PRINTABLE · 4-WEEK PLAN · NO EQUIPMENT

28-Day *Calisthenics* Challenge

for Women

Bodyweight strength at home in 15–30 minutes a day. 12 illustrated moves, two levels, a day-by-day plan, trackers and bonus pages.







12 illustrated moves · 2 levels · 15–30 min a day · US Letter + A4

Coach Luke

NASM-CPT, CES, PES · NESTA Nutrition Coach · coachluke.com

FREE BONUS INSIDE:
28 daily coaching emails

A NOTE FROM YOUR COACH

Welcome to Day 1

Welcome. I'm glad you're here.

Calisthenics is simply strength training with your own body weight. No gym, no dumbbells, no fancy gear. Just you, a chair, a wall and about 20 minutes a day. It's what I give clients when life gets busy, because it works anywhere.

This challenge is built for women who want to feel stronger in everyday life: carrying groceries, getting up off the floor, taking the stairs and standing taller. You'll learn 12 foundational moves and build up week by week with a plan that tells you exactly what to do each day. Every move has an easier and a harder option, and every workout has two levels, so you don't need to be fit to start.

Be patient with yourself. Strength is built by showing up, not by being perfect. Let's get started.

— Coach Luke

CL

Coach Luke is a NASM-certified personal trainer (CPT, CES, PES) and NESTA nutrition coach with 20+ years in fitness, a former collegiate track athlete and a longtime martial artist. He writes no-gimmick fitness and nutrition guides at coachluke.com.

How to use this challenge

1. **Do your Day 1 check-in.** Four quick tests on page 12 show your starting point and help you pick your level.
2. **Learn the 12 moves.** Read the move pages once before Day 1. Each has form cues, an easier and a harder option.
3. **Follow the daily plan.** Your week pages list every workout with sets and reps for Level 1 and Level 2.
4. **Check off each day.** Use the calendar and the tracker. Seeing the boxes fill up is half the motivation.
5. **Re-test on Day 14 and Day 28.** Compare your numbers and celebrate how far you've come.

BEFORE YOU START

Train Safe, Train Smart

Safety first

- Check with your doctor before starting, especially if you are pregnant or postpartum, have joint, back or heart concerns, or are returning after an injury or surgery.
- Work at a challenging but controlled effort. You should be able to finish every rep with good form and still have one or two reps left.
- Muscle effort and mild soreness are normal. Sharp pain, joint pain, dizziness or chest discomfort are not. Stop and rest.
- Breathe the whole time. Exhale as you push or stand up, inhale as you lower.
- Use a sturdy, non-rolling chair, a clear wall and a counter or bench that won't slide. A yoga mat or folded towel helps on the floor.
- Drink water, and take an extra rest day whenever your body asks for one. The plan will wait for you.

What you need

- [ ] A space about the size of a yoga mat
- [ ] A sturdy chair (no wheels)
- [ ] A clear wall
- [ ] A kitchen counter, sturdy bench or couch arm
- [ ] A mat or towel for floor moves
- [ ] Supportive shoes or bare feet on a non-slip floor

How hard should it feel?

1–4
Easy
Warm-up and walking days

5–6
Moderate
Week 1 and learning new moves

7–8
Challenging
Most sets: 1–2 good reps left

9–10
Too hard
Form breaks down. Ease off.

THE FOUNDATION

The 5 Calisthenics Basics

These five habits make every move safer and more effective. Read them once now, then glance back whenever a move feels off.

1 **Brace your middle**
Before each rep, gently tighten your stomach as if someone might poke it. This protects your back and makes every move stronger.

2 **Move slowly**
Take about 2 to 3 seconds to lower and 1 to 2 seconds to rise. Slow reps build more strength than fast ones.

3 **Own the full range**
Go as low or as far as you can with good form. A smaller range done well beats a deep one done sloppily.

4 **Breathe with the work**
Exhale on the effort (pushing, standing, lifting), inhale on the easier part.

5 **Quality, then quantity**
When form breaks down, the set is done. Add reps only when the last ones still look clean.

