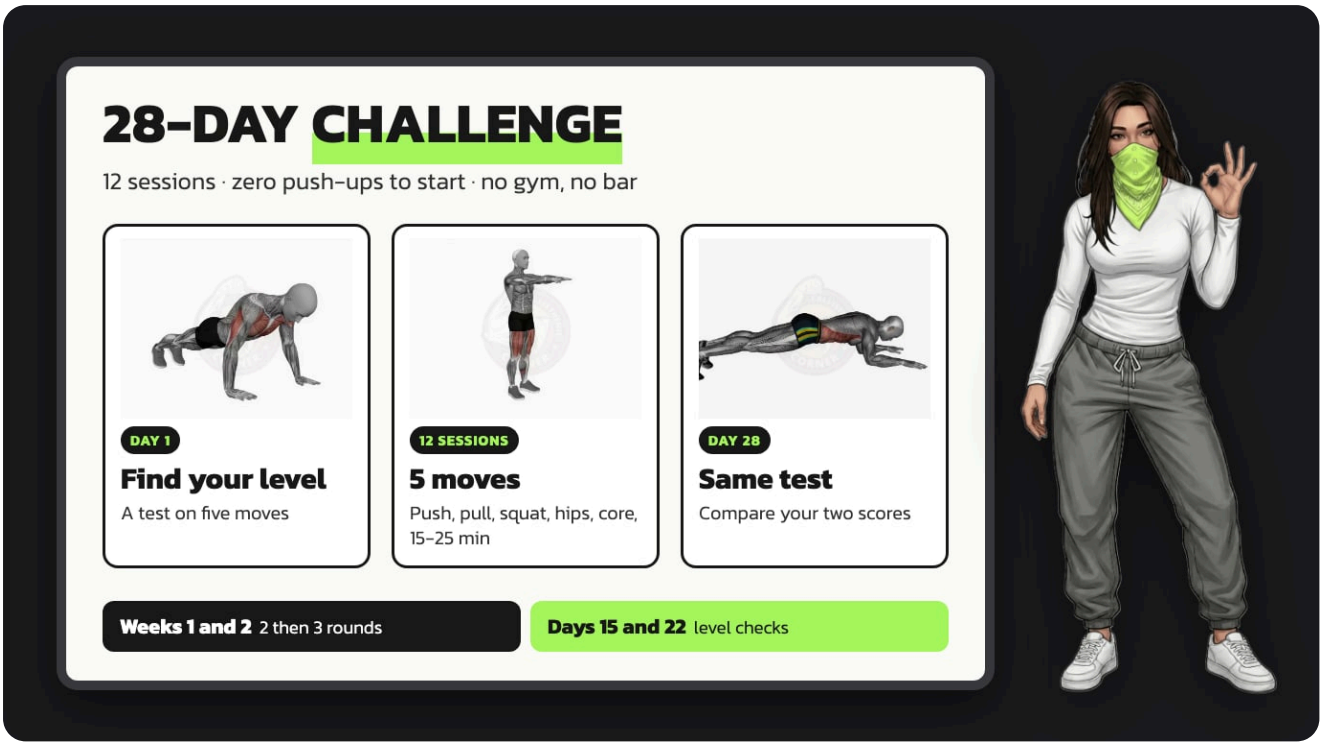
CALISTHENICS CORNER



One instruction for each day of the month, a box to check, and the same test on day 1 and day 28. You can start with zero push-ups.

IN THIS PDF

p. 2 Day 1: find your level

p. 3 The calendar, to check off

p. 4 The session, week by week, missed days

p. 5 Your scores, to fill in

p. 6 Your session log

DURATION	SESSIONS	SESSION	EQUIPMENT
28 days	**12**	**15-25 min**	**None, a table helps**

calisthenics-corner.com/programs/28-day-calisthenics-challenge/

Day 1: find your level

Each move has four levels. You'll probably land on different levels for different moves. Plan on 20 to 30 minutes, and warm up first (below).

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Push	 Wall push-up	 Hands on a counter	 Knee push-up	 Full push-up
Pull	 Superman hold	 Table row, knees bent	 Table row, legs straight	 Table row, feet on a chair
Squat	 Stand up from a chair	 Air squat	 Air squat, 3-second pause at the bottom	 Reverse lunge
Hips	 Glute bridge	 Bridge, 2-second hold at the top	 One-leg bridge	 One-leg bridge, 2-second hold
Core	 Dead bug	 Knee plank	 Plank	 High plank, shoulder taps

Warm-up, about 3 minutes: 30 seconds each of arm circles, marching in place, slow squats (down to a chair if you need it), hip hinges (hands on your thighs, push your hips back) and wall push-ups. Then start at level 1 on each move, with a minute of rest after every set.

1. Do one set, stopping at 12 clean reps or 30 seconds. A clean rep has the full range, with no sagging and no rushing.
2. If you hit 12 reps or 30 seconds, try the next level. On level 4, keep going until your form slips and write down the number.
3. If you stop at 8 to 11 reps, or 20 to 29 seconds, that's your level.
4. If you get less than that, your level is the one before. On level 1, stay there and do what you can.

Superman holds and the two planks count in seconds. A dead bug or shoulder tap rep means both sides. One-leg bridges and lunges count per leg. For the level 4 row, set your heels on a chair that won't slide.

Soreness or pain: mild soreness that fades as you warm up is fine to train through. Sharp pain, or pain in a joint, means dropping to the level below for that move, or skipping it on level 1.

