



7-Day Printable Military Calisthenics Plan

Disclaimer:

This PDF is a complimentary resource included with your subscription. To access your primary purchase — the full Military Calisthenics Plan — please use the app.

Check your email for login details and instructions on how to access the complete program.

DAY 1 – Power Core Kickstart

1. V-ups

How to perform:

- Lie flat with arms overhead and legs extended.
- Raise both simultaneously, reaching for your toes at the top, then lower with control.

🔄 **Reps:** 15

💡 **Tips:** Use your abs, not momentum.

❌ Jerking your neck upward.



2. Leg raises

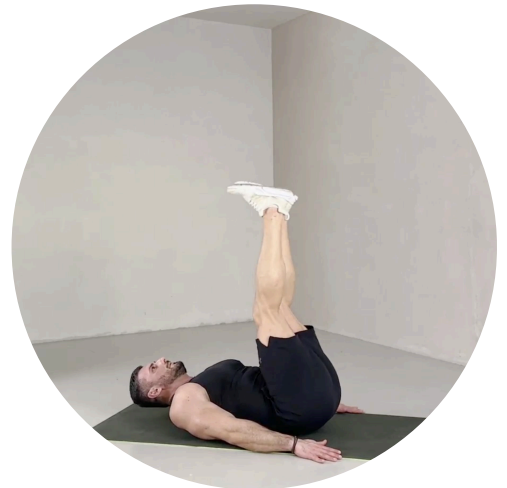
How to perform:

- Lie on your back, arms by your sides, and lift straight legs to 90°.
- Lower slowly until they hover above the ground.

🔄 **Reps:** 15

💡 **Tips:** Press your lower back into the floor.

❌ Arching your back.



3. Alt arm-leg plank

How to perform:

- Start in plank, lift opposite arm and leg, hold briefly.
- Keep your body aligned without rotating hips.

🔄 **Reps:** 10 reps per side

💡 **Tips:** Focus on balance and core control.

❌ Wobbling or raising limbs too high.



4. Core raises

How to perform:

- Lie on your stomach, arms stretched forward and wide.
- Raise arms, chest, and upper back while keeping feet on the ground.

🔄 **Reps:** 15

💡 **Tips:** Tighten your glutes and abs.

❌ Leading with the neck.



5. Bicycle crunches

How to perform:

- Lie on your back, hands behind your head, and alternate elbow to opposite knee.
- Extend the other leg straight each time as if pedaling.

🔄 **Reps:** 20 reps per side

💡 **Tips:** Keep your lower back down.

❌ Pulling on your neck.



6. Knees to squat

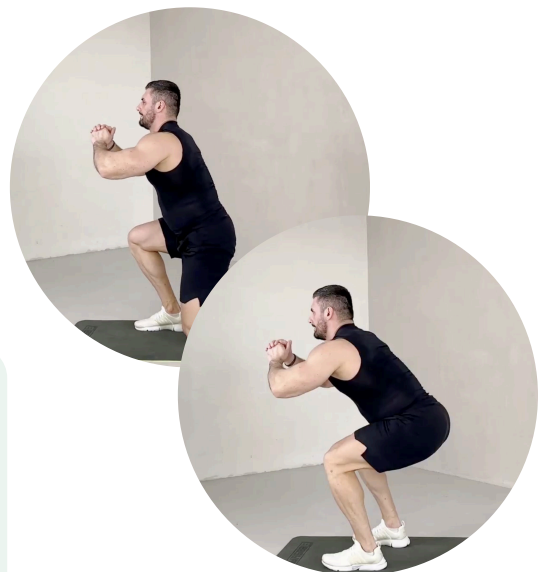
How to perform:

- Start by standing on your knees (knees feet shoulder-width apart).
- Lift one knee and then the other one and go into a squat position.

🔄 **Reps:** 20

💡 **Tips:** Keep your chest up and engage your core as you squat.

❌ Letting your knees go beyond your toes.



DAY 2 – Upper Body Fire

1. Diamond push-ups

How to perform:

- Form a diamond with your hands under your chest and perform a push-up
- Lower slowly and push up by engaging your triceps.

🔄 **Reps:** 12–15

💡 **Tips:** Keep elbows close to your body.

✗ Letting elbows flare wide.



2. Wide grip push-ups

How to perform:

- Place hands wider than shoulders and perform a push-up.
- Keep your chest between your hands as you lower and press back up.

🔄 **Reps:** 15–20

💡 **Tips:** Engage your chest and core.

✗ Dropping your hips.



