CALISTHENICS CORNER



You start from your level, not someone else's. Three sessions a week at home, with your first full push-up as the goal after eight weeks.

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DURATION	FREQUENCY	SESSION	EQUIPMENT
8 weeks	**3 sessions**	**35-45 min**	**None, a table**

The 3 rules

1-2

reps in reserve

End each set before your form slips. Your last rep should look like your first.

+1

step up at a time

Top of the range on every set, two sessions in a row: move to the harder version.

48 h

between two glute sessions

Sessions A and C both load your glutes: never do them on back-to-back days.

Your starting test

Write down your incline push-ups with your hands on a table, your clean squats and your plank time (on your toes or your knees). Run the same test in week 8: your numbers will show what the eight weeks changed.

Your week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Session A · Lower body	Rest	Session B · Upper body	Rest	Session C · Glutes and core	Rest

Weeks 5 to 8: harder versions

In the second month, seven moves step up to a harder version in the same sessions. The other moves stay as they are.

WEEKS 1 TO 4	WEEKS 5 TO 8
Air squats	Squats with a 3-second pause at the bottom
Reverse lunges, alternating	Bulgarian split squats, back foot on a chair
Glute bridge	One-leg glute bridge · 4 × 10 / leg
Hip thrust	One-leg hip thrust
Incline push-ups on a table	Incline push-ups on a chair, then negatives on the floor
Table rows, knees bent	Legs straight, then feet raised
Plank	Plank up-downs · 3 × 20 s

The 3 sessions

Warm up for 5 minutes before each session: 10 slow squats, 10 glute bridges, shoulder circles, 30 seconds of easy plank.

Session A · Lower body

GLUTES · THIGHS



Air squats
4 × 12–15 · rest 90 s



Reverse lunges, alternating
3 × 8–10 / leg · rest 90 s



Glute bridge
3 × 15 · rest 60 s



Donkey kick
3 × 12 / leg · rest 45 s



Plank
3 × 20–30 s · rest 45 s

Session B · Upper body

PUSH · PULL



Incline push-ups on a table
4 × 8–12 · rest 90 s



Table rows, knees bent
4 × 6–10 · rest 90 s



Shoulder taps, knees or toes
3 × 16 alternating · rest 60 s



Superman hold
3 × 20 s · rest 45 s



Dead bug
3 × 8 / side · rest 45 s

Session C · Glutes and core

LOWER BODY · CORE



Hip thrust, back on the couch
4 × 12–15 · rest 90 s



Wall sit
3 × 30–45 s · rest 60 s



Sumo squat, feet wide
3 × 12–15 · rest 60 s



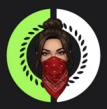
Fire hydrant
3 × 12 / leg · rest 45 s



Side plank
3 × 15–20 s / side · rest 45 s

Table rows (test your table first, page 4): on your back under the edge, arms straight, then row your chest up. Knees bent and feet flat, then legs straight, then feet raised. Week 8 target: 10 reps with your feet raised.

IOS AND ANDROID APP



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Pick a female or a male coach and log your reps: the app adjusts your next session and unlocks harder variations when your numbers justify it. Paid subscription: 3-day trial on iPhone, first month free on Android.

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Your first push-up, step by step

1

Hands on a table

4 sets of 12 clean reps, body straight from shoulders to ankles. The version for weeks 1 to 4.

2

Hands on a chair or a step

Your hands go down, the load goes up. Same target: 4 × 12, hips not sagging.

3

Negatives on the floor

Lower for 4 seconds until your chest nearly touches the floor, come back up on your knees. 3 sets of 5.

4

Your first push-up

A full one, chest close to the floor, body straight from start to finish.

What holds people back

Staying too long on the easy version (4 × 12 incline push-ups with no effort: lower your hands), going to the floor too early with your hips sagging, and skipping sessions. Eight weeks means 24 sessions: that number matters more than how hard any one of them feels.

Too hard? Session A: squats down to a chair, reverse lunges with one hand on a wall, bridges with a smaller lift, smaller donkey kicks, plank on your knees. **Session B:** push-ups with your hands on a wall, superman holds in place of rows, slow shoulder taps on your knees, superman with arms or legs only, dead bug with your legs only. **Session C:** glute bridges on the floor in place of hip thrusts, a wall sit higher up the wall, sumo squats down to a chair, smaller fire hydrants, side plank on your knees.

Week 8: run your starting test again and compare. Next: the lower body program for one-leg moves, or the pull-up program to work toward your first pull-up with a bar.

Test your table before you row

Rows load one edge of the table, and a light table can tip over on you. Before your first set, squat beside that edge, grip it and slowly ease 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. You want a heavy table with a leg at each corner. Folding tables, sawhorse tables, extension leaves, wheels, pedestal bases and glass tops are all out. With no sturdy table, replace each set of rows with a 20-second superman hold.

The full article, the FAQ and every other program: **calisthenics-corner.com/programs/calisthenics-for-women/**

Your log

Write down your three numbers on day one, then in week 8. Check off each session, and date each step toward your first push-up.

YOUR TEST	START	WEEK 8
Incline push-ups, hands on a table		
Clean squats		
Plank, on your toes or your knees		

1 · Hands on a table
4 × 12 clean reps
Date

2 · Hands on a chair or a step
4 × 12, hips not sagging
Date

3 · Negatives on the floor
3 × 5, 4 seconds down
Date

4 · Your first push-up
A full one, chest close to the floor
Date

WEEK	SESSION A · MONDAY	SESSION B · WEDNESDAY	SESSION C · FRIDAY	NOTES
WEEKS 1 TO 4				
1	☐	☐	☐	
2	☐	☐	☐	
3	☐	☐	☐	
4	☐	☐	☐	
WEEKS 5 TO 8 · HARDER VERSIONS				
5	☐	☐	☐	
6	☐	☐	☐	
7	☐	☐	☐	
8	☐	☐	☐	