Choose your level

Level 1 · Foundation

New to strength training, returning after a long break, or you found the Day 1 tests hard. Start here and enjoy the steady progress.

Level 2 · Build

You already exercise and could do about 10 incline push-ups and hold a 30-second forearm plank with good form on Day 1.

Tip: You can mix levels. Many women use Level 2 for legs and Level 1 for push-ups. Move up whenever the last set feels easy.

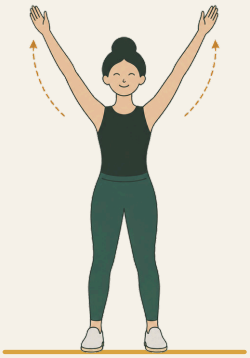
EVERY SESSION

Warm-Up & Cool-Down

Start every strength and core session with this 5-minute warm-up, and finish with the cool-down. They take a few minutes, help your joints feel better and make your workout safer.

5-Minute Warm-Up

☐ **March in place**	**60 sec**	Lift knees, swing arms
☐ **Arm circles**	**30 sec**	Small to big, both directions
☐ **Hip hinges**	**10 reps**	Hands on hips, push hips back
☐ **Half squats**	**10 reps**	Easy depth to wake up the legs
☐ **Step-back lunges**	**5 / side**	Hold a chair if you like
☐ **Cat-cow**	**6 slow reps**	On hands and knees, round and arch



5-Minute Cool-Down

☐ **Hip flexor stretch**	**30 sec / side**	Half-kneel, tuck hips, lean forward gently
☐ **Hamstring stretch**	**30 sec / side**	Heel on a low step, hinge forward
☐ **Chest stretch**	**30 sec**	Forearm on a doorframe, turn away
☐ **Figure-4 stretch**	**30 sec / side**	Lying down, ankle over opposite knee
☐ **Child's pose**	**45 sec**	Knees wide, arms long, breathe deeply

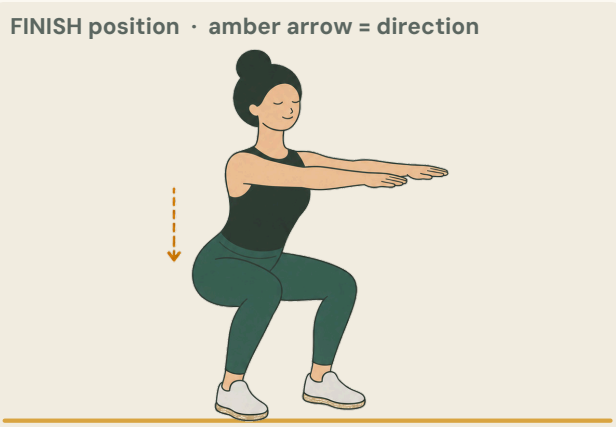
Walk & Stretch days: walk at a comfortable pace for 20–30 minutes (you can talk but not sing), then do the full cool-down. Easy movement helps you recover for the next strength day.

Learn the Moves

01 Squat

LEGS & GLUTES

FINISH position · amber arrow = direction



1. Feet about hip to shoulder width, toes slightly out
2. Push hips back and bend knees, chest proud
3. Lower as far as you control, then stand tall and squeeze glutes

Coach tip: *Knees travel in line with your toes. Don't let them cave inward.*

EASIER
Chair squat: lightly tap a chair seat each rep

HARDER
Pause squat: hold 3 seconds at the bottom

02 Reverse Lunge

LEGS, GLUTES & BALANCE

FINISH position · amber arrow = direction



1. Stand tall, hands on hips or a chair
2. Step one foot back and lower the back knee toward the floor
3. Push through the front heel to return. Alternate or finish one side

Coach tip: *Most of your weight stays in the front heel.*

EASIER
Hold a counter and take a shorter step

HARDER
Add a knee drive as you return to standing

Learn the Moves

03 Glute Bridge

GLUTES & BACK OF LEGS

FINISH position · amber arrow = direction



1. Lie on your back, knees bent, feet flat and hip-width
2. Press through your heels and lift hips until knees, hips and shoulders line up
3. Squeeze glutes for 1 second, then lower slowly