3. Pseudo planche push-ups

How to perform:

- In plank, turn fingers slightly back and lean forward as you lower.
- Push back while maintaining forward tension.

🔄 **Reps:** 10–12

💡 **Tips:** Keep your core tight.

✗ Bending at the waist.



4. Front punches

How to perform:

- Stand tall and throw controlled punches straight forward, alternating arms.
- Keep your elbows extended without locking.

🔄 **Reps:** 40 reps (20 per arm)

💡 **Tips:** Stay light on your feet.

✗ Twisting your torso.



5. Speed bag punches

How to perform:

- Rotate your forearms quickly in small circles as if hitting a speed bag.
- Keep arms up and abs engaged.

🔄 **Reps:** 50 reps (25 per arm)

💡 **Tips:** Focus on rhythm, not force.

✗ Raising shoulders or hunching.



6. Low jacks

How to perform:

- Stand with your feet together, squat down slightly, and jump your feet out to the sides while raising your arms above your head.
- Return to the starting position.

🔄 **Reps:** 20

💡 **Tips:** Keep your knees behind your toes and your back straight.

✗ Letting your knees collapse inward or bouncing too high.



DAY 3 – Explosive Burn

1. Burpees

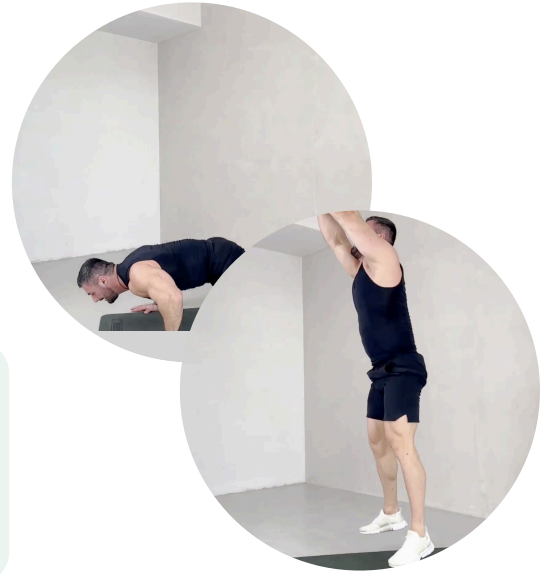
How to perform:

- Squat, jump to plank, do a push-up, return to squat, and jump up.
- Move fluidly from one position to the next.

🔄 **Reps:** 12

💡 **Tips:** Land softly on your feet.

❌ Skipping proper form to go fast.



2. Box jumps

How to perform:

- Stand tall and jump onto an imaginary or real low platform, landing on the balls of your feet.
- Jump back down and repeat.

🔄 **Reps:** 10–12

💡 **Tips:** Swing arms for momentum.

❌ Landing flat-footed or stiff.



3. Plank jump-ins

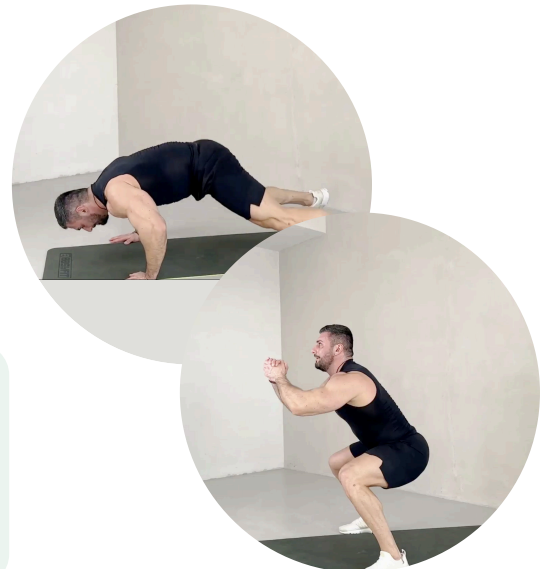
How to perform:

- Start in a high plank, jump both feet forward into a squat, then back.
- Keep your hands planted and core braced.

🔄 **Reps:** 15

💡 **Tips:** Land with knees bent.

❌ Sagging your back.



4. Turning kicks

How to perform:

- Raise one knee, pivot on the opposite foot, and extend a kick across your body.
- Retract your leg and repeat with control.

🔄 **Reps:** 12 reps per leg

💡 **Tips:** Keep hands at chest height.

✗ Losing balance or rushing.



