



**By APU FITNESS HUB**

## **4-Week Bodyweight Workout Routine: Yoga & Calisthenics for Mind and Body**

### **Overview:**

This routine blends mindful yoga sessions with dynamic calisthenics movements so you build physical strength and mental clarity—without any equipment. Each week is structured to help you progress gradually. Modifications are provided for beginners, intermediates, and advanced exercisers. Always start each session with a dynamic warm-up and finish with a cool-down stretch or a short yoga flow to help recovery.

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### **General Guidelines**

- **Warm-Up:** Spend 5–10 minutes each session doing light cardio (jog in place, jumping jacks) and dynamic stretches (arm circles, leg swings) to prepare your muscles.
- **Cool-Down & Mindfulness:** Conclude with a gentle yoga sequence or static stretching for 5–10 minutes. Focus on deep breathing to calm your mind and promote recovery.
- **Progression:** For each exercise, start at a level you can perform with proper form. As you grow stronger, increase the number of repetitions or switch to a more challenging variation.
- **Rest & Recovery:** Allow 1–2 full rest days per week (or opt for active recovery with a gentle yoga flow or walk) so your muscles can rebuild.
- **Mind-Body Focus:** Incorporate yoga routines on recovery days to improve flexibility, reduce stress, and foster a positive mindset.

# Weekly Breakdown

## Week 1 – Establishing Fundamentals

**Objective:** Learn proper form, build basic strength, and develop body awareness.

### Day 1 – Upper Body & Core

- **Dynamic Warm-Up:** 5 minutes (light jogging, arm swings)
- **Push-Ups:**
  - Beginner: Knee push-ups – 3×8
  - Intermediate: Standard push-ups – 3×10
  - Advanced: Decline push-ups (feet elevated on a step) – 3×10
- **Modified Pull Exercise:** (If no bar is available, try a “table row” using a sturdy table edge) – 3×6–8
- **Plank:**
  - Hold 20–30 seconds (3 sets)
- **Cool-Down:** 5 minutes of gentle stretching or a short seated yoga flow (Child’s Pose, Cat-Cow)

### Day 2 – Lower Body & Balance

- **Dynamic Warm-Up:** 5 minutes (leg swings, bodyweight squats)
- **Bodyweight Squats:**
  - Beginner: Standard squats – 3×10–12
  - Intermediate: Jump squats – 3×10
  - Advanced: Pistol squat progressions (assisted if needed) – 3×6 each leg
- **Stationary Lunges:** 3×8–10 per leg
- **Glute Bridges:**
  - 3×12–15
- **Yoga Flow:** End with 10 minutes of gentle yoga (e.g., Low Lunge, Warrior I & II, Forward Fold) focusing on breath and balance

### Day 3 – Yoga & Active Recovery

- **Yoga Sequence (Mind & Mobility):**
  - Begin with Sun Salutations (3 rounds)
  - Transition into a series of poses: Tree Pose, Warrior II, Triangle, and Bridge Pose
  - Hold each pose for 30–45 seconds
- **Focus:** Deep breathing, mindfulness, and gentle stretching

## Day 4 – Full Body Circuit

- **Dynamic Warm-Up:** 5 minutes
- **Circuit (Repeat 3×):**
  1. **Burpees (modified, without push-up):** 8–10 reps
  2. **Mountain Climbers:** 20 reps (10 per leg)
  3. **Plank Shoulder Taps:** 10 reps (5 each side)
  4. **Bodyweight Squats:** 12 reps
  5. **Reverse Crunches:** 10–12 reps
- **Rest:** 60–90 seconds between rounds
- **Cool-Down:** 5 minutes of full-body stretching

## Day 5 – Rest or Gentle Yoga

- Choose either a complete rest day or a 15–20 minute gentle yoga routine focusing on deep stretching and relaxation.

## Day 6 – Upper Body & Core (Variation)

- **Warm-Up:** 5 minutes
- **Push-Up Variations:**
  - Mix standard and wide-grip push-ups (3×10)
- **Triceps Dips Using a Stable Chair:** 3×8–10
- **Side Plank:**
  - Hold 20–30 seconds per side (3 sets)
- **Yoga Cool-Down:** 5–10 minutes (Child's Pose, Seated Forward Bend)

## Day 7 – Active Recovery

- Engage in a brisk 20–30 minute walk outdoors and finish with 10 minutes of gentle stretching or yoga focusing on relaxation.