Coach tip: *Lift with your glutes, not your lower back. Ribs stay down.*

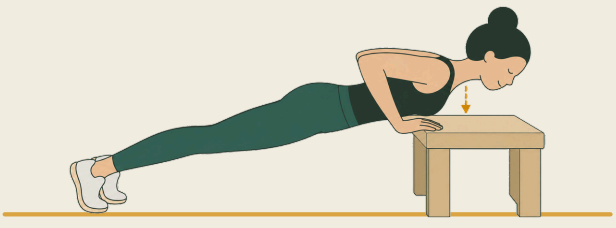
EASIER
Smaller lift, or a short pause on the floor between reps

HARDER
Single-leg bridge: one foot lifted

04 Incline Push-Up

CHEST, SHOULDERS & ARMS

FINISH position · amber arrow = direction



1. Hands on a sturdy counter or bench, slightly wider than shoulders
2. Walk feet back until body is one straight line
3. Lower chest toward the edge, elbows angled back, then push away

Coach tip: *The lower the surface, the harder it gets. Move down one step at a time.*

EASIER
Wall push-up: hands on a wall

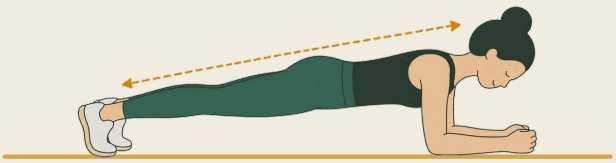
HARDER
Knee push-up, then full floor push-up

Learn the Moves

05 Forearm Plank

CORE

FINISH position · amber arrow = direction



1. Forearms on the floor, elbows under shoulders
2. Step feet back, body straight from head to heels
3. Brace, breathe and hold. Don't let hips sag or pike up

Coach tip: *Push the floor away with your forearms to keep shoulders strong.*

EASIER
Knee plank: knees down, same straight line from knees to head

HARDER
Plank leg lift: lift one foot 2 inches, alternate

06 Dead Bug

DEEP CORE

FINISH position · amber arrow = direction



1. Lie on your back, arms up, knees bent over hips
2. Press your lower back gently into the floor
3. Slowly reach one arm back and the opposite leg out, then switch

Coach tip: *Only go as far as your lower back stays down.*

EASIER
Move just the legs, tapping one heel at a time

HARDER
Slower reaches with a 2-second hold

Learn the Moves

07 Bird Dog

CORE & BACK

FINISH position · amber arrow = direction



1. On hands and knees, hands under shoulders, knees under hips
2. Reach one arm forward and the opposite leg back
3. Hold 2 seconds without tipping, return and switch

Coach tip: *Imagine a cup of tea on your lower back. Don't spill it.*

EASIER
Reach only the leg, or only the arm

HARDER
Hold 5 seconds on each rep

08 Prone Y-Raise

UPPER BACK & POSTURE

FINISH position · amber arrow = direction



1. Lie face down, arms overhead in a Y, thumbs up
2. Gently lift arms and chest an inch or two
3. Hold 2 seconds, squeezing between your shoulder blades, then lower

Coach tip: *Keep your neck long and eyes on the floor.*

EASIER
Lift arms only, chest stays down

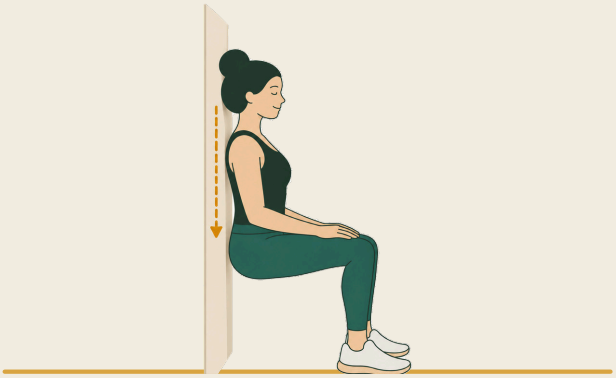
HARDER
Hold 5 seconds at the top

Learn the Moves

09 Wall Sit

THIGHS & ENDURANCE

FINISH position · amber arrow = direction



1. Back against a wall, feet about 2 feet out
2. Slide down until knees are bent (aim for 90° over time)
3. Hold, breathing steadily, then slide back up

