

28-Day Military Calisthenics Plan for Women

Day-by-day bodyweight plan · 15–20 minutes per session · no gym required

HOW THIS WORKS

Four weekly phases — Foundation, Volume, Density, Test. 4 training days, 1 active-recovery day, 2 rest days each week. The exercises stay the same for all 28 days; only rounds, reps, and rest change.

CIRCUIT A (all four weeks): push-ups · inverted rows · air squats · sit-ups · burpees · lateral lunges

EQUIPMENT: none required. Optional: pull-up bar (or a sturdy table for rows), backpack for the weekend ruck.

Step 1 — Day 0: Baseline Test

Test before you train. Rest 3–5 minutes between tests. Any push-up variation counts — just retest with the same one on Day 28.

Test	Your Day-0 result	Your Day-28 result	Change
Max push-ups (any style: _____)			
Air squats in 60 seconds			
Plank hold (max time)			
Dead hang (max time — skip if no bar)			

Step 2 — Find Your Tier

Take the **lowest** tier you hit in any test. Your tier sets your version of every workout.

Tier	Max push-ups	Squats in 60s	Plank hold	Dead hang	My tier ✓
Tier 1	0–5	Under 20	Under 30s	Under 10s	
Tier 2	6–15	20–35	30–60s	10–30s	
Tier 3	16+	36+	Over 60s	Over 30s	

Can't complete a single knee push-up or 15-second plank? Spend two weeks on the beginner calisthenics routine at gymnasetips.com/beginner-calisthenics-routine/ first, then retest. No pull-up bar? Use the row-based pulling track — you lose nothing.

Week	Focus	Sessions	Time/day	Key benchmark
1	Foundation	4 + 1 recovery	15–20 min	Complete all 3 rounds at your tier
2	Volume	4 + 1 recovery	18–22 min	Add a 4th round
3	Density	4 + 1 recovery	15–18 min	Same work, half the rest
4	Test	2 + tests	15–20 min	Beat your Day-0 numbers

Week 1 — Foundation (Days 1–7)

Goal: groove the movements and finish every round. Tier 2 shown; Tier 1/3 adjust per last column. ✓ = done.

Day	Session	Exercises / sets / reps	Tier adjustments	✓
1	Circuit A	3 rounds, 60s rest: 12 push-ups (knee OK) · 8 inverted rows · 20 air squats · 15 sit-ups · 8 burpees · 20 lateral lunges (10/side)	T1: incline push-ups, 4 burpees, 2 rounds · T3: full push-ups, 12 burpees	
2	Conditioning + core	20-min easy run or brisk walk + 3 × 30s plank	T1: walk, 3 × 15s plank · T3: run, 3 × 45s	
3	Circuit A	Same as Day 1	Same as Day 1	
4	Active recovery	20-min walk + 10 min hip/shoulder mobility	All tiers same	
5	Circuit A	Same as Day 1	Same as Day 1	
6	Long effort	2-mile run OR 30-min ruck with a 15-lb pack	T1: 30-min brisk walk, no load	
7	Rest	Full rest	All tiers same	

Week 2 — Volume (Days 8–14)

Goal: more total work. Fourth round comes in; push-ups and squats climb. Rest stays 60s.

Day	Session	Exercises / sets / reps	Tier adjustments	✓
8	Circuit A	4 rounds, 60s rest: 15 push-ups · 8 inverted rows · 25 air squats · 15 sit-ups · 8 burpees · 20 lateral lunges	T1: 3 rounds, knee push-ups · T3: 5 rounds	
9	Conditioning + core	20-min run + 3 × 40s plank	T1: walk/jog intervals, 3 × 20s plank	
10	Circuit A	Same as Day 8	Same as Day 8	
11	Active recovery	20-min walk + mobility	All tiers same	
12	Circuit A	Same as Day 8	Same as Day 8	
13	Long effort	2-mile run or 30-min ruck	T1: 35-min brisk walk	
14	Rest	Full rest	All tiers same	

Week 3 — Density (Days 15–21)

Goal: same work, less time. Rest drops 60s → 30s; knee push-ups graduate to full where possible; rows +2 reps. Hardest week by design.

