

Level Up Your Calisthenics

If you're a beginner at working out and want to get into calisthenics, this workout can help. Focus on increasing reps and sets every workout and aim to workout 2 to 3 times a week. When you're ready, step up the level!

Level 1 Workout

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- Squats: 3 - 4 Sets of 10 - 20 Reps
 - Pull Up Negatives: 3 - 4 Sets of 10 - 20 Reps
 - Vertical Doorway Row: 3 - 4 Sets of 10 - 20 Reps
 - Dips On Floor: 3 - 4 Sets of 10 - 20 Reps
 - Supermans: 3 - 4 Sets of 10 - 20 Reps
 - Knee Push Up: 3 - 4 Sets of 10 - 20 Reps

Level 2 Workout

- Lunge: 3 - 4 Sets of 4 - 12 Reps
- Pull Up: 3 - 4 Sets of 4 - 12 Reps
- Incline Doorway Rows: 3 - 4 Sets of 4 - 12 Reps
- Dips on Chair: 3 - 4 Sets of 4 - 12 Reps
- Deadlifts: 3 - 4 Sets of 4 - 12 Reps
- Push Up: 3 - 4 Sets of 4 - 12 Reps

Level 3 Workout

- Pistol Squats for each leg: 3 - 4 Sets of 3 - 12 Reps
- Weighted Pull Ups: 3 - 4 Sets of 3 - 12 Reps
- Bodyweight Rows: 3 - 4 Sets of 3 - 12 Reps
- Dips on Parallel Bar: 3 - 4 Sets of 3 - 12 Reps
- Deadlifts with Increased Weight: 3 - 4 Sets of 3 - 12 Reps
- Decline Push Up: 3 - 4 Sets of 3 - 12 Reps

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