

# Calisthenics Workout Program For Intermediate

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Article Link - [Thefitnessphantom.com/calisthenics-workout-plan-with-pdf/](#)

- **Monday** – Chest, Shoulder, Triceps, Quadriceps, and Calves
- **Tuesday** – Back, Biceps, Core, Hamstrings, and Glutes
- **Wednesday** – Full Body
- **Thursday** – Rest
- **Friday** – Chest, Shoulder, Triceps, Quadriceps, and Calves
- **Saturday** – Back, Biceps, Core, Hamstrings, and Glutes
- **Sunday** – Rest

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

Exercise	Muscles Worked	Reps
Standard Push-Ups	Chest and Triceps	20 x 2
Parallel Bar Dips	Triceps and Chest	20 x 2
Pike Push-Ups	Shoulder and Triceps	10 x 2
Handstand/Wall Push-ups	Shoulder and Triceps	10 x 2
Triangle Pushup	Triceps	10 x 2
Squat Jumps	Quads	20 x 2
Jumping Split Squat	Quads	15 x 2
Lateral Lunges	Quads and Hams	10 x 2
Standing Calf Raises	Calves	10 x 2

## Tuesday – Back, Biceps, Core, Hamstrings, and Glutes

Exercise	Muscles Worked	Reps
Pullups	Back and Biceps	10 x 3
Inverted Row	Back and Biceps	10 x 3
Elevated Inverted Rows	Back and Rear Delt	10 x 3
Chinups	Biceps and Back	10 x 3

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Nordic Hamstring Curl	Hamstring	10 x 3
Single-Leg RDL	Hamstring and Glute	10 x 2
Glutes Bridge	Glute	10 x 2
Plank	Core	1-2 min
Side Plank	Core	30-sec
Bird Dog Plank	Core	15-sec x 2

### **Wednesday – Full Body**

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
High knees	Full Body	30-sec
Burpees	Full Body	10 x 2
Jump Squat	Full Body	10 x 2
Lateral Squat	Lower Body	10 x 2
Wide Arm Pushup	Chest	10 x 2
Bar Dips	Chest and Triceps	15 x 2
Pike Pushup	Shoulder	10 x 2
Pullup	Back and Biceps	15 x 2
Floor IYT Raises	Back and Rear Delt	8 x 2
Chinups	Biceps and Back	15 x 2
Mountain Climbing	Core	30-sec
Hanging Leg Raise	Core	10 x 2
Hanging Windshield Wiper	Core	10 x 2
Plank	Core	1-2 min
Side Plank	Core	20-30 seconds
Hanging Knee Raise	Core	10 x 2

### **Friday – Chest, Shoulder, Triceps, Quadriceps, and Calves**

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Standard Push-Ups	Chest and Triceps	20 x 2
Narrow Grip Pushup	Chest and Triceps	20 x 2
Handstand/Wall Push-ups	Shoulder and Triceps	10 x 2
Bench Dips	Triceps	10 x 2
Dive Bomber Push-ups	Shoulder and Chest	10 x 2
Sumo Squat	Quads	20 x 2
Jumping Split Squat	Quads	15 x 2
Lateral Lunges	Quads and Hams	10 x 2
Standing Calf Raises	Calves	10 x 2

### Saturday – Back, Biceps, Core, Hamstrings, and Glutes

<b>Exercise</b>	<b>Muscles Worked</b>	<b>Reps</b>
Pullups	Back and Biceps	10 x 3
Inverted Row	Back and Biceps	10 x 3
Elevated Inverted Rows	Back and Rear Delt	10 x 3
Chinups	Biceps and Back	10 x 3
Nordic Hamstring Curl	Hamstring	10 x 3
Single-Leg RDL	Hamstring and Glute	10 x 2
Glutes Bridge	Glute	10 x 2
Lying Leg Raises	Core	1-2 min
V ups	Core	30-sec
Hollow Body Crunch	Core	15-sec x 2
Front and Side Plank	Core	Do it as per your strength

You can see more calisthenics exercises

1. [Calisthenics Full Body Workout, Routine, And PDF](#)

2. [Calisthenics Push Workout For Beginner](#)
3. [The Best Calisthenics Chest Workout](#)
4. [The Best Calisthenics Back Workout And Exercises](#)
5. [Calisthenics Pull Workout \(The 9 Best Exercises\)](#)
6. [Calisthenics Ab Exercises \(The 10 Best Workout\)](#)
7. [Best Calisthenics Shoulder Workout \(10 Exercises\)](#)
8. [Calisthenics For Weight Loss \(Workout And Plan\)](#)

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