



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



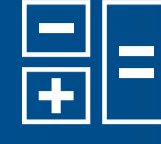
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CALISTHENICS FOR LIFTERS: 12 WEEK WORKOUT TO IMPROVE PERFORMANCE

Use your bodyweight to burn some serious calories. Take your fitness and physique to the next level with this 12 week calisthenics workout designed specifically for lifters.

Link to Workout: <https://www.muscleanstrength.com/workouts/calisthenics-workout-to-improve-performance>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 2 Day

Time Per Workout: 25-35 Mins

Equipment: Bodyweight

Target Gender: Male & Female

Author: [Roger "Rock" Lockridge](#)

Calisthenics Workout 1: Upper Body Giant Set

Exercise	Sets	Reps	Rest
Push Up	3	30s	None
Superman	3	30s	None
Zottoman Hand Curl	3	30s	None
Side Bend	3	30s	None
Sit Up	3	30s	2 minutes

**Rest for 2 minutes after sit-up's and repeat from the top for 3 rounds.*

Calisthenics Workout 1: Lower Body Giant Set

Exercise	Sets	Reps	Rest
Squat Jump	3	30s	None
Lunge	3	30s	None
Straight Leg Toe Touch	3	30s	None
Calf Raise	3	30s	None
Mountain Climber	3	30s	2 minutes

**Rest for 2 minutes after mountain climbers and repeat from the top for 3 rounds.*

Calisthenics Workout 2: Full Body Circuit

Exercise	Sets	Reps	Rest
Push Up	4 - 8	10	None
Superman	4 - 8	10	None
Sit-Up	4 - 8	10	None
Zottoman Hand Curl	4 - 8	10	None
Mountain Climber	4 - 8	10	None
Side Bend	4 - 8	10	None
Squat Jump	4 - 8	10	None
Lunge	4 - 8	10	None
Straight Leg Toe Touch	4 - 8	10	None
Calf Raise	4 - 8	10	2 minutes

**Rest for 2 minutes after sit-up's and repeat from the top for 4-8 rounds.*