



CALISTHENICS BEAST WORKOUT

Workout Summary: Dumbbell Only - Beginner & Intermediate

Workout Focus: Strength, Endurance, Mobility

Program Length: 6-8 Weeks

Equipment Needed: Pull Up Bar, Bench

WARM UP

CHOOSE ONE OF THE FOLLOWING
WARMUPS BEFORE EACH WORKOUT

General Warmup		
Exercise	Duration	Notes
Walk/Jog	10 Minutes	Light to Moderate Pace
Dynamic Mobility	5 Minutes	30 Second Rotations Body Weight Squats Lunges with Torso Rotation Arm Circles Knee Circles Shoulder Rolls

ROUTINE

DAY 1: UPPER BODY & CORE

Exercise	Sets	Repetitions
Incline Push-Ups	4	8-12
Negative Push-Ups	4	6-10
Assisted Pull-Ups (Using Band or Jumping Into It)	4	4-8
Superman Hold	3	20 Seconds
Plank Hold	4	30-45 Seconds
Side Plank	3	20 Seconds (Per Side)
Leg Raises	4	10

FINISHER: LOW PUSH-UP HOLD (3 SETS - 30 SECONDS)

DAY 2: REST OR WEIGHT TRAINING

DAY 3: LOWER BODY & CORE

Exercise	Sets	Repetitions
Body Weight Squats	4	12-15
Step Ups	4	10 (Per Leg)
Glute Bridges	4	12-15
Calf Raises	4	15-20
Wall Sit	3	30 Seconds
Side Plank	3	20 Seconds (Each Side)
Seated Knee Tuck	4	12

FINISHER: BODY WEIGHT SQUAT HOLD (3 SETS - 30 SECONDS)

DAY 4: REST OR WEIGHT TRAINING

DAY 5: FULL BODY STRENGTH & MOBILITY

Exercise	Sets	Repetitions
Knee Push-Ups	4	10-12
Negative Pull-Ups	4	4-6
Wall Push-Ups	4	12
Single Leg Glute Bridges	4	10 (Per Side)
Lunges	4	10 (Per Side)
Hollow Body Hold	3	20 Seconds
Bicycle Crunches	4	12 (Per Side)

FINISHER: JUMPING JACKS (2 MINUTES)

