

3-Day Beginner Calisthenics + Walking Plan

Build lean muscle at home — no gym required.

Day 1 — Full Body Foundations

Warm-Up (5 min)

- Easy walk in place
- Shoulder rolls
- Arm circles
- Leg swings

Workout (10–15 min)

- Wall Push-Ups — 1–2 sets of 8
- Chair Squats — 1–2 sets of 10
- Standing High-Knee Raises — 1–2 sets of 10/side
- Glute Bridges — 1–2 sets of 10
- Standing Marches — 1 minute

Walk

- 5–10 minute easy-pace walk (conversational pace)

Day 2 — Lower Body + Core

Warm-Up

- 5-min easy walk in place
- Hip circles
- Ankle rolls

Workout

- Sit-to-Stand from a Chair — 2 sets of 10
- Standing Calf Raises — 2 sets of 12
- Bird Dogs — 2 sets of 8/side
- Dead Bugs — 2 sets of 8/side
- Wall Plank — 20 sec x 2

Walk

- 5–10 minute brisk walk
- Try 1 min faster / 2 min easy intervals

Day 3 — Strength + Endurance

Warm-Up

- 5-minute walk
- Dynamic stretching

Workout

- Wall Push-Ups — 2 sets of 10
- Chair Squats — 2 sets of 12
- Glute Bridges — 2 sets of 12
- Standing Side Leg Raises — 2 sets of 10/side
- Wall Plank — 25–30 sec

Walk

- 10–15 minute walk with a favorite podcast or playlist

Weekly Progression Tips

- Add 5 minutes to your walk.
- Increase one exercise by 2–3 reps.
- Add a third set to one movement.
- Walk at a slightly faster pace.
- Reduce rest time between exercises.

Keep moving, Fam. You've got this. ■ — keepmovingfam.com