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## Week 2 – Building Endurance & Slight Progression

**Objective:** Increase repetitions and begin transitioning to intermediate variations while reinforcing correct form.

- **Repeat the same schedule as Week 1** with the following modifications:
    - Add 1–2 additional repetitions per exercise if form is maintained.
    - In yoga flows, hold poses 10–15 seconds longer for deeper stretch.
    - For the full-body circuit, try reducing rest periods slightly (45–60 seconds).
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## Week 3 – Intermediate Challenge

**Objective:** Introduce more challenging calisthenics variations and a longer yoga session for mental focus.

### Day 1 – Upper Body & Core (Intermediate)

- **Push-Ups:**
  - Standard push-ups – 3×12–15
- **Modified Pulls:**
  - If you have access to a low, sturdy table, perform inverted rows – 3×8–10
- **Plank Variations:**
  - Standard plank with alternating shoulder taps – 3×30 seconds
- **Cool-Down Yoga:** 10 minutes focusing on Downward Dog and Cobra Pose

### Day 2 – Lower Body (Intermediate)

- **Jump Squats:** 3×10–12
- **Walking Lunges:** 3×12 per leg
- **Single-Leg Glute Bridges:** 3×10 per leg
- **Yoga Flow:** 10-minute Vinyasa focusing on leg strength (Warrior poses, Chair Pose)

### Day 3 – Yoga & Flexibility

- **Extended Yoga Session:** 20–30 minutes of a flowing yoga routine (Sun Salutations, Crescent Lunge, Extended Side Angle, and Pigeon Pose) to deepen flexibility and clear the mind.

### Day 4 – Full Body Circuit (Intermediate)

- **Circuit (Repeat 3×):**
  1. Burpees – 10 reps
  2. Mountain Climbers – 25 reps
  3. Push-Ups – 10 reps
  4. Squats – 15 reps
  5. Bicycle Crunches – 15 reps per side
- **Rest:** 45–60 seconds between rounds

### Days 5–7:

- Continue with a mix of active recovery (gentle yoga, walking) and one additional full-body circuit session. Aim to increase the total workout duration by 5 minutes each session if possible.

## **Week 4 – Advanced Modifications (No Equipment)**

**Objective:** Further challenge your body with advanced bodyweight variations and longer, mindful yoga sessions to merge strength with mental focus.

### **Day 1 – Upper Body & Core (Advanced)**

- **Push-Ups:**
  - Advanced variant: Decline or diamond push-ups – 3×12–15
- **Pull Exercise:**
  - If possible, perform a negative pull-up (jump to the top position, then slowly lower yourself over 3–5 seconds) – 3×4–6 reps
- **Plank Challenge:**
  - Plank with alternating leg lifts – 3×45 seconds
- **Cool-Down:** 10 minutes of restorative yoga (legs up the wall, gentle twists)

### **Day 2 – Lower Body & Plyometrics (Advanced)**

- **Pistol Squat Progression:**
  - Use a chair or wall for balance assistance if needed – 3×6–8 reps per leg
- **Jump Lunges:**
  - 3×10 reps per leg
- **Single-Leg Glute Bridge (Advanced):**
  - Perform without support, hold at the top for 2 seconds – 3×10 per leg
- **Yoga Flow:** 10 minutes of dynamic yoga (Chair Pose, Warrior III) emphasizing balance and leg strength

### **Day 3 – Deep Mind-Body Yoga**

- **Advanced Yoga Session:** 30 minutes focusing on flow and balance (include poses such as Crow Pose, Extended Hand-to-Big-Toe Pose, and a guided meditation at the end).

### **Day 4 – Full Body HIIT & Calisthenics Circuit (Advanced)**

- **Circuit (Repeat 4×):**
  1. Burpees with tuck jump – 12 reps
  2. Plank to push-up transitions – 10 reps per side
  3. Jump squats – 15 reps
  4. Mountain climbers – 30 seconds
  5. Bicycle crunches – 20 reps per side
- **Rest:** 30–45 seconds between rounds
- **Cool-Down:** 10 minutes of yoga-based stretching focusing on breathing and mindfulness

### Days 5–7:

- **Active Recovery & Optional Challenge:**
    - Choose one long yoga session (30 minutes) on one day and on another, repeat your favorite full-body circuit for additional challenge.
    - Use these days to reflect on your progress, meditate, and adjust your pace for the coming months.
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## Final Tips for Success

- **Listen to Your Body:** If you feel excessive fatigue or discomfort, adjust the number of repetitions or take an extra rest day.
- **Focus on Form:** Quality is more important than quantity. Prioritize correct technique to prevent injuries.
- **Stay Consistent:** Even if progress feels slow at first, consistency will yield noticeable improvements over time.
- **Mindfulness:** Incorporate moments of meditation or mindful breathing throughout your sessions to enhance mental clarity and reduce stress.