

THE MILITARY CALISTHENICS WORKOUT PLAN

A complete 4-week bodyweight training plan built the way the military builds soldiers: simple movements, ruthless consistency, progressive overload. No gym. No equipment beyond a pull-up bar (optional).

LEVEL: BEGINNER-INTERMEDIATE **DURATION:** 4 WEEKS · 4 DAYS/WEEK

TIME: 25-35 MIN/SESSION

Free plan from www.militarycalisthenicsmen.com · Guided version: Military Calisthenics app for iPhone and Android

WHY MILITARY CALISTHENICS WORKS

Every armed force on earth builds its physical training standard on calisthenics — not because militaries can't afford barbells, but because bodyweight training produces exactly what a soldier needs: **strength you can carry, endurance that lasts, and zero dependence on equipment.**

A military calisthenics workout plan differs from casual home workouts in three ways:

- **It's programmed, not random.** Each week has a defined push/pull/legs/core split and a target volume. You don't "do some push-ups" — you complete a mission.
- **It progresses.** The same workout that challenged you in week 1 should feel manageable by week 3 — so the plan gets harder as you do.
- **It trains work capacity.** Short rests and paired exercises build the ability to keep producing force when tired — the trait PT tests actually measure.

FIELD NOTE

Consistency is the entire game. Four half-hour sessions a week for four weeks beats any "perfect" plan you quit in ten days. Schedule your missions like appointments.

Unsure about any movement in the tables below? Every one is broken down with form cues and scaling options in the [military calisthenics exercises guide](#).

HOW THE PLAN IS STRUCTURED

You train **4 days per week** — for example Monday, Tuesday, Thursday, Saturday. Each day has a focus, so muscle groups get 48+ hours of recovery while you keep training almost daily:

WEEKLY MISSION SCHEDULE

DAY	MISSION	PRIMARY TARGETS
Day 1	Push	Chest, shoulders, triceps
Day 2	Legs	Quads, glutes, hamstrings, calves
Day 3	Rest / walk	Recovery
Day 4	Pull	Back, biceps, rear delts
Day 5	Rest	Recovery
Day 6	Core + Conditioning	Abs, obliques, lower back, lungs
Day 7	Rest	Recovery

No pull-up bar? Substitute doorway rows or towel rows under a sturdy table on Pull day. Vertical pulling is the one pattern worth buying a \$25 doorway bar for.

THE 5-MINUTE WARM-UP (EVERY SESSION)

Militaries never skip the warm-up, and neither do you. Run this before every mission:

- 1. **Jumping jacks** — 60 seconds
- 2. **Arm circles** — 20 forward, 20 backward
- 3. **Bodyweight good mornings** — 15 reps
- 4. **Deep squat hold** — 30 seconds
- 5. **Scapular push-ups** — 10 reps
- 6. **High knees** — 30 seconds

WEEKS 1-2: BASE BUILDING

Goal: groove the movements and build a volume base. Rest **60-90 seconds** between sets. Leave 2-3 reps in the tank on every set — you should finish feeling worked, not destroyed.

DAY 1 — PUSH MISSION

EXERCISE	SETS	REPS	TOO EASY? / TOO HARD?
Push-ups	4	8-15	Decline push-ups / knee push-ups
Pike push-ups	3	6-10	Elevated pike / incline pike
Bench dips (chair)	3	10-15	Straight legs / bent knees
Diamond push-ups	2	6-12	Standard width if too hard
Plank shoulder taps	2	20 taps	Slow down for difficulty

DAY 2 – LEGS MISSION

EXERCISE	SETS	REPS	SCALE
Bodyweight squats	4	15–25	Jump squats / box squats
Alternating lunges	3	10/leg	Jumping lunges / static lunges
Glute bridges	3	15–20	Single-leg bridge
Calf raises	3	20–25	Single-leg raises
Wall sit	2	30–60 sec	Reduce time as needed

