

CALISTHENICS CORNER

MILITARY CALISTHENICS

4 weeks · 3 sessions a week · no pull-up bar



SESSION A

Upper body

Push-ups, rows under a table



SESSION B

Legs and core

Squats, lunges, plank



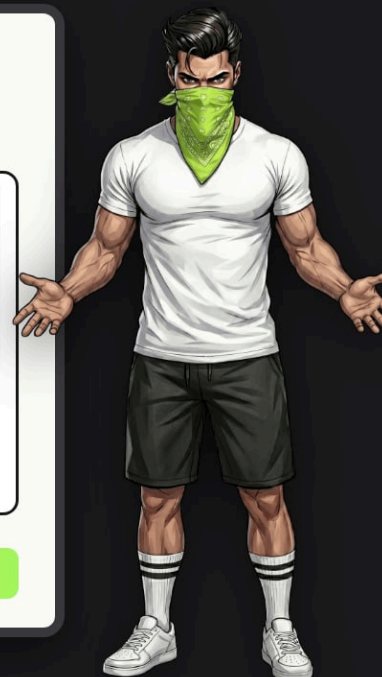
SESSION C

Circuit

Burpees, mountain climbers, 30/30 to 45/15

Weeks 1 and 2 3 sets per exercise

Weeks 3 and 4 4 sets, less rest



Simple moves, lots of reps, short rests. Three sessions a week at home, no pull-up bar, and the same test on day 1 and at the end of week 4 to see what changed.

IN THIS PDF

- p. 2** The rules, your test, your week
- p. 3** The 3 sessions
- p. 4** The warm-up, easier or harder versions
- p. 5** Your log, to fill in

DURATION

4 weeks

FREQUENCY

3 sessions

SESSION

20-35 min

EQUIPMENT

None, a table

calisthenics-corner.com/programs/military-calisthenics-workout/

The 3 rules

1st

rep is the standard

A rep only counts if it looks like the first one. When your form breaks, end the set, even two reps short.

+1

set from week 3

Same exercises all month. Shorter rests from week 2, a fourth set from week 3: the work gets denser.

48 h

between two sessions

Strength builds during rest. Keep a day off between two sessions, even when you feel fresh.

Your starting test

Max strict push-ups (note the version you used), max inverted rows under your table, air squats in 60 seconds, max plank hold. Rest 3 minutes between tests, write the numbers down, and run the same test at the end of week 4.

Your week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Session A · Upper body	Rest	Session B · Legs and core	Rest	Session C · Military circuit	Rest

Week by week

WEEK	SESSIONS A AND B	SESSION C
1	3 sets, bottom of each rep range, rest as listed	3 rounds · 30 s work / 30 s rest
2	3 sets, top of each rep range, 15 s less rest	3 rounds · 40 s work / 20 s rest
3	4 sets, bottom of each rep range, 30 s less rest	4 rounds · 40 s work / 20 s rest
4	4 sets, top of each rep range, 30 s less rest, then the retest	4 rounds · 45 s work / 15 s rest

Never under 30 s of rest on Sessions A and B. Superman hold, lunges and glute bridge have a single target: add 5 s or 2 reps in weeks 2 and 4. Too hard? Repeat the week.

When to switch to the harder version

For each exercise, pick the version where the bottom of the range is hard but doable in week 1 (easier and harder versions on page 4). If every set reaches the top of the range in week 2, take the harder version in week 3 and start again from the bottom, with 4 sets. If that only happens in week 4, take the harder version into your next cycle. Your squats can move up in week 3 while your push-ups stay the same until the end.

The 3 sessions

Warm up first with the Army's Preparation Drill (page 4). Session C: rest 90 s between rounds. Warm-up included, Session A takes about 30 min, Session B 25–30 min, Session C about 20 min in weeks 1–2 and 25 min in weeks 3–4.

