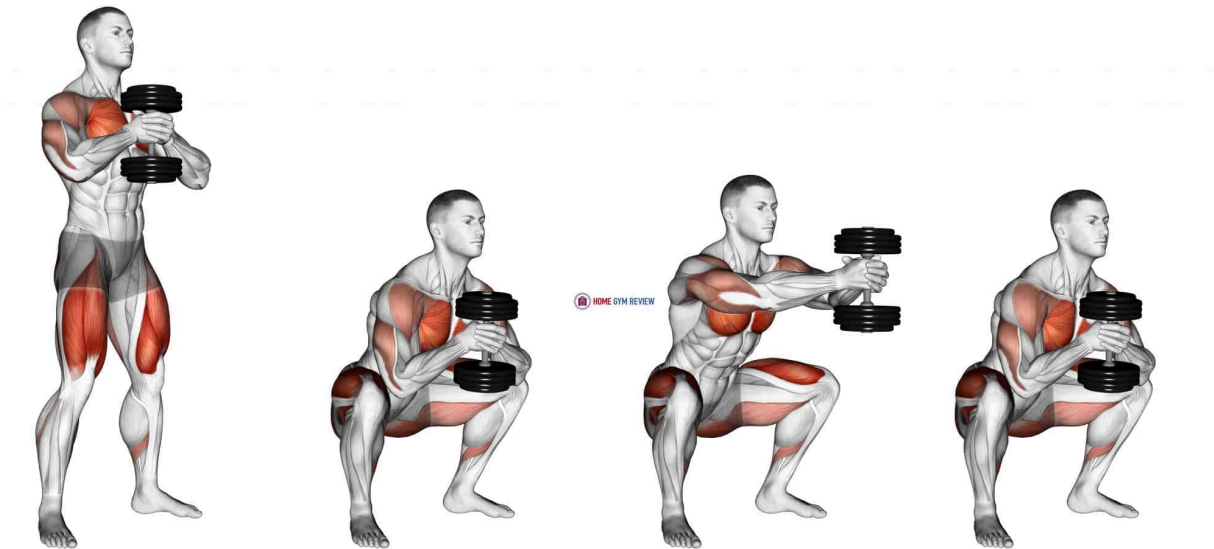
Descending Phase:

- Begin the movement by pushing your hips back as if you're sitting into a chair.
- Bend your knees and lower your body, keeping your chest up and your back straight.

- Lower until your thighs are at least parallel to the ground, or as deep as your mobility allows without compromising form.

Ascending Phase:

- Push through your heels to stand back up to the starting position.
- Straighten your legs and return to a fully upright position.
- Squeeze your glutes at the top of the movement.



Shrimp Squat

Starting Position:

- Stand upright with your feet together.
- Lift your right foot off the ground and grasp your right ankle behind you with your right hand.
- Extend your left arm in front of you for balance.

Descending Phase:

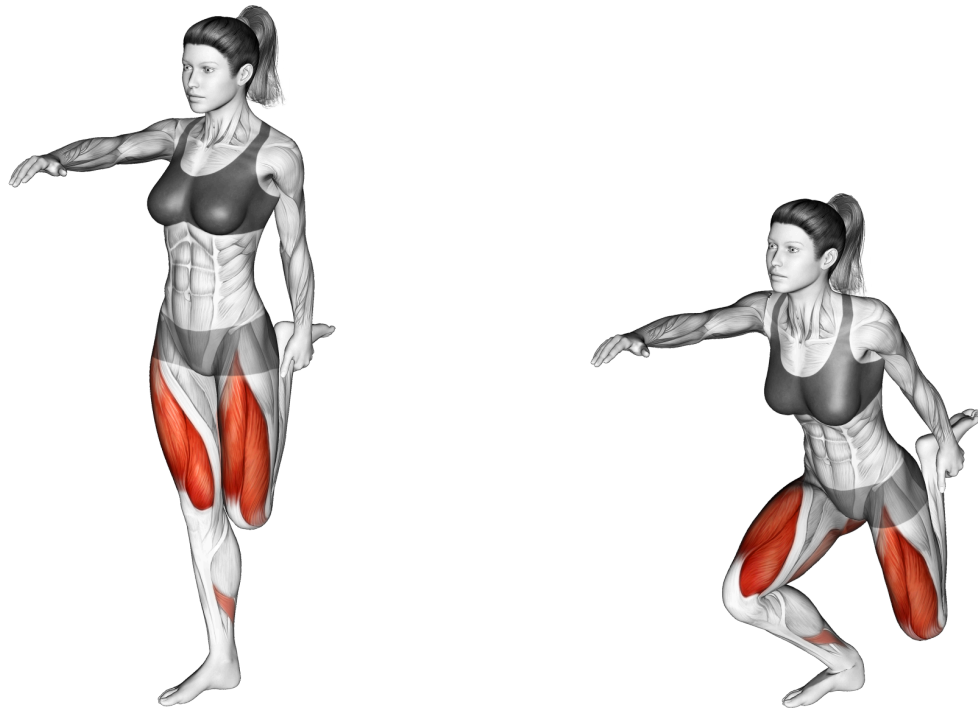
- Slowly bend your left knee to lower your body into a squat.
- As you squat down, bring your right knee towards the ground, aiming to touch it lightly just behind your left foot.
- Keep your chest up and your core engaged to maintain balance.

Ascending Phase:

- Push through your left heel to stand back up to the starting position.
- Keep holding your right ankle and use your left leg to drive the movement.

Switch Legs:

- Complete the desired number of reps on one leg, then switch to the other leg and repeat.



Pistol Squat

Starting Position:

- Stand upright with your feet hip-width apart.
- Extend one leg straight out in front of you, keeping it as straight as possible.
- Extend both arms forward for balance.

Descending Phase:

- Engage your core and begin to bend your supporting leg (the leg that remains on the ground).
- Lower your body slowly, keeping your extended leg straight and off the ground.
- As you descend, push your hips back and keep your chest up to maintain balance.
- Aim to lower your hips until your thigh is parallel to the ground or lower, if your flexibility allows.

Bottom Position:

- Your supporting foot should remain flat on the ground, and your extended leg should stay off the ground.
- Keep your back straight and your core engaged.

Ascending Phase:

- Push through your heel and extend your supporting leg to stand back up to the starting position.
- Maintain control and balance throughout the movement.

Switch Legs:

- Complete the desired number of reps on one leg, then switch to the other leg and repeat.

