

Calisthenics Workout Plan

The Path of Unweighted Strength
Zero equipment • 7-day split • Forged for beginners

This grimoire of movement mirrors the ancient bodybuilding split — chest & triceps, back & biceps, legs, shoulders, and hamstrings — recast as pure bodyweight discipline requiring no weapons of iron. Core work is inscribed on Days 2 and 5, granting the abdominals no fewer than 48 hours of restoration between sessions.

DAY 1 — CHEST & TRICEPS

∴ CHEST ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Push-up ▶ Watch tutorial	Hands shoulder-width, lower your chest all the way to the floor and press back up. Keep your elbows at roughly 45° — flaring them wide strains your shoulders.	3 × 10–15
Decline push-up ▶ Watch tutorial	Elevate your feet on a couch or step. The higher your feet, the more load shifts to your upper chest and front shoulders. Same elbows-at-45° rule applies.	3 × 8–10

∴ TRICEPS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Diamond push-up ▶ Watch tutorial	Form a diamond shape with your index fingers and thumbs directly under your chest. Keep elbows pinned to your sides as you lower — this isolates the triceps far more than a standard push-up.	3 × 8–12
Pike push-up ▶ Watch tutorial	Start in a downward-dog position with hips high. Bend your elbows to lower the crown of your head toward the floor, then press back up. Hits the triceps and shoulders together.	3 × 8–10

DAY 2 — BACK, BICEPS & CORE

∴ BACK ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Superman hold ▶ Watch tutorial	Lie face down with arms extended overhead. Simultaneously lift your arms, chest, and legs off the floor and hold. Focus on squeezing the muscles between your shoulder blades, not just lifting as high as possible.	4 × 10–12s
Prone Y-T-W raise ▶ Watch tutorial	Lie face down and lift your arms into three positions — a Y overhead, a T out to the sides, then a W with elbows bent. Each position targets a different part of	3 × 8 each

	the upper back and rear shoulder.	
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∴ BICEPS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Towel row ▶ Watch tutorial	Loop a towel or bedsheet around a door handle, grip both ends, and lean back at an angle with straight arms. Pull your chest toward the door by bending your elbows. Use an underhand grip to maximize bicep activation. <i>⚠ Use a fully closed interior door with the towel looped securely around the handle. Test the grip with light tension before adding full bodyweight.</i>	3 × 12
Isometric bicep curl ▶ Watch tutorial	Sit at a table and place your palm face-up under the edge. Press upward as hard as you can while the table resists. This creates real bicep tension with no equipment — keep breathing throughout.	3 × 30s

∴ CORE ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Dead bug ▶ Watch tutorial	Lie on your back with arms pointing at the ceiling and knees at 90°. Slowly lower the opposite arm and leg toward the floor while keeping your lower back pressed flat. Stay controlled — don't rush.	3 × 10 each side
Reverse crunch ▶ Watch tutorial	Lie on your back, knees bent to 90°. Use your lower abs to curl your knees toward your chest and lift your hips off the floor. Lower slowly — the descent is where the work happens.	3 × 12

DAY 3 — REST & RECOVERY

The warrior who rests is the warrior who endures. Walk, stretch, or practice light mobility. No loading this day.

DAY 4 — LEGS & TRICEPS

∴ LEGS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Bodyweight squat ▶ Watch tutorial	Feet shoulder-width apart, toes slightly out. Sit back and down as if lowering onto a chair, keeping your chest up and knees tracking over your toes. Drive through your heels to stand.	3 × 20
Reverse lunge ▶ Watch tutorial	Step one foot back and lower your rear knee until it hovers about an inch from the floor. Keep your front shin vertical and your torso upright. Stepping back rather than forward reduces knee strain for beginners.	3 × 12 each

∴ TRICEPS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Diamond push-up ► Watch tutorial	Hands in a diamond under your chest, elbows stay tight to your body as you lower. Legs are already fatigued from squats and lunges, so expect fewer reps than Day 1 — that's completely normal.	3 × 10
Pike push-up ► Watch tutorial	Hips high in a downward-dog shape, lower the crown of your head toward the floor between your hands. Also doubles as shoulder work — two muscle groups for the price of one movement.	3 × 8

DAY 5 — SHOULDERS, BICEPS & CORE

∴ SHOULDERS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Pike push-up ► Watch tutorial	The single best no-equipment shoulder press substitute. Walk your feet closer to your hands to make it harder — the more vertical your torso, the more it resembles an overhead press.	4 × 10
Elevated pike push-up ► Watch tutorial	Same movement but with feet elevated on a couch or chair. The increased angle shifts almost all the load onto your shoulders and removes the chest contribution entirely.	3 × 8

∴ BICEPS ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Towel row (underhand) ► Watch tutorial	Same towel-on-door-handle setup as Day 2. Focus on driving your elbows back and squeezing your biceps at the top. Lean back further to increase difficulty as you get stronger.  Same setup as Day 2 — fully closed door, towel looped securely around the handle. Re-check the grip each session before adding full bodyweight.	3 × 12
Isometric bicep curl ► Watch tutorial	Palm under the table edge, press upward with maximum effort while the table pushes back. Try varying the elbow angle — 90° hits the mid-range, closer to full extension hits the long head.	3 × 30s

∴ CORE ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Bicycle crunch ► Watch tutorial	Bring opposite elbow to knee with a full torso rotation — not just a head bob. Go slowly enough that you feel the obliques engaging. Quality over speed on every rep.	3 × 16
Leg raise	Lie flat and raise straight legs to 90°, then lower them slowly without letting them touch the floor. Your	3 × 10

► Watch tutorial	lower back must stay pressed down throughout — if it arches, bend your knees slightly.	
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DAY 6 — HAMSTRINGS & BACK

∴ HAMSTRINGS ∴

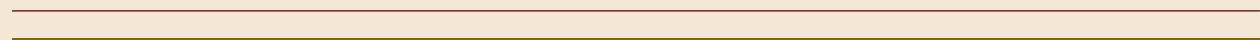
EXERCISE	THE TECHNIQUE	REPS & SETS
Single-leg glute bridge ► Watch tutorial	Lie on your back, one foot flat on the floor and the other extended. Drive your hips up through the planted heel and squeeze at the top for two seconds. The single-leg version forces the hamstring to work much harder than both legs together.	3 × 12 each
Single-leg hip hinge ► Watch tutorial	Stand on one leg, hinge at the hip and reach your hands toward the floor while your free leg extends behind you. Stop when you feel a strong stretch in the back of your standing leg's thigh. Keep a soft bend in the knee.	3 × 12 each

∴ BACK ∴

EXERCISE	THE TECHNIQUE	REPS & SETS
Superman hold ► Watch tutorial	Face down, arms extended — lift everything off the floor and hold. After a full week of training, focus on squeeze quality rather than height of lift.	4 × 12s
Prone Y raise ► Watch tutorial	Face down, arms in a Y shape overhead. Lift your arms off the floor and hold briefly at the top. Targets the lower trapezius — an often-neglected muscle that keeps your posture from rounding forward.	3 × 10

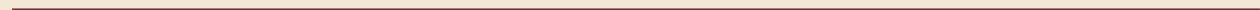
DAY 7 — REST & RECOVERY

The warrior who rests is the warrior who endures. Walk, stretch, or practice light mobility. No loading this day.



Progression Lore

When 3 sets feel comfortable, slow the lowering phase to 3–4 seconds before adding reps. Controlled negatives build more strength than rushing through extra reps. Patience is the oldest form of power.



Created by
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