5. Star plank

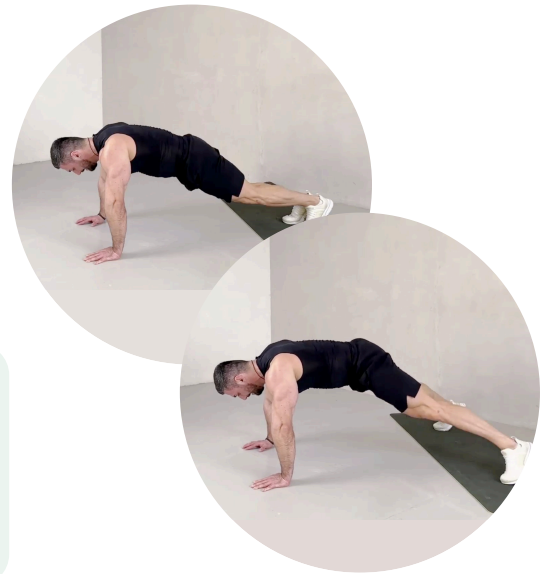
How to perform:

- Begin in plank and jump legs outward and back in quick bursts.
- Maintain a strong line from head to heels.

🔄 **Reps:** 15 reps

💡 **Tips:** Control your breathing.

✗ Letting hips drop.



6. Calf raises

How to perform:

- With your feet hip-width apart, slowly raise your heels off the ground, coming onto the balls of your feet.
- Hold for a second at the top, then lower back down.

🔄 **Reps:** 20

💡 **Tips:** Focus on squeezing your calves as you lift and lower.

✗ Letting your knees bend or rushing through the movement.



DAY 4 – Back and Stability

1. Dead lifts (bodyweight)

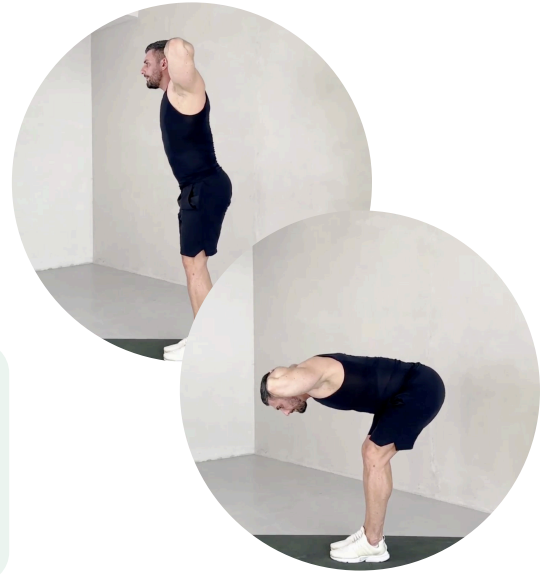
How to perform:

- Stand tall, push hips back, and bend forward until your upper body is parallel to the floor.
- Return to standing while squeezing your glutes.

🔄 **Reps:** 15

💡 **Tips:** Keep your spine neutral.

❌ Bending the back.



2. Back boat

How to perform:

- Lie face-down, lift arms and legs while keeping your neck neutral.
- Squeeze your back and glutes.

🔄 **Reps:** 15

💡 **Tips:** Keep movements slow and steady.

❌ Raising your head too much.



3. Lawnmowers right

How to perform:

- Reach left hand toward right foot, then pull back like starting a lawnmower.
- Open the chest slightly during the pull.

🔄 **Reps:** 12

💡 **Tips:** Engage your back muscles.

❌ Rushing the motion.



4. Lawnmowers left

How to perform:

- Same as above, but with the opposite hand and foot.
- Breathe rhythmically through the movement.

🔄 **Reps:** 12

💡 **Tips:** Keep your stance wide.

✗ Twisting too far.



5. Side-to-side chops

How to perform:

- Hold arms in front and rotate torso side to side.
- Use your core to drive the movement.

🔄 **Reps:** 20 (10 per side)

💡 **Tips:** Keep feet planted.

✗ Bouncing with the knees.



6. Plank rotations

How to perform:

- Start in a plank position.
- Rotate your body to one side, lifting your arm towards the ceiling, and stack your feet.
- Return to the plank position and repeat on the other side.

🔄 **Reps:** 15 per each side

💡 **Tips:** Keep your core engaged and avoid letting your hips sag.

✗ Twisting too fast or letting your shoulders collapse.



DAY 5 – Push Power

1. Cross body push-ups

How to perform:

- Lower into a push-up while bringing one knee diagonally across your body.
- Return to plank and alternate sides.

🔄 **Reps:** 10 reps per side

💡 **Tips:** Keep movement controlled.