Coach tip: *Press your whole back into the wall and keep knees over ankles.*

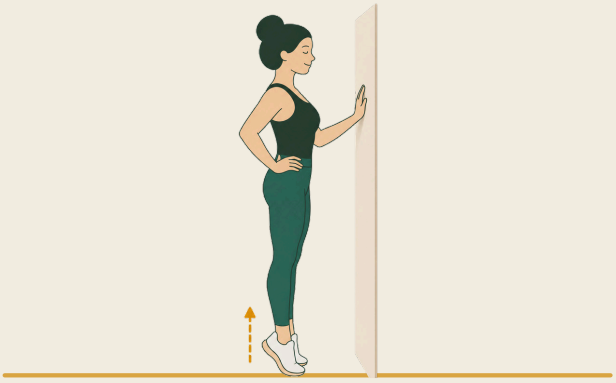
EASIER
Higher position: knees bent about 45°

HARDER
Lower position, or a longer hold

10 Calf Raise

CALVES & ANKLES

FINISH position · amber arrow = direction



1. Stand tall, fingertips on a wall or counter for balance
2. Rise onto the balls of your feet as high as you can
3. Pause 1 second, lower slowly

Coach tip: *Strong calves and ankles help balance, walking and stairs.*

EASIER
Smaller range with both hands on the wall

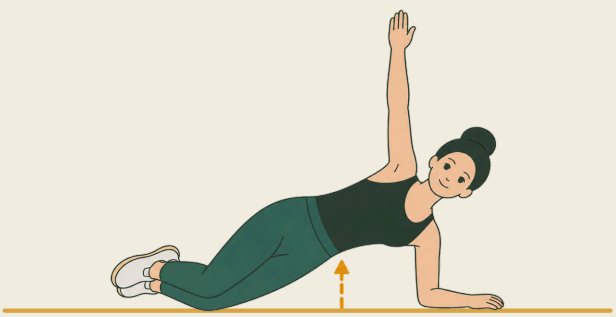
HARDER
Single-leg calf raise

Learn the Moves

11 Side Plank (Knees)

SIDE CORE & WAIST

FINISH position · amber arrow = direction



1. Lie on your side, elbow under shoulder, knees bent
2. Lift hips so your body is straight from knees to head
3. Hold, then switch sides

Coach tip: *Keep the bottom shoulder strong. Don't sink into it.*

EASIER
Lift and lower hips slowly instead of holding

HARDER
Full side plank on your feet

12 Chair Dip

BACK OF ARMS

FINISH position · amber arrow = direction



1. Sit on the edge of a sturdy chair, hands beside hips
2. Walk feet forward and slide hips off the seat
3. Bend elbows straight back to lower a few inches, then press up

Coach tip: *Skip this one if it bothers your shoulders. Do extra push-ups instead.*

EASIER
Feet closer, small range

HARDER
Feet farther out with legs straighter

DAY 1 · DAY 14 · DAY 28

Strength Check-In

Do these four quick tests after your warm-up on Day 1, Day 14 and Day 28. Rest 2–3 minutes between tests. They are not about perfection, just a snapshot so you can see your progress in black and white.

Test	Day 1	Day 14	Day 28
Squats in 60 seconds Good form only. Use a chair squat if needed.	reps	reps	reps
Max push-ups Note wall, counter, bench, knee or floor.	reps + type	reps + type	reps + type
Forearm plank hold Knees down is fine. Note which version.	seconds	seconds	seconds
Wall sit hold Stop when form breaks.	seconds	seconds	seconds
Energy today (1–10) How do you feel overall?			
Sleep last night Rest matters for strength.	hours	hours	hours

Which level? If you managed about 10 incline push-ups (counter height) and a 30-second forearm plank with good form, start at Level 2. Otherwise start at Level 1. You can move up any time.