Day	Session	Exercises / sets / reps	Tier adjustments	✓
15	Circuit A	3 rounds, 30s rest: 12 full push-ups (knee if needed) · 10 inverted rows · 25 air squats · 15 sit-ups · 8 burpees · 20 lateral lunges	T1: keep 45s rest, knee push-ups · T3: 4 rounds at 30s	
16	Conditioning + core	20-min run + 3 × 45s plank	T1: intervals, 3 × 25s plank	
17	Circuit A	Same as Day 15	Same as Day 15	
18	Active recovery	20-min walk + mobility	All tiers same	
19	Circuit A	Same as Day 15	Same as Day 15	
20	Long effort	2-mile run (beat Week 1 time) or 35-min ruck	T1: 40-min brisk walk	
21	Rest	Full rest	All tiers same	

Week 4 — Test Week (Days 22–28)

Goal: peak, deload, retest. Day 22 is a branch-style PT test; Days 24/26 are light deloads; Day 28 repeats your Day-0 test exactly.

Day	Session	Exercises / sets / reps	Tier adjustments	✓
22	PT test	2-min max push-ups · 2-min max sit-ups · max pull-ups or flexed-arm hang · 2-mile run for time	T1: knee push-ups, 1-mile walk/run	
23	Mobility	20 min easy walking + stretching	All tiers same	
24	Deload circuit	Circuit A × 2 rounds, 60s rest, Week-1 reps	All tiers: 2 rounds only	
25	Mobility	20 min easy walking + stretching	All tiers same	
26	Deload circuit	Circuit A × 2 rounds, 60s rest, Week-1 reps	All tiers: 2 rounds only	
27	Rest	Full rest	All tiers same	
28	Day-0 retest	Max push-ups · squats in 60s · plank hold · dead hang — record on Page 1	Same variations as Day 0	

PT test day (Day 22): record your numbers below — they map to the branch fitness tests covered in the full article.

Push-ups (2 min): _____ Sit-ups (2 min): _____ Pull-ups / hang: _____ 2-mile time: _____

Weekly Check-In Log

One row per week, filled in on your rest day. Energy: rate 1–5. Notes: sleep, cycle phase, soreness, wins.

Week	Bodyweight	Energy (1–5)	Sessions completed	Notes
1 — Foundation			____ / 5	
2 — Volume			____ / 5	
3 — Density			____ / 5	
4 — Test			____ / 4	

Cycle-smart training: if the 3–5 days before your period feel noticeably harder, keep the schedule but cut circuit volume 20–30% (drop a round) rather than skipping. Evidence on cycle-phase programming is weak — consistency beats perfection.

Rules that keep the 28 days working

Don't skip rest days.	They're programmed. Skipping borrows recovery from next week.
Scale, don't fail.	Dropping to knee push-ups mid-set beats stopping. Full range of motion always wins over rep count.
Protein + sleep.	1.6–2.0 g protein per kg bodyweight daily; 7–9 hours sleep. This is where the plan's results actually get built.
Same test, same rules.	Day 28 retest uses the exact variations you used on Day 0 — that's the only honest comparison.

Pull-Up Progression Tracker — Zero to Your First Strict Rep

Most women need 8–16 weeks of structured pulling to earn the first strict pull-up. This tracker extends past the 28-day plan — keep it on the fridge.

Phase	Weeks	Exercise	Target	Graduate when
1	1–4	Inverted rows	4 × 10 → 4 × 15	4 × 15 clean reps
2	5–8	Negative pull-ups (jump up, lower slow)	5 × 3, 60s rest	5-second controlled negatives
3	9–12	Banded pull-ups	4 × 5 → 4 × 8	4 × 8 on the lightest band
4	13+	Unassisted dead-hang pull-ups	1 → 3 → 5 strict	You own it

Session log

Date	Phase	Sets × reps done	Notes (band color, negative speed, how it felt)

Done with the 28 days? The **8-week military calisthenics plan** at gymnasetips.com/8-week-military-calisthenics-plan-pdf/ picks up where Week 4 leaves off. Full article, form guides, and female-specific programming: gymnasetips.com/military-calisthenics-women/