Session A • Upper body PUSH • PULL	Session B • Legs and core LEGS • CORE	Session C • Military circuit WEEK 1: 3 ROUNDS
 Push-ups (knees or table if needed) 3 × 8–12 · rest 90 s	 Air squats 3 × 15–20 · rest 60 s	 Burpees 30 s work · rest 30 s
 Military push-ups, elbows tight 3 × 6–10 · rest 90 s	 Reverse lunges, alternating 3 × 10 / leg · rest 60 s	 Mountain climbers 30 s work · rest 30 s
 Inverted rows under a sturdy table 3 × 8–12 · rest 90 s	 Wall sit 3 × 30–45 s · rest 60 s	 Jump squats 30 s work · rest 30 s
 Pike push-ups 3 × 6–8 · rest 90 s	 Glute bridge 3 × 15 · rest 45 s	 Plank up-downs 30 s work · rest 30 s
 Superman hold 3 × 20 s · rest 45 s	 Plank 3 × 30–45 s · rest 45 s	

No bar: rows under a table that holds your weight without moving. With a bar: rows at hip height, then 3 dead hangs of 20–30 s at the end of Session A.

What makes it fail

Rushing the reps (speed turns push-ups into half push-ups), training every day (strength builds during rest), and starting on a version you cannot handle yet: if you miss the bottom of the range in week 1, drop one level.



IOS AND ANDROID APP

Your daily session, guided

Log your reps: the app adjusts the next session and unlocks the harder variation when your numbers justify it. Pick a female or a male coach.



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Warm-up: the Preparation Drill

The US Army's warm-up (ATP 7-22.02): 10 reps of each in the Army, 5 in this short version, per side when it alternates. Slow, except High Jumper and Push-Up (moderate). About 5 min.

#	EXERCISE	HOW	#	EXERCISE	HOW
1	Bend and Reach	Arms overhead, half squat with heels flat, reach back between your legs	6	Windmill	Feet wide, bend and twist to touch the opposite foot
2	Rear Lunge	Hands on hips, big step back into a lunge, switch legs	7	Forward Lunge	Step forward into a lunge, push back
3	High Jumper	Leaning forward, arms back: a small hop, then a powerful jump, arms overhead	8	Prone Row	Face down, arms overhead, head and chest lifted, pull elbows to your sides
4	Rower	On your back, sit up, knees in, arms forward	9	Bent-Leg Body Twist	On your back, knees up, lower them side to side
5	Squat Bender	Squat, stand, then back straight, hinge and reach toward the floor	10	Push-Up	Hands under your shoulders, down until your upper arms are parallel to the floor

Easier or harder

MOVEMENT	EASIER	IN THE PLAN	HARDER
Push-up	Hands on a table	Full push-up	Feet on a chair
Military push-up	Hands on a table	Hands under the shoulders, elbows tight	3-second lowering
Inverted row	Knees bent, feet flat	Legs straight	Feet on a chair
Pike push-up	Hips high, half range	Head down between your hands	Feet on a chair
Air squat	Sit down to a chair	Thighs parallel	3-second pause at the bottom
Reverse lunge	One hand on a wall	Alternating legs	Back foot on a chair
Plank	On your knees	On your forearms	Shoulder taps from a high plank
Burpee	Step back, no jump	Full burpee	Push-up at the bottom
Mountain climber	Hands on a bench, slow	Fast, hips low	Knee to the opposite elbow
Jump squat	Fast air squat onto your toes	Jump squat	Tuck jump
Plank up-down	From your knees	From your feet	Push-up at the top

End of week 4: retest. If all four numbers rose, redo the 4 weeks on harder versions. Then one program, by what rose least since your first test: push-ups (push-up program, phase 2 from 10 floor push-ups) or squats (lower body). With a bar: pull-up program.

The full article, the FAQ and every other program: calisthenics-corner.com/programs/military-calisthenics-workout/

Your log

Write down your four numbers on day 1, then at the end of week 4. Tick each session you complete, and log your reps (or seconds) with one box per set.

YOUR TEST	START	END OF WEEK 4	END OF 2ND CYCLE
Max strict push-ups Version:			
Max inverted rows under your table			
Air squats in 60 seconds			
Max plank hold			

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Session A • Upper body	☐	☐	☐	☐
Push-ups	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Military push-ups	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Inverted rows	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Pike push-ups	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Superman hold, in seconds	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Session B • Legs and core	☐	☐	☐	☐
Air squats	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Reverse lunges, per leg	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Wall sit, in seconds	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Glute bridge	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Plank, in seconds	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Session C • Circuit, per round	☐	☐	☐	☐
Burpees	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Mountain climbers	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Jump squats	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Plank up-downs	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