Your score

Write down the last version you tried and your number on page 5. Say you do 12 wall push-ups, 12 on the counter and 4 on your knees: your score is "knee push-ups, 4", and you train at level 2 because 4 reps is under the minimum of 8.

A light table can tip onto you

A row hangs your weight from one edge. To test the table, crouch at that edge, hold it with both hands and slowly lean back until it carries most of your weight, feet still on the floor. If a leg lifts, or the table slides or flexes, stop and don't row under it. Look for a heavy table with a leg at each corner. Rule out folding tables, sawhorse tables, tables with extension leaves, tables on wheels, pedestal tables and glass tops. No table: stay on the superman hold, add 5 seconds each week, even past the 30-second mark, and on test days hold as long as you can.

The 28-day calendar

Check the box when the day is done. Days are numbered, not dated: start on any day of the week. Session days move around the week. If one doesn't fit, add a rest day and push the rest back.

Week 1 · 2 rounds

1	2	3	4	5	6	7
Test	Easy	Session 1	Rest	Session 2	Easy	Session 3

Week 2 · 3 rounds

8	9	10	11	12	13	14
Rest	Session 4	Easy	Session 5	Rest	Session 6	Easy

Week 3 · 3 rounds

15	16	17	18	19	20	21
Session 7 **Level check**	Rest	Session 8	Easy	Session 9	Rest	Easy

Week 4 · 3 rounds, 2 on session 12

22	23	24	25	26	27	28
Session 10 **Level check**	Easy	Session 11	Rest	Session 12	Rest	Test

Test 20–30 min · **Session** 15–25 min · **Easy** a 10- to 15-minute walk · **Rest** nothing to do, check the box anyway

The session

The same five moves, as a circuit: one set of each, 45 seconds of rest between moves, then back to the top. Five moves make one round: about 7 minutes. Start with the warm-up from page 2, for about 17 minutes in all with 2 rounds and 24 with 3. Stop each set one or two reps before your form goes. The range starts at 5, below the 8 you needed on the test, because later rounds are tired rounds. Add a rep or a few seconds when a set feels easy.

5 moves at your level
2 OR 3 ROUNDS



Push, at your level
5–12 reps · rest 45 s



Pull, at your level
5–12 reps or 10–30 s · rest 45 s



Squat, at your level
5–12 reps · rest 45 s



Hips, at your level
5–12 reps · rest 45 s



Core, at your level
5–12 reps or 10–30 s · rest 45 s

Week by week

WEEK	SESSIONS	ROUNDS	WHAT CHANGES
1	1 to 3	2	You learn the moves. Any number in the range is fine
2	4 to 6	3	One more round, same levels
3	7 to 9	3	Level check on day 15
4	10 to 12	3, then 2 on session 12	Level check on day 22. The short last session keeps you fresh for the test

Level check: days 15 and 22

The only days you move up. Before that day's session, read your log (page 6). Any move where you reached 12 reps or 30 seconds in every round of your last session goes up one level. On level 4, slow down instead: take 3 seconds on the way down, or pause for a second on each shoulder tap. A new level should feel hard: three to five reps, or about 10 seconds, is normal that first session, so stay on it until the session ends, unless it hurts. After that, you can move down on any day: if a set falls under 5 reps or 10 seconds, switch that move to the level below for the rest of the session and stay there until the next check or the final test. On level 1, do what you can.

If you miss a day

Pick up at the first empty box. A rest or easy day: check it off and move on. A session: do it on your next free day and push the rest back, never two in one day. After several missed sessions, restart from the first one you missed. More than a week off: go back to the first session of the week you were in, without redoing the test.

Your scores

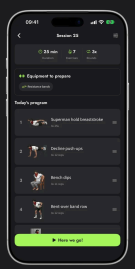
Write the last version you tried and your number, for example "knee push-ups, 4". On day 28, start one level below the one you trained at, or at level 1.

MOVE	DAY 1: SCORE	LEVEL YOU TRAIN AT	DAY 15: LEVEL	DAY 22: LEVEL
Push				
Pull				
Squat				
Hips				
Core				

MOVE	DAY 28: SCORE	WHAT CHANGED
Push		
Pull		
Squat		
Hips		
Core		

After day 28

5 push-ups in a row, knees allowed, and a 30-second plank: move on to the 4-week military calisthenics plan. Not there yet on one of them: run the calendar again from day 2 with your new levels, your day 28 test counts as the next day 1.



IOS AND ANDROID APP

Keep going after day 28

The app sets today's session and uses the reps you log to adjust the next one. Pick a female or a male coach.

Download on the App Store

Get it on Google Play

Your session log

One box per round: write your reps, or your seconds on a hold. On days 15 and 22, the numbers from your last session decide which moves go up a level. If you move down, write the new level next to your numbers.

SESSION	PUSH	PULL	SQUAT	HIPS	CORE
Session 1 Day 3	☐☐	☐☐	☐☐	☐☐	☐☐
Session 2 Day 5	☐☐	☐☐	☐☐	☐☐	☐☐
Session 3 Day 7	☐☐	☐☐	☐☐	☐☐	☐☐
Session 4 Day 9	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 5 Day 11	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 6 Day 13	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 7 Day 15	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 8 Day 17	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 9 Day 19	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 10 Day 22	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 11 Day 24	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Session 12 Day 26	☐☐	☐☐	☐☐	☐☐	☐☐

The full article, the FAQ and every other program: **calisthenics-corner.com/programs/28-day-calisthenics-challenge/**