Calisthenics Workout

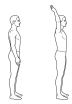
A pull up bar and the floor: pull ups, push ups, a split squat, pike presses and hanging knee raises for strength with your own weight.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Full body	Intermediate	45 min	None

WARM UP

Once through, at an easy pace

Arm Circles



30 s

Scapular Pull-Up



8 reps

Bodyweight Squat



10 reps

Inchworm

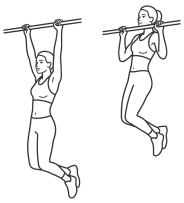


4 reps

MAIN

All sets of a move, then the next

1 Pull-Up

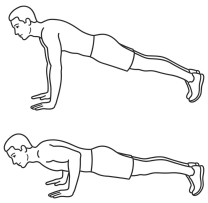


4 × 5-8

rest 120 s

Not there yet? Five slow negative pull ups instead

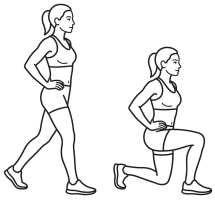
2 Push-Up



4 × 10-15

rest 90 s

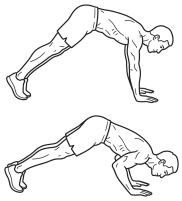
3 Split Squat



3 × 10

each side · rest 60 s

4 Pike Push-Up

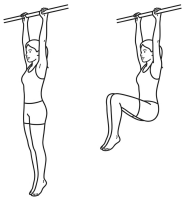


3 × 8

rest 90 s

Hips high; the head lowers toward the hands

5 Hanging Knee Raise

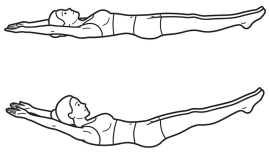


3 × 10

rest 60 s

No swing; curl the hips up

6 Hollow Hold



3 × 30 s

rest 45 s

COOL DOWN

Once through, at an easy pace

Dead Hang



30 s

Kneeling Lat Stretch



30 s

each side

Standing Pectoral Stretch



30 s

each side

Child's Pose



45 s