CHECK OFF EACH DAY

Your 28-Day Calendar

Week 1 FOUNDATIONS

1	2	3	4	5	6	7
Check-In + Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Rest

Week 2 BUILD

8	9	10	11	12	13	14
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Check-In + Rest

Week 3 STRENGTH

15	16	17	18	19	20	21
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Rest

Week 4 STRONG FINISH

22	23	24	25	26	27	28
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Re-Test + Celebrate

Day 14: a quick check-in on your rest day. Day 28: re-test, then celebrate. You earned it.

WEEK 1 OF 4 · DAYS 1–7

Week 1: Foundations

Learn the moves and find your level. Slow down, own your form and finish every session feeling like you could do a little more. Warm up before every session and cool down after.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Rest

Strength A

Day 1 · 2 sets · rest 45–60 sec

Move	Level 1	Level 2
Squat	8	12
Incline Push-Up	6	10
Glute Bridge	10	15
Forearm Plank	15 sec	30 sec

Strength B

Day 3 · 2 sets · rest 45–60 sec

Move	Level 1	Level 2
Reverse Lunge	5 / side	8 / side
Prone Y-Raise	8	10
Chair Dip	6	8
Bird Dog	5 / side	8 / side
Calf Raise	12	15

Strength C circuit

Day 5 · 2 rounds, 20 sec rest

Move	Level 1	Level 2
Squat	30 sec	40 sec
Incline Push-Up	30 sec	40 sec
Reverse Lunge	30 sec	40 sec
Prone Y-Raise	30 sec	40 sec
Dead Bug	30 sec	40 sec
Wall Sit	20 sec	30 sec

Core 10

Days 2 & 6 · L1: 2 sets, L2: 3 sets

Move	Level 1	Level 2
Dead Bug	5 / side	8 / side
Side Plank	10 sec/side	20 sec/side
Bird Dog	5 / side	8 / side
Forearm Plank	15 sec	30 sec

This week's focus: New moves feel awkward at first. That is normal, and it gets easier fast.

WEEK 2 OF 4 · DAYS 8–14

Week 2: Build

Three sets and a couple more reps. Your body is adapting fast. Keep the form you built in Week 1. Warm up before every session and cool down after.

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Check-In + Rest

Strength A

Day 8 · 3 sets · rest 45–60 sec

Move	Level 1	Level 2
Squat	10	14
Incline Push-Up	8	12
Glute Bridge	12	17
Forearm Plank	25 sec	40 sec

Strength B

Day 10 · 3 sets · rest 45–60 sec

Move	Level 1	Level 2
Reverse Lunge	6 / side	9 / side
Prone Y-Raise	10	12
Chair Dip	8	10
Bird Dog	6 / side	9 / side
Calf Raise	14	17

Strength C circuit

Day 12 · 2 rounds, 20 sec rest

Move	Level 1	Level 2
Squat	30 sec	40 sec
Incline Push-Up	30 sec	40 sec
Reverse Lunge	30 sec	40 sec
Prone Y-Raise	30 sec	40 sec
Dead Bug	30 sec	40 sec
Wall Sit	25 sec	40 sec

Core 10

Days 9 & 13 · L1: 2 sets, L2: 3 sets

Move	Level 1	Level 2
Dead Bug	6 / side	9 / side
Side Plank	20 sec/side	30 sec/side
Bird Dog	6 / side	9 / side
Forearm Plank	25 sec	40 sec

This week's focus: If Week 1 felt easy, try Level 2 on one or two moves this week.

WEEK 3 OF 4 · DAYS 15–21

Week 3: Strength

Slow 3-second lowering on squats and push-ups. Try one harder option this week if the last set feels easy. Warm up before every session and cool down after.