✗ Letting hips sag.



2. Left leg push-ups

How to perform:

- Lift your left leg in plank and do a push-up.
- Focus on core stability while lowering your chest.

🔄 **Reps:** 10

💡 **Tips:** Keep lifted leg straight.

✗ Twisting your hips.



3. Right leg push-ups

How to perform:

- Repeat the same on the right side.
- Maintain balance through your upper body.

🔄 **Reps:** 10

💡 **Tips:** Squeeze glutes throughout.

✗ Tilting body to one side.



4. Overhead punches

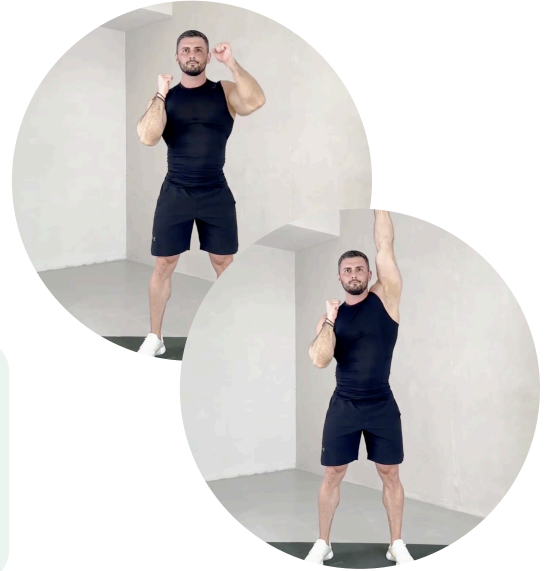
How to perform:

- Punch each arm upward rapidly while keeping core engaged.
- Alternate arms with full extension.

🔄 **Reps:** 30 reps (15 per arm)

💡 **Tips:** Breathe with each punch.

✗ Overreaching or leaning.



5. Double chest extensions

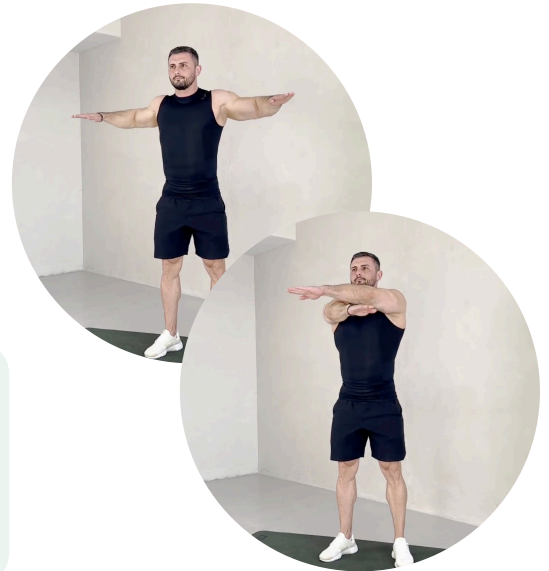
How to perform:

- Cross arms in front twice, then stretch wide while pushing chest forward.
- Repeat rhythmically.

🔄 **Reps:** 20

💡 **Tips:** Lead with the chest, not arms.

✗ Shrugging shoulders.



6. Shoulder press

How to perform:

- Start in a Downward Dog position with your hands shoulder-width apart and feet hip-width apart.
- Bend your elbows and lower your body until your forearms are parallel to the ground.
- From here, press your arms back up, extending your elbows to return to the starting position.

🔄 **Reps:** 12–15

💡 **Tips:** Keep your back straight.

✗ Letting your back arch.



DAY 6 – Legs & Mobility

1. Half squat rows

How to perform:

- Squat halfway, hold position, and swing arms like you're rowing.
- Keep core tight and spine straight.

🔄 **Reps:** 20

💡 **Tips:** Align knees with toes.

✗ Letting knees cave in.



2. Scissor chops

How to perform:

- Swing arms diagonally across each other in fast motions.
- Stay light on your feet and keep hips still.

🔄 **Reps:** 20 reps (10 per arm)

💡 **Tips:** Keep shoulders relaxed.

✗ Arching the back.



