

Teen Calisthenics Exercise Guide

Day 1 (Full-Body Focus)

Warm-up (5 minutes)

1. **Arm Circles:** Stand tall with arms extended out to the sides. Make small circles forward for 30 seconds, then backward for 30 seconds.
2. **High Knees (Slow Pace):** Stand in place and lift your knees up one at a time to waist height. Alternate for 30 seconds.
3. **Bodyweight Squats:** Stand with feet shoulder-width apart. Bend at the knees and hips as if sitting in a chair. Lower yourself down until thighs are parallel to the floor, then stand back up. Perform 10 reps.
4. **Light Jog in Place:** Gently jog in place for 1 minute.

Workout (Strength & Agility)

1. **Push-ups:** Start in a plank position with hands shoulder-width apart. Lower your chest toward the floor while keeping your body straight. Push back up. Perform 3 sets of 8-10 reps.
2. **Bodyweight Squats:** Perform 3 sets of 12 reps.
3. **Plank Hold:** Get into a push-up position but rest on your forearms. Keep your body straight from head to heels. Hold for 20 seconds (2 sets).
4. **Superman Hold:** Lie face down, arms extended in front of you. Lift your arms, chest, and legs slightly off the ground and hold for 15 seconds (2 sets).

Cardio Focus (Endurance)

- **Power Walk with Light Jog Intervals:** Walk briskly for 1 minute, then jog for 30 seconds. Repeat for 10 minutes.

Cool Down (5 minutes)

- **Hamstring Stretch:** Sit with one leg extended and reach toward your toes. Hold for 20 seconds per leg.
- **Quad Stretch:** Stand and pull your ankle toward your glutes. Hold for 20 seconds per leg.

- **Arm Stretch:** Cross one arm across your chest and hold with the opposite hand for 20 seconds.
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Day 2 (Agility and Core)

Warm-up (5 minutes)

1. **Jumping Jacks:** Perform 1 minute of jumping jacks.
2. **Arm Swings:** Swing your arms across your chest and back for 1 minute.
3. **Slow Lunges:** Step one leg forward into a lunge, keeping your torso upright. Alternate legs for 10 reps (5 per side).

Workout (Agility)

1. **Side Shuffles:** Stand with feet apart and knees bent. Shuffle to the right for 10 meters, then to the left. Perform 3 sets of 30 seconds.
2. **Mountain Climbers:** Start in a plank position and alternate bringing your knees toward your chest. Perform for 15 seconds (2 sets).
3. **Plank Shoulder Taps:** From a plank, tap your right hand to your left shoulder, then switch. Perform for 20 seconds (2 sets).

Cardio Challenge (Controlled Breathing Focus)

- **Intervals:** Jog for 20 seconds, walk for 1 minute. Repeat for 8 minutes.

Cool Down

- **Cat-Cow Stretch:** Arch your back up (cat pose) and then lower your belly (cow pose) for 1 minute.
 - **Standing Hamstring Stretch:** Hold for 30 seconds per leg.
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Day 3 (Upper Body and Light Recovery Cardio)

Warm-up (5 minutes)

1. **Arm Circles:** 1 minute of forward and backward arm circles.
2. **Forward Lunges:** Step one leg forward and bend both knees at 90 degrees. Alternate legs for 8 reps (4 per side).

Workout (Strength Focus)

1. **Incline Push-ups:** Place hands on a low platform or bench. Lower your chest and push up. Perform 3 sets of 6-8 reps.
2. **Wall Sit:** Press your back against a wall and lower until your thighs are parallel to the ground. Hold for 15 seconds (2 sets).
3. **Bent-Leg Crunches:** Lie on your back with knees bent. Lift your shoulders toward your knees. Perform 3 sets of 10 reps.

Light Cardio

- **Brisk Walk:** Walk briskly for 10 minutes, focusing on steady breathing.

Cool Down

- **Downward Dog Hold:** Hold for 20 seconds.
- **Arm Stretch:** Cross one arm across your chest for 15 seconds per arm.

Day 4 (Rest and Mobility)

1. **Downward Dog Hold:** From a plank, lift your hips toward the ceiling, forming an inverted "V." Hold for 20 seconds.
2. **Cat-Cow Stretch:** 1 minute of alternating poses.
3. **Standing Hamstring Stretch:** Hold for 30 seconds per leg.

Day 5 (Lower Body and Cardio Focus)

Warm-up (5 minutes)

1. **High Knees (Slow Pace):** Perform for 1 minute.
2. **Hip Circles:** Rotate your hips clockwise and counterclockwise for 1 minute.

Workout (Leg Strength and Agility)

1. **Bodyweight Lunges:** Perform 3 sets of 8 reps per leg.
2. **Calf Raises:** Stand tall and lift your heels off the ground, then lower. Perform 3 sets of 12 reps.

3. **Step-ups:** Find a low platform. Step one foot up, then bring the other foot up. Alternate for 2 sets of 10 reps per leg.

Cardio Challenge:

- Jog for 1 minute, walk for 1 minute. Repeat for 12 minutes.

Cool Down

- **Butterfly Stretch:** Sit with the soles of your feet together and gently press knees toward the floor. Hold for 20 seconds.
 - **Quad Stretch:** Pull one ankle toward your glutes while balancing. Hold for 15 seconds per side.
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Day 6 (Core, Balance, and Light Plyometrics)

Warm-up (Dynamic Movements)

1. **Light Jog in Place:** 1 minute.
2. **Side Stretches:** Reach side to side for 30 seconds per side.

Workout (Core and Power)

1. **Plank to Push-up:** Start in a forearm plank and push up to a straight-arm position. Perform 2 sets of 8 reps.
2. **Superman Flutter Kicks:** Lie face down and lift your arms, chest, and legs off the ground. Flutter your legs up and down for 20 seconds (2 sets).
3. **Squat Jumps:** Perform a bodyweight squat, then jump up explosively. Land softly and reset. Perform 2 sets of 8 reps.

Endurance Cardio:

- Alternate jog and fast walk for 10 minutes.

Cool Down

- **Child's Pose:** Sit back on your heels and stretch your arms forward. Hold for 20 seconds.
 - **Standing Side Stretch:** Reach overhead and stretch to each side for 15 seconds.
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Repeat Weekly for 6 Weeks

- Each week, aim to increase hold times or add 1-2 reps to each exercise.