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Rest

Strength A

Day 15 · 3 sets · rest 45–60 sec · 3-sec lowering

Move	Level 1	Level 2
Squat	12	16
Incline Push-Up	10	14
Glute Bridge	14	19
Forearm Plank	30 sec	45 sec

Strength B

Day 17 · 3 sets · rest 45–60 sec

Move	Level 1	Level 2
Reverse Lunge	7 / side	10 / side
Prone Y-Raise	12	14
Chair Dip	10	12
Bird Dog	7 / side	10 / side
Calf Raise	16	19

Strength C circuit

Day 19 · 3 rounds, 20 sec rest

Move	Level 1	Level 2
Squat	35 sec	40 sec
Incline Push-Up	35 sec	40 sec
Reverse Lunge	35 sec	40 sec
Prone Y-Raise	35 sec	40 sec
Dead Bug	35 sec	40 sec
Wall Sit	30 sec	45 sec

Core 10

Days 16 & 20 · L1: 2 sets, L2: 3 sets

Move	Level 1	Level 2
Dead Bug	7 / side	10 / side
Side Plank	25 sec/side	35 sec/side
Bird Dog	7 / side	10 / side
Forearm Plank	30 sec	45 sec

This week's focus: 3-second lowering: count "one-thousand, two-thousand, three-thousand" on the way down.

WEEK 4 OF 4 · DAYS 22–28

Week 4: Strong Finish

Your strongest week. Three rounds of the circuit, then your Day 28 re-test and celebration. Warm up before every session and cool down after.

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Strength A	Core 10	Strength B	Walk & Stretch	Strength C	Core 10 + Walk	Re-Test

Strength A

Day 22 · 3 sets · rest 45–60 sec · 3-sec lowering

Move	Level 1	Level 2
Squat	13	17
Incline Push-Up	11	15
Glute Bridge	15	20
Forearm Plank	35 sec	50 sec

Strength B

Day 24 · 3 sets · rest 45–60 sec

Move	Level 1	Level 2
Reverse Lunge	7 / side	10 / side
Prone Y-Raise	13	15
Chair Dip	11	13
Bird Dog	7 / side	10 / side
Calf Raise	17	20

Strength C circuit

Day 26 · 3 rounds, 20 sec rest

Move	Level 1	Level 2
Squat	35 sec	40 sec
Incline Push-Up	35 sec	40 sec
Reverse Lunge	35 sec	40 sec
Prone Y-Raise	35 sec	40 sec
Dead Bug	35 sec	40 sec
Wall Sit	30 sec	50 sec

Core 10

Days 23 & 27 · L1: 2 sets, L2: 3 sets

Move	Level 1	Level 2
Dead Bug	7 / side	10 / side
Side Plank	30 sec/side	40 sec/side
Bird Dog	7 / side	10 / side
Forearm Plank	35 sec	50 sec

This week's focus: Day 28: warm up, repeat your check-in tests (page 12), then fill in your reflection page.

DAILY LOG

Daily Tracker

Day	Workout	Done	Level	Effort 1–10	Notes
1	Check-In + Strength A	☐	1 / 2		
2	Core 10	☐	1 / 2		
3	Strength B	☐	1 / 2		
4	Walk & Stretch	☐	1 / 2		
5	Strength C	☐	1 / 2		
6	Core 10 + Walk	☐	1 / 2		
7	Rest	☐	1 / 2		
8	Strength A	☐	1 / 2		
9	Core 10	☐	1 / 2		
10	Strength B	☐	1 / 2		
11	Walk & Stretch	☐	1 / 2		
12	Strength C	☐	1 / 2		
13	Core 10 + Walk	☐	1 / 2		
14	Check-In + Rest	☐	1 / 2		
15	Strength A	☐	1 / 2		
16	Core 10	☐	1 / 2		
17	Strength B	☐	1 / 2		
18	Walk & Stretch	☐	1 / 2		
19	Strength C	☐	1 / 2		
20	Core 10 + Walk	☐	1 / 2		
21	Rest	☐	1 / 2		
22	Strength A	☐	1 / 2		
23	Core 10	☐	1 / 2		
24	Strength B	☐	1 / 2		
25	Walk & Stretch	☐	1 / 2		
26	Strength C	☐	1 / 2		
27	Core 10 + Walk	☐	1 / 2		
28	Re-Test + Celebrate	☐	1 / 2		

KEEP PROGRESSING

Progression Ladders

Strength comes from small, steady steps. When you can do every set of a move with clean form and 1–2 reps to spare, climb one rung. Circle where you are today and check off each rung as you reach it.

