



The 8 Week Beginner Calisthenics Plan

No equipment. Just a floor, a wall, a chair, and an optional table.

How to use this plan: Take the level test below, then train 3 days a week on non-consecutive days for 8 weeks. Each exercise has 3 levels, and you only move up when you've earned it (see the rule on page 3). Log every session on page 4 so you always know what to do next.

Before you start: If you have an injury, a heart condition, or haven't exercised in a long time, check with your doctor first.

Step 1: Take the Level Test

Warm up, then do one set of each test at Level 2 with good form. Stop when your form breaks. Rest 2 to 3 minutes between tests.

TEST (DONE AT LEVEL 2)	START AT LEVEL 1	START AT LEVEL 2	TRY LEVEL 3
Incline push ups	Fewer than 5	5 to 15	More than 15, then test floor push ups: 5+ means Level 3
Door frame rows	Fewer than 8	8 to 15	More than 15
Bodyweight squats	Fewer than 10	10 to 25	More than 25
Paused glute bridges	Fewer than 8	8 to 15	More than 15
Forearm plank	Under 20 sec	20 to 45 sec	Over 45 sec

My starting levels: Push ____ Pull ____ Squat ____ Hinge ____ Core ____

5 Minute Warm Up (every session)

March in place 1 min, arm circles 10 each way, hip hinges 10, chair sit to stands 8, wall push ups 8, floor lat pulls 8.





Step 2: Know Your Exercises

Three levels for each of the five movement patterns

PATTERN	LEVEL 1	LEVEL 2	LEVEL 3	FORM CUE
Push	Wall push up	Incline push up (table, or chair against a wall)	Floor push up	Glutes tight, elbows back at 45 degrees, chest close to the surface
Pull	Floor lat pull (face down, pull elbows to ribs)	Door frame row	Table row (knees bent, then straight legs)	Lead with elbows, shoulders down, body straight
Squat	Chair sit to stand	Bodyweight squat	Reverse lunge	Knees over toes, heels down, chest tall
Hinge	Glute bridge	Paused glute bridge (3 sec hold)	Single leg glute bridge	Squeeze glutes, ribs down, push through heels
Core	Incline plank	Forearm plank	Plank with shoulder taps	Glutes tight, push the floor away, keep breathing

Stepping stones: Knee push ups sit between incline and floor push ups. Knee planks sit between incline and forearm planks.

Safety Checks

- **Table rows:** Heavy, solid tables only. No glass, folding, pedestal, or extendable tables. Pull hard on the edge from the side first. If it lifts, shifts, or creaks, use door frame rows instead. Grip near a table leg.
- **Door frame rows:** Grip a solid frame, never the door, a handle, or loose trim.
- **Chairs:** Always push the chair against a wall so it can't slide.
- **Pain:** Joint pain means drop a level for that session. Muscle burn is fine.



Step 3: Your Week and Your 8 Weeks

Three full body sessions a week, one rule for moving up

MON	TUE	WED	THU	FRI	SAT	SUN
Workout	Rest or walk	Workout	Rest or walk	Workout	Rest or walk	Rest

The Workout

ORDER	EXERCISE (YOUR LEVEL)	SETS	REPS OR TIME	REST
1	Squat	3	8 to 12	60 to 90 sec
2	Push	3	8 to 12	60 to 90 sec
3	Hinge	3	8 to 12	60 to 90 sec
4	Pull	4	8 to 12	60 to 90 sec
5	Core	3	15 to 30 sec	60 sec

Lower every rep over 2 to 3 seconds. End every set with 2 to 3 good reps left. Single leg moves are reps per side.

The 8 Week Progression

WEEK	SETS X REPS (HOLDS)	PULL SETS	NOTES
1	2 x 8 to 12 (15 to 30 sec)	3	Learn the movements
2	3 x 8 to 12 (15 to 30 sec)	4	Full workout
3	3 x 8 to 12 (15 to 30 sec)	4	Apply the progression rule
4	3 x 8 to 12 (15 to 30 sec)	4	Session 3 = RETEST
5	3 x 8 to 15 (20 to 45 sec)	4	Phase 2
6	3 x 8 to 15 (20 to 45 sec)	4	Keep progressing
7	3 x 8 to 15 (20 to 45 sec)	4	Level 3: 4 second lowering
8	3 x 8 to 15 (20 to 45 sec)	4	Session 3 = FINAL RETEST

The progression rule: Hit the top of the rep range on every set for 2 sessions in a row? Move that exercise up one level and restart at the bottom of the range. Already at Level 3? Slow the lowering to 4 seconds or add a 2 second pause.

Back off when: you feel joint pain (drop a level), you miss a week (repeat your last completed week), or you're sore 3 days later (cut one set per exercise).

Graduation standards (week 8): 3 x 12 floor push ups. 3 x 12 table rows or 3 x 15 door frame rows. 3 x 10 reverse lunges per leg. 3 x 12 single leg bridges per leg. 60 second forearm plank.





Step 4: Your 8 Week Log

Write the level and your reps for each set, for example: L2 12/11/10

WEEK	SESSION	DATE	SQUAT	PUSH	HINGE	PULL	CORE
1	1						
1	2						
1	3						
2	1						
2	2						
2	3						
3	1						
3	2						
3	3						
4	1						
4	2						
4	RETEST						
5	1						
5	2						
5	3						
6	1						
6	2						
6	3						
7	1						
7	2						
7	3						
8	1						
8	2						
8	FINAL RETEST						



Track your training free in the Superhuman Strength app

Superhuman Strength is a free calisthenics app that helps with your training and progressions. Scan the code or visit:

superhumanstrength.org/mobile-app

