

# ■ 7-DAY MILITARY CALISTHENICS PROGRAM

Build Strength • Endurance • Discipline

## DAY 1 – ARMY STRENGTH BASE

- Standard Push-ups – 4x25
- Pull-ups / Rows – 3xMax
- Squats – 4x30
- Sit-ups – 3x25
- Plank – 3x1 min
- Finisher: 30 Burpees

## DAY 2 – NAVY SEAL ENDURANCE

- Jump Rope / High Knees – 3x2 min
- Mountain Climbers – 3x40 sec
- Flutter Kicks – 3x45 sec
- Leg Raises – 3x20
- Side Plank – 3x45 sec each side
- Finisher: 1 km jog

## DAY 3 – USMC POWER PUSH

- Wide Push-ups – 4x25
- Diamond Push-ups – 3x15
- Dips – 3x20
- Pull-ups – 3xMax
- Pike Push-ups – 3x15
- Finisher: 20 Burpees + 20 Jump Squats

## DAY 4 – ACTIVE RECOVERY

- 20-min walk or jog
- Full-body stretching
- 5-min breathing or yoga

## DAY 5 – LEG DOMINANCE

- Bodyweight Squats – 5x30
- Jump Squats – 3x20
- Lunges – 3x20 each leg
- Calf Raises – 4x40

- Wall Sit – 3x1 min
- Finisher: 50 Jumping Jacks + 10 Burpees

## **DAY 6 – CORE COMMANDO**

- Plank – 3x1 min
- Side Plank – 3x45 sec
- Leg Raises – 3x20
- Russian Twists – 3x40
- Superman Hold – 3x30 sec
- Finisher: 1-min Plank Challenge

## **DAY 7 – SPECIAL OPS CHALLENGE**

- Push-ups – 100
- Squats – 100
- Sit-ups – 100
- Pull-ups – 10
- Burpees – 25
- 1 km Run (Nonstop)

### **■ ■ TIPS:**

- Rest 30–60 sec between sets.
- Hydrate before, during, and after workout.
- Eat protein-rich foods (eggs, paneer, chicken, lentils).
- Sleep 7–8 hrs for recovery.
- Add 5 reps weekly or reduce rest time for progress.