

The Best Bodyweight 12 Week Calisthenics Program

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Week 1

- **Training Days:** Monday, Tuesday, Thursday, and Friday
- **Training Duration:** 30 minutes
- **Total Rounds:** Three (3)
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Muscle Worked	Reps
Pull-ups	Back	AMRAP
Push-ups	Chest	20
Squats	Legs	20
Pike pushup	Shoulder	10
Glute Kickback	Glutes	20
Plank	Core	1-min
Chair Dips	Triceps	10

- Here AMRAP means As many reps as possible.

Week 2

- **Frequency:** 4 Days a week (Mon, Tue, Thur, and Fri)
- **Session of one Duration:** 30 minutes
- **Number of Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Muscle Worked	Reps
Burpees	Integrated Full Body	AMRAP
Dive Bomber Push-ups	Upper Body	15

Chin-ups	Back and Biceps	AMRAP
Shoulder Tap	Shoulder	20
Russian Twist	Core	20
Lunges	Legs	10/side
Standing Calf raises	Calves	20

Week 3

- **Frequency:** 4 Days a week
- **Daily Workout Duration:** 45 minutes
- **Total Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Muscle Worked	Reps
Wall Sits	Legs	10
Wide arm push-up	Chest	15
Floor IYT Raises	Back and Shoulder	10
L-Sit	Abs	10-15 sec
Reverse Lunges	Legs	10/side
Hollow Body Crunch	Core	10-15 sec
Bird Dog Plank	Core and Back	20
Glute Bridge	Glute	10
Lying Windshield Wiper	Core	10

Week 4

- **Training Days:** Monday, Tuesday, Thursday, and Friday
- **Workout Duration:** 45 minutes
- **Total Rounds:** 3
- **Rest Between Exercises:** 30-45 seconds
- **Rest Between Rounds:** 2 minutes

Exercises	Targeted Muscle	Reps/Time
Pull-ups	Back	AMRAP
Mountain Climber	Core	20-30 sec
Push-ups	Chest	20
Single-Leg Squats	Legs	10/side
Hanging Leg Raises	Core	10
Pike pushup	Shoulder	10
Glute Kickback	Glutes	10
Plank	Core	1-min
Side Plank	Core	10

Week 5

- **Number of Training Days in a Week:** Four (Mon, Tue, Thur, and Fri)
- **Daily Workout Session:** 45 minutes
- **Total Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Targeted Muscle	Reps/Time
Burpees	Integrated Full Body	AMRAP
Bench Dips	Triceps	20-30 sec
Pistol Squats	Legs	10/side
Single-Leg Tuck-up	Legs	10
Lateral Lunges	Legs	10
Wall Handstand Pushup	Shoulder	10
Knuckle pushup	Glutes	10
Nordic Hamstring Curl	Hamstring	1-min
Shoulder Tap	Shoulder	10

Week 6

- Training Days: Monday, Tuesday, Thursday, and Friday
- Workout Duration: 45 minutes
- Total Rounds: 3
- Rest Between Exercises: 30-45 seconds
- Rest Between Rounds: 2 minutes

Exercises	Targeted Muscle	Reps/Time
Staggered Push-Up	Chest	10
Australian Pull-Ups	Back, Biceps	10
V Ups	Core	10
Bird Dog Plank	Core, Lower Back	10-15 sec
Dive Bomber Push-ups	Chest	10
Hollow Body Crunch	Core	10
Jump Squats	Legs	10
Glute Kickback	Glute	10
Floor IYT Raises	Back and Shoulder	10
Lying Windshield Wiper	Core	10

Week 7

- Number of Training Days: Five (Except Thursday and Sunday)
- Workout Duration: 45 minutes
- Total Rounds: 3
- Rest Between Exercises: 30-45 seconds
- Interval Time Between Rounds: 2 minutes

Exercises	Targeted Muscle	Reps/Time
Handstand Push-ups	Shoulder	10
Shuttle runs	Full Body	20-30 sec
Pseudo planche	Upper Body	10
Pistol Squat	Legs	10-15 sec
Burpees	Total Body	10
Single-Leg Tuck-up	Abs	10
Mountain Climber	Abs	20-30 sec
Plank	Abs	1-2 min
Side Plank	Oblique	30-45 sec
One-leg RDL	Posterior Chain Muscle	10/side

Week 8

- Number of Training Days: 5 Days a Week
- Workout Duration: 45 minutes
- Total Rounds: 3
- Rest Between Exercises: 30-45 seconds
- Interval Time Between Rounds: 2 minutes

