

7-Day Calisthenics Workout Plan				
Day	Focus	Warm-Up 5 min	Workout	Cool Down 5 min
Day 1	Upper Body Strength (Intense)	Shoulder mobility drills Shoulder Dislocates, Scapular Retraction, Wall Angels, Shoulder Taps	1. Pull-Ups (Varied Grips) - 4 sets of 6-8 reps 2. Push-Up Variations (Diamond, Archer, or Explosive) - 4 sets of 10-12 reps 3. Planch Leans - 3 sets of 10-15 seconds hold 4. Bodyweight Dips (using a chair) - 3 sets of 10-12 reps 5. Inverted Rows - 4 sets of 8-10 reps 6. Reverse Plank Hold - 3 sets of 20-30 seconds	Shoulder stretches, Pelvic floor
Day 2	Core and Mobility (Low-Intensity) Include 6km run	Dynamic stretching	1. Hollow Body Hold - 4 sets of 20-30 seconds 2. Plank to Side Plank Transitions - 3 sets of 30 sec each side 3. Superman Raises - 3 sets of 15 reps 4. Hanging Leg Raises - 3 sets of 8-10 reps 5. Reverse Plank Hold - 3 sets of 20-30 sec	Pelvic floor , Gentle stretching focusing on back and shoulders
Day 3	Full Body Strength (Intense)	Jumping jacks and dynamic stretches	1. Pistol Squats (assisted if needed) - 3 sets of 6-8 reps per leg 2. Pull-Ups (Wide Grip) - 4 sets of 5-7 reps 3. Decline Push-Ups - 4 sets of 10-12 reps 4. Bulgarian Split Squats (using a chair) - 3 sets of 8-10 reps per leg 5. Hanging Knee Raises - 3 sets of 10-12 reps	Pelvic floor , Stretching for legs and back
Day 4	Active Recovery (Low-Intensity) Include 12km run	Light cardio	1. Shoulder Dislocates (using a towel or stick) - 3 sets of 15 reps 2. Gentle Yoga/Stretching - 20 min 3. Light core work (e.g., bird dogs, dead bugs) - 3 sets of 10 reps	Pelvic floor , Deep breathing and relaxation exercises
Day 5	Arm and Shoulder Focus (Intense)	Arm circles and shoulder mobility drills Shoulder Dislocates, Scapular Retraction, Wall Angels, Shoulder Taps	1. Planch Leans - 3 sets of 10-15 seconds hold 2. Pike Push-Ups - 4 sets of 10-12 reps 3. Diamond Push-Ups - 4 sets of 10-12 reps 4. Tricep Dips (using a chair) - 4 sets of 10-12 reps 5. Reverse Plank Hold - 3 sets of 20-30 seconds	Pelvic floor , Shoulder and tricep stretches
Day 6	Flexibility and Mobility (Low-Intensity)	Light dynamic stretching	1. Deep Squat Hold - 3 sets of 30-45 sec 2. Cat-Cow Stretches - 3 sets of 10 reps 3. Shoulder Mobility Drills - 3 sets of 15 reps 4. Hamstring Stretches - 3 sets of 30 sec per side 5. Hip Flexor Stretches - 3 sets of 30 sec per side	Pelvic floor , Gentle stretching, deep breathing
Day 7	Full Body Circuit (Intense)	High knees and arm circles	1. Pull-Ups - 3 sets of 6-8 reps 2. Push-Ups (any variation) - 3 sets of 12-15 reps 3. Bodyweight Squats - 3 sets of 15-20 reps 4. Plank with Shoulder Taps - 3 sets of 10 taps per side 5. Burpees - 3 sets of 10-12 reps	Pelvic floor , Full body stretch focusing on hips, shoulders, and back