DAY 4 – PULL MISSION

EXERCISE	SETS	REPS	SCALE
Pull-ups (or doorway rows)	4	3–8	Negatives if you can't do 3
Chin-ups (or towel rows)	3	3–8	Band-assisted / negatives
Prone Y-T-W raises	3	8 each	Add 2-sec holds
Reverse snow angels	2	12–15	Slow tempo
Dead hang	2	20–45 sec	Bent-arm hang for difficulty

DAY 6 — CORE + CONDITIONING MISSION

EXERCISE	SETS	REPS / TIME	SCALE
Plank	3	30–60 sec	Weighted / knees down
Leg raises	3	10–15	Hanging raises / bent knees
Russian twists	3	20 total	Feet elevated
Mountain climbers	3	30 sec	Sprint pace / steady pace
Burpees (finisher)	3	10	No push-up version

WEEKS 3–4: INTENSITY PHASE

Same weekly structure, three changes:

1. **Cut rest to 45–60 seconds.** Density is the military's favorite progression tool.
2. **Add one set** to the first two exercises of every mission (4→5 sets).
3. **Upgrade one variation per mission.** Push-ups → decline push-ups. Squats → jump squats. Plank → plank with shoulder taps. Pull-ups stay pull-ups — just chase more total reps than last week.

On the final Saturday, run the **graduation test** and log your numbers:

- Max push-ups in 2 minutes
- Max bodyweight squats in 2 minutes
- Max pull-ups (or rows) in one set
- Max plank hold

These four numbers are your PR baseline. Beat them next cycle. If you track them in the app, it charts your strength trend automatically and feeds your rank progression.

PROGRESSION RULES (READ THIS TWICE)

- **Hit the top of a rep range on every set?** Move to the harder variation next session.
- **Can't hit the bottom of the range?** Move to the easier variation. No ego. Full range of motion always beats half-rep heroics.
- **Two bad sessions in a row?** You're under-recovered. Check sleep and food before blaming the plan.
- **Never train the same muscles on consecutive days.** The split above handles this – don't "make up" missed days by stacking them.

AFTER WEEK 4

Repeat the cycle with harder variations and shorter rests, or follow the [army calisthenics routine](#) for a conditioning block. When you want it fully automated – scheduling, videos, PR tracking, rank promotions – that's literally what the app does.

IS THERE A FREE PDF OF THIS PLAN?

Yes. This entire **military calisthenics workout plan is free**, and so is the printable version: every table above is the complete program, with nothing held back behind an email gate.

- **Download the PDF:** [military-calisthenics-workout-plan.pdf](#) contains the full 4-week plan, warm-up, progression rules and graduation test, formatted to print as a gym-floor reference.
- **Screenshot the tables:** each mission table fits one phone screen – most men screenshot the four mission tables and the progression rules.
- **Or skip the paper entirely:** the [Military Calisthenics app](#) has this style of programming built in – scheduled missions, video demos, rest timers and PR tracking, with your first missions free.

MILITARY CALISTHENICS WORKOUT PLAN — FAQ

How long should a military calisthenics workout be? —

20–40 minutes. Military PT prioritizes density — more quality work in less time. The missions in this plan run 25–35 minutes including warm-up.

Can I run this plan without a pull-up bar? —

Yes — swap pull-ups for doorway rows, towel rows under a sturdy table, or prone Y-T-W raises. Add a bar as soon as you can; vertical pulling is the hardest pattern to replace. More zero-gear options in the [no-equipment bodyweight workout](#).

What happens after the 4 weeks? —

Repeat the cycle harder (variations, reps, shorter rest), or load a full progressive program in the app — it schedules missions, tracks PRs and promotes your rank automatically.

Will this build muscle or just endurance? —

Both. Weeks 1–2 build a volume base; weeks 3–4 push harder variations near failure, which drives strength and muscle. Eat enough protein and sleep 7+ hours.

Is this plan free? Can I download a PDF? —

Yes. The complete plan is on this page for free, and you can [download the printable PDF](#) with no email signup.