Exercises	Targeted Muscle	Reps/Time
Knuckle pushup	Chest, Arms	15
Reverse Lunges	Legs	10/side
Single-Leg Floor Dips	Upper Body	10/side
Reverse Crunches	Abs	20
One-Arm push-Up	Upper Body	6/side
Dragon Flag	Abs	6-10
Shoulder Tap	Upper Body	15-20 sec
Plank	Core	10/side

Week 9

- **Frequency:** 5 times a week (Mon, Tue, Wed, Fri, and Sat)
- **Daily Workout Duration:** 60 minutes
- **Total Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Targeted Muscle	Reps/Time
Handstand Push-ups	Shoulder	10
Hollow Body Crunch	Core	15
Pseudo planche Push-up	Arms, Chest, Shoulder	15
Burpees	Total Body	15
Hanging Leg Raises	Core	15
Nordic Hamstring Curl	Hamstring	10
Pistol Squat	Legs	10/side
Negative Pullup	Upper Body	10

Week 10

- **Workout Days:** Mon, Tue, Wed, Fri, and Sat
- **One Session Duration:** 60 minutes
- **Total Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Muscles Worked	Reps/Time
Clap Pushup	Upper Body	10
Bird Dog Plank	Core	10-15 sec
L Pull-ups	Upper Body	6-10
Tabletop Dips	Triceps	15-20
Dragon Flag	Core	8-12
Side Plank to Reach Under	Core	8-12
Chin Ups	Back, Biceps	10-15
Archer Push-up	Upper Body	15

Week 11

- **Workout Days:** Mon, Tue, Wed, Fri, and Sat
- **One Session Duration:** 60 minutes

- **Total Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Interval Time Between Rounds:** 2 minutes

Exercises	Muscles Worked	Reps/Time
Toes to Bar	Upper Body	10
Muscles up	Upper Body	10
Planche Push-up	Arms, Chest, Shoulder	10
Front Lever	Total Body	10
Squat Jump	Leg	15
Locust Pose	Total Body	10-15 sec
Hanging Windshield Wiper	Core	10/side
Plank	Core	1-2 min

Week 12

- **Training Days:** Mon, Tue, Wed, Fri, and Sat
- **Daily Workout Duration:** 60 minutes
- **Number of Rounds:** Three
- **Rest Between Exercises:** 30-45 seconds
- **Rest Time Between Rounds:** 2 minutes

Exercises	Muscles Worked	Reps/Time
One-Arm push-Up	Upper Body	10/side
Muscles up	Upper Body	10
Pistol Squat	Leg	10-15
Handstand Push-ups	Shoulder	10-15
Hanging Knee Raises	Core	15
Burpees	Total Body	15
Dragon Flag	Core	8-10
Bird Dog Plank	Core	30-45 sec

12 Week calisthenics workout plan

FAQs

How Many Times A Week Should You Train Calisthenics?

Depending on how quickly your muscles recover, how much rest/sleep you get, and how intensely you train, you can do calisthenics exercises three to six times a week. If you're a beginner, you can do calisthenics training three

times a week, and once you develop your overall fitness, you can increase the frequency to four to five days.

Can You Build Muscle with Only Calisthenics?

Yes, calisthenics is a comprehensive training program that includes various exercises, from [isometric](#) to plyometric. And those exercises help build lean mass and strengthen and tone muscles. However, you won't build significant mass as weight training does. Nevertheless, calisthenics is excellent for overall fitness. It helps improve strength, balance, flexibility, endurance, and overall body composition but won't make you giant.

Will Calisthenics Help Me Lose Weight?

Exercise is not the remedy for weight loss, but it positively impacts reducing body fat percentage. In addition, it helps build lean mass, increase strength and improve cardiovascular fitness. And if you restrict your calorie consumption, the calisthenics exercises may help speed up weight loss over time.

You can do more specific [calisthenics workouts for weight loss](#).

Is Calisthenics Better Than Weights?

Calisthenics and weight training are unlike, so we can't compare them with each other.

Calisthenics teaches us how to use our own bodyweight to develop lean mass, flexibility, mobility, speed, strength, and endurance with little to no equipment. In contrast, weight training primarily builds muscles and strength using several types of equipment such as dumbbells, barbells, machines, and weight plates.

It depends on your fitness goal; if you want to improve your body movements, you can do calisthenics workouts. And if you're going to [build strength and mass](#), you can do weight lifting.

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)