

Calisthenics-Based Full-Body Resistance Program

Warm-Up (5–10 minutes)

- March in place with arm swings
- Dynamic stretches:
 - Arm circles
 - Leg swings (forward/backward and side-to-side)
 - Torso twists
- Gentle yoga poses: Cat-cow and downward dog

Workout Plan

1. Upper Body

1. Wall Push-Ups (Chest, Shoulders, Triceps)

- Stand facing a wall, arms at shoulder height.
- Place hands on the wall slightly wider than shoulders.
- Bend elbows, bringing chest toward the wall, and push back.
- Reps: 10–15
- Progression: Incline push-ups (use a sturdy surface like a counter).

2. Modified Plank with Shoulder Taps (Core, Shoulders, Arms)

- Start in a modified plank (on knees, hands under shoulders).
- Tap one shoulder with the opposite hand, alternating.
- Reps: 8–10 taps per side
- Progression: Full plank on toes.

3. Wall Angels (Back, Shoulders)

- Stand with back against a wall, feet a few inches forward.
- Raise arms to a "goalpost" position, then slowly lift and lower them along the wall.
- Focus on keeping back and arms in contact with the wall.
- Reps: 8–12

2. Lower Body

4. Chair-Assisted Squats (Quads, Glutes, Hamstrings)

- Stand in front of a chair, feet shoulder-width apart.
- Lower hips toward the chair as if sitting down, then rise back up.
- Reps: 10–15

- Progression: Bodyweight squats without chair support.

5. Step-Ups (Glutes, Quads)

- Use a low, stable step or platform.
- Step up with one foot, then bring the other foot up, and step down.
- Alternate leading legs.
- Reps: 10 per leg
- Progression: Use a higher step.

6. Side-Lying Leg Lifts (Outer Thigh, Glutes)

- Lie on one side with legs straight.
- Lift the top leg to about 45 degrees, then lower slowly.
- Reps: 12–15 per side
- Progression: Add ankle weights or resistance bands.

3. Core

7. Bird Dog (Core, Back)

- On hands and knees, extend one arm and the opposite leg straight out.
- Hold for 2 seconds, then return to start and switch sides.
- Reps: 8–10 per side
- Progression: Hold each position longer.

8. Seated Knee Lifts (Lower Abs)

- Sit on a chair, holding the edges for support.
- Lift knees toward the chest, then lower without touching the ground.
- Reps: 10–12
- Progression: Straighten legs while lifting.

Cool Down (5–10 minutes)

- Gentle stretches for all major muscle groups:
 - Chest opener stretch
 - Forward fold for hamstrings
 - Cat-cow stretch for spine
 - Figure-four stretch for glutes
 - Side stretch for obliques

Additional Notes

- Frequency: Perform this workout 3–4 times a week on non-consecutive days.

- Progression: Gradually increase reps or time under tension for each exercise.
- Optional Resistance: Use light resistance bands for added challenge.