

# Beginner Calisthenics Routine

This guide provides a step-by-step approach to beginning calisthenics, focusing on bodyweight exercises suitable for all fitness levels. It includes instructions on how to perform basic movements and how to progress in complexity and intensity over time.

## Step 1: **Warm-Up**

Start with a 5 to 10-minute dynamic warm-up to prepare your muscles and joints for exercise. Include movements like arm circles, leg swings, and jumping jacks.

## Step 2: **Foundation**

Perform foundational exercises that target major muscle groups. These can include push-ups, squats, and chin-ups. Begin with 2 sets of 5 to 10 repetitions for each exercise.

## Step 3: **Skill Work**

Incorporate skill-based exercises such as handstands or L-sits. Spend 5 to 10 minutes practicing these skills, focusing on form and control.

## Step 4: **Core Training**

Strengthen your core with exercises like planks, leg raises, or mountain climbers. Aim for 2 to 3 sets of 10 to 15 repetitions.

## **Step 5: Progressions**

As exercises become easier, progress to more challenging variations or increase the number of sets and repetitions. Keep a workout log to track your advancements.

## **Step 6: Cool Down**

End your session with a 5 to 10-minute cool down consisting of static stretching to increase flexibility and help with muscle recovery.

# **General Notes**

## **Rest Periods**

Take 1 to 2 minutes of rest between sets to ensure proper recovery.

## **Frequency**

For beginners, aim to perform this routine 2 to 3 times per week on non-consecutive days to allow for muscle recovery.

## **Hydration**

Stay hydrated throughout your workout by drinking water before, during, and after exercise.

## **Nutrition**

Fuel your workouts with a balanced diet rich in protein, carbohydrates, and healthy fats. Consider consulting a nutritionist for a personalized meal plan.

## **Consult Professional**

Before starting any new workout regimen, consult with a healthcare provider or certified fitness professional, especially if you have any pre-existing health conditions.

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