Push-Up ladder

- 5 Floor push-up ☐
- 4 Knee push-up ☐
- 3 Bench push-up ☐
- 2 Counter push-up ☐
- 1 Wall push-up ☐

Squat ladder

- 5 Split squat ☐
- 4 Tempo squat (4-sec lower) ☐
- 3 Pause squat ☐
- 2 Bodyweight squat ☐
- 1 Chair squat ☐

Plank ladder

- 5 Plank walk-up ☐
- 4 High plank shoulder taps ☐
- 3 Plank leg lift ☐
- 2 Forearm plank ☐
- 1 Knee plank ☐

Bridge ladder

- 5 Single-leg bridge ☐
- 4 Feet-on-chair bridge ☐
- 3 Bridge with 3-sec hold ☐
- 2 Glute bridge ☐
- 1 Small-range bridge ☐

BONUS · BUSY DAYS

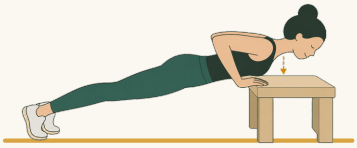
10-Minute Express Workout

No time for the full session? Do this instead of any strength day. Short and done beats skipped. Set a timer: work 40 seconds, rest 10 seconds, then move to the next exercise. Go through the list twice for 10 minutes total.



1 Squat

40 sec on / 10 off



2 Incline Push-Up

40 sec on / 10 off



3 Glute Bridge

40 sec on / 10 off



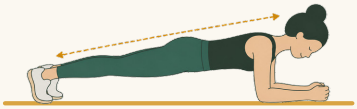
4 Reverse Lunge

40 sec on / 10 off



5 Bird Dog

40 sec on / 10 off



6 Forearm Plank

40 sec on / 10 off

Travel & hotel version

Same list, no props needed: wall push-ups against the room wall, chair squats with the desk chair, and plank on a towel. Rest 30 seconds if you need it.

BONUS · FUEL YOUR STRENGTH

Simple Protein Guide

Your workouts send the signal to get stronger. Protein gives your muscles what they need to answer it. You don't need a perfect diet, just a little protein at every meal.

- Aim for a palm-sized portion of protein (about 25–35 g) at each meal.
- A common target for active women is roughly 0.7–1 g of protein per pound of goal body weight per day. Your doctor or dietitian can tailor this.
- Include protein within a few hours after your workouts. A snack counts.
- Pair protein with colorful plants and slow carbs for steady energy.

15 easy protein foods

FOOD	SERVING	PROTEIN
Greek yogurt, plain	1 cup	**~20–23 g**
Cottage cheese	1 cup	**~24–28 g**
Eggs	2 large	**~12 g**
Chicken breast, cooked	4 oz	**~35 g**
Salmon, cooked	4 oz	**~25 g**
Canned tuna, drained	1 can (5 oz)	**~25 g**
Shrimp, cooked	4 oz	**~26 g**
Lean ground turkey, cooked	4 oz	**~25 g**
Firm tofu	1/2 block (7 oz)	**~20 g**
Lentils, cooked	1 cup	**~18 g**
Edamame, shelled	1 cup	**~18 g**
Black beans, cooked	1 cup	**~15 g**
Ultra-filtered milk	1 cup	**~13 g**
String cheese	1 stick	**~6–7 g**
Protein shake	1 scoop	**~20–25 g**

Values are approximate and vary by brand. Check labels. If you have kidney disease or other health conditions, ask your doctor about your protein needs.