3. Turning kicks

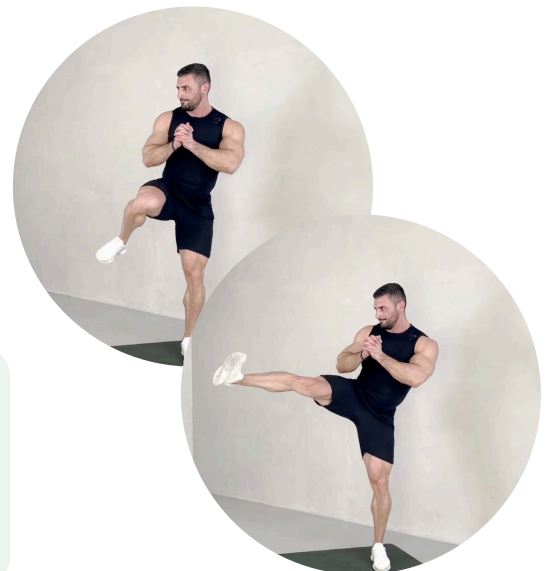
How to perform:

- Perform controlled kicks, turning hips as you extend your leg.
- Stay tall and centered.

🔄 **Reps:** 12 reps per leg

💡 **Tips:** Pivot on the support foot.

✗ Kicking too high too soon.



4. Lawnmowers (both sides)

How to perform:

- Alternate sides with a sweeping reach and strong pull.
- Focus on rotational movement from the torso.

🔄 **Reps:** 12 reps per side

💡 **Tips:** Pull back with force.

❌ Letting posture collapse.



5. Reverse crunches

How to perform:

- Lie flat and curl hips up toward the chest.
- Slowly return to the start.

🔄 **Reps:** 15

💡 **Tips:** Exhale during the lift.

❌ Swinging the legs.



6. Spider plank

How to perform:

- Start in a plank position.
- Bring your right knee toward your right elbow, then return to the starting position.
- Repeat on the left side by bringing your left knee toward your left elbow.

🔄 **Reps:** 10 reps per side

💡 **Tips:** Keep your core tight and hips level as you move.

❌ Letting your hips drop or rotating your body too much.



DAY 7 – Full Body Reset

1. Diver push-ups

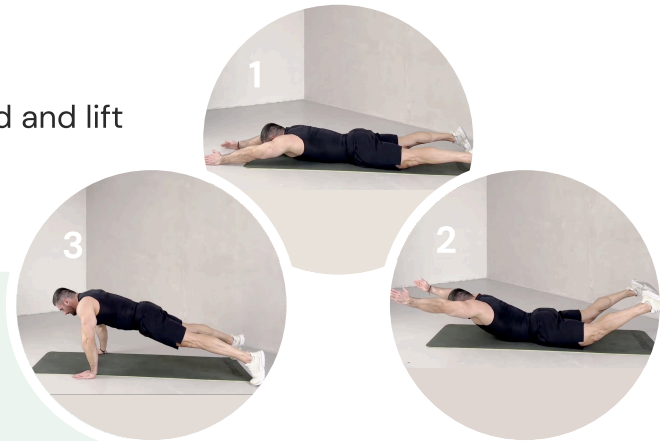
How to perform:

- Lower chest to floor, then extend arms forward and lift limbs off the floor.
- Reset and repeat.

🔄 **Reps:** 12

💡 **Tips:** Flow through each part smoothly.

❌ **Jerky transitions.**



2. Star plank

How to perform:

- From plank, jump legs out and in rhythmically.
- Hold core tight and stay light on your toes.

🔄 **Reps:** 15

💡 **Tips:** Focus on form, not speed.

❌ **Dropping your hips.**



3. Bicycle crunches

How to perform:

- Lie back and alternate elbow to opposite knee.
- Keep movement continuous and smooth.

🔄 **Reps:** 20 reps per side

💡 **Tips:** Extend the legs fully.

❌ **Yanking the neck.**



4. Core raises

How to perform:

- Lie on your stomach and raise arms and upper body off the floor.
- Keep your abs tight throughout the lift.

🔄 **Reps:** 15

💡 **Tips:** Use slow controlled lifts.

❌ Leading with the chin.



5. Dead lifts (bodyweight)

How to perform:

- Push hips back and hinge forward, then return upright.
- Keep your spine aligned throughout the movement.

🔄 **Reps:** 12

💡 **Tips:** Exhale at the top.

❌ Rounding your shoulders.



6. Turning kicks

How to perform:

- Start in a standing position with your feet shoulder-width apart.
- Lift your right knee and pivot on your left foot, turning your body 90 degrees, then extend your right leg into a kick.
- Return and repeat on the other side.

🔄 **Reps:** 10 reps per side

💡 **Tips:** Focus on turning your hips with the kick for better power and control

❌ Not fully extending your leg or using your arms for balance instead of engaging your core.

