Calisthenics Workout Plan

Plan movement choices, record sets and compare four week blocks.



WHY IT HELPS

A calisthenics workout plan organizes bodyweight exercise choices and gives you a record of the work you actually complete. This printable separates push, pull, legs and core, then brings them together in a four week session record. Write the exercise versions and amounts from your routine before starting the block.

HOW TO USE IT

Choose	Write one version for push, pull, legs and core, including setup and amounts.
Schedule	Choose the session days for your four week block.
Record	Write sets and notes after each session, including changes in equipment or support.

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Keep the exercise version beside each set count.

Example: Morgan's block

Movement choices

Area	Version	Block review
Push	Incline push up	Try a lower surface
Pull	Band row	Repeat this version
Legs	Split squat	Keep same support
Core	Dead bug	Repeat with slower reach

Weekly schedule

Monday, Wednesday and Friday after work.

Four week record

Nine of twelve sessions recorded. Push and core felt more familiar. Keep the same band for rows.

My movement choices

Block dates

Four movement areas

Area	Exercise version	Sets and reps	Setup
Push			
Pull			
Legs			
Core			

Weekly session days and preparation

What I want to practice

My four week record

Sessions

Week and date	Push	Pull	Legs	Core	Note

Changes during this block

My exercise comparison

Start and finish

Area	Starting version and set	Final version and set	Next choice

What stayed consistent

What changed in the setup

Calisthenics block review

What became easier to repeat

My next four week plan

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.