DAY 1 VS DAY 28

Your Reflection

Day 1

Why I'm doing this challenge:

How strong I feel right now (1–10) and why:

One everyday thing I want to feel easier:

Day 28

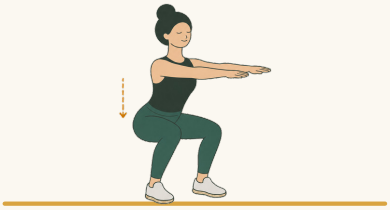
What feels easier now than on Day 1:

The move I'm most proud of:

What I want to keep doing after Day 28:

STICK IT ON THE FRIDGE

The 12 Moves at a Glance



1. Squat

LEGS & GLUTES



2. Reverse Lunge

LEGS, GLUTES & BALANCE



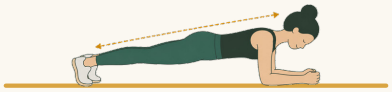
3. Glute Bridge

GLUTES & BACK OF LEGS



4. Incline Push-Up

CHEST, SHOULDERS & ARMS



5. Forearm Plank

CORE



6. Dead Bug

DEEP CORE



7. Bird Dog

CORE & BACK



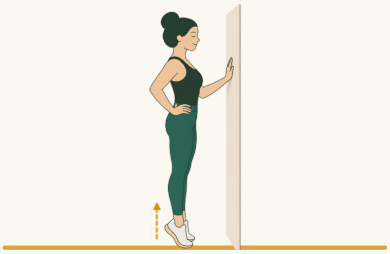
8. Prone Y-Raise

UPPER BACK & POSTURE



9. Wall Sit

THIGHS & ENDURANCE



10. Calf Raise

CALVES & ANKLES



11. Side Plank (Knees)

SIDE CORE & WAIST



12. Chair Dip

BACK OF ARMS

BONUS · AFTER DAY 28

Keep Going: Weeks 5–8

Finishing 28 days is a big deal. The best way to keep your new strength is to keep training 3–4 days a week. Here's a simple plan for the next month, using the same pages you already have.

Week 5	Repeat Week 3 at the next level up, or use one harder option on every move.	☐
Week 6	Repeat Week 4. Add a 4th set to your two favorite moves.	☐
Week 7	Swap in the next step on each progression ladder (page 19).	☐
Week 8	Deload: 2 sets of everything, then re-test and set a new goal.	☐

Your weekly rhythm

Strength A	1× per week
Strength B	1× per week
Strength C circuit	1× per week
Core 10	1–2× per week
Walking	Most days, 20–30 min

Ready for more? Pair this program with my 28-Day Walking Tai Chi Challenge or 28-Day Chair Tai Chi Challenge (coachluke.com/shop) for balance and mobility on your non-strength days.

CERTIFICATE OF COMPLETION

28-Day *Calisthenics Challenge*

This certifies that

_____

showed up, did the work and completed all 28 days.

Stronger than Day 1, and just getting started.





Date

Coach Luke

Coach Luke, NASM-CPT

FREE BONUS FOR YOU

28 Daily Coaching Emails

Get one short email from me for every day of your challenge: that day's workout focus, a form tip and a little encouragement to keep you going.

Scan the code with your phone camera, or type the link below. It's completely optional, everything you need is already in this guide.

SCAN ME

Your daily coach, right in your inbox

Or type this link:

coachluke.com/calisthenics-bonus

What you'll get

- A welcome email with tips for Day 1
- One short email for each of the 28 days: focus, form tip, encouragement
- A Day 28 wrap-up with what to do next

You'll also get access to my Free Resource Library at coachluke.com: printable checklists, protein guides, meal ideas and more, plus my weekly no-gimmick newsletter. Unsubscribe anytime.

This guide is for general fitness and education and is not medical advice. Consult your doctor before beginning any exercise program. Stop if you feel pain, dizziness or shortness of breath. © 2026 Coach Luke · coachluke.com · For personal use only. Please do not share or resell.