

THE FULL 28-DAY PROGRAM

28-DAY FIELD MANUAL

All 28 days of the Military Calisthenics Men - MLT program on paper: every session, a tracker the app doesn't have, and progress tests to prove it's working. No equipment.

28	4	10–21	0
SESSIONS	LEVELS	MINUTES A DAY	EQUIPMENT

p.2 The 28-day map and how the program works.

p.3–6 Every session, week by week, from Recruit to Elite.

p.7–8 The 28-day tracker, streak and Day 1 / 14 / 28 tests.

p.9 Form cues, progressions and your daily standard.

28 days. *Four levels.*

Each week is a level. Each day has a focus: push and core, back and posterior chain, legs, upper body, HIIT, skills, then a longer endurance day. The exercises stay familiar; the rounds, variations and pace step up.

1 · Warm up
5–9 mobility moves, about 3 minutes. Never skip it.

2 · Main block
Each move for the time shown. ×2 = two rounds.

3 · Cool down
4–9 stretches, 1–2 minutes. Slow breathing.

4 · Log it
Tick the day on page 7. Never miss two in a row.

YOUR 28-DAY MAP

RECRUIT Week 1	1 Push & Core Assault ~12 min	2 Back & Posterior Chain ~12 min	3 Legs & Power ~11 min	4 Upper Body Conditioning ~13 min	5 Full Body HIIT ~11 min	6 Skills & Balance ~10 min	7 Total Body Endurance ~12 min
SOLDIER Week 2	8 Push & Core Volume ~15 min	9 Back & Posterior Power ~14 min	10 Legs & Explosive Power ~14 min	11 Upper Strength Compound ~15 min	12 Combat HIIT ~14 min	13 Skills & Tactical Endurance ~12 min	14 Total Body Endurance — Build ~13 min
OPERATOR Week 3	15 Push & Core Warfare ~17 min	16 Back & Posterior Domination ~15 min	17 Legs & Power Surge ~15 min	18 Upper Strength Elite ~17 min	19 Tactical HIIT ~16 min	20 Skills & Battlefield Endurance ~13 min	21 Total Body Endurance — Push ~16 min
ELITE Week 4	22 Push & Core Annihilation ~19 min	23 Back & Posterior Supremacy ~18 min	24 Legs & Power Maximum ~16 min	25 Upper Strength Final ~20 min	26 All-Out HIIT ~19 min	27 Skills & Endurance Final ~16 min	28 Total Body — Final Challenge ~21 min

HOW EACH WEEK STEPS UP

RECRUIT
~12 min a session
85 main-block rounds
~446 kcal for the week*

SOLDIER
~14 min a session
106 main-block rounds
~573 kcal for the week*

OPERATOR
~16 min a session
123 main-block rounds
~658 kcal for the week*

ELITE
~18 min a session
149 main-block rounds
~827 kcal for the week*

*Estimates for a 75 kg (165 lb) adult. Too hard on any day? Use the easier version from the progression ladders on page 8. Check with a doctor before starting if you have a health condition.

WEEK 1 OF 4

Recruit *level*

Learn the core moves at a steady pace. Sessions run ~10–13 minutes. Do each main-block move for the time shown; "×2" means two rounds. Tick the box when the day is done.

1 Push & Core Assault

~12 min · ~72 kcal*

Warm-up · 6 moves · ~3.2 min Neck Rotations, Neck and Shoulder Roll, Shoulder Circles, Wrist Circles, Shoulder Circles (Arms Out), High Knees Run

Push-ups	×2	35s	Crunches	×2	30s
Wide Push-ups	×2	35s	Russian Twists	×1	40s
Knee Push-ups	×1	30s	Back Extensions	×1	30s
Tricep Dips (Chair)	×2	30s	Leg Raises from Forearm Plank	×1	35s
Forearm Plank	×2	35s			

Cool-down · 5 stretches · ~1.3 min Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Triceps Stretch, Child's Pose

2 Back & Posterior Chain

~12 min · ~52 kcal*

Warm-up · 6 moves · ~3 min Neck Side Bends, Shoulder Circles, Wrist Circles, Elbow Circles, Shoulder Circles (Arms Out), High Knees Run

Back Extensions	×2	30s	Glute Bridge	×2	35s
Superman Hold	×2	30s	Forearm Plank	×2	35s
Prone Y-Pull	×1	hold	Russian Twists	×1	40s
Prone Leg Raises	×1	30s	Leg Raises from Forearm Plank	×1	35s

Cool-down · 5 stretches · ~1.8 min Plank to Downward Dog, Shoulder Stretch (Cross-arm), Triceps Stretch, Lying Hamstring Stretch, Child's Pose

3 Legs & Power

~11 min · ~58 kcal*

Warm-up · 7 moves · ~3.2 min Torso Bends, Hip Circles, Knee Circles, Ankle Circles, Heel Raises, Standing Forward Bend, Cossack Squat Stretch

Bodyweight Squats	×2	30s	Wall Sit	×1	15s
Reverse Lunges	×2	35s	Glute Kickbacks (R)	×1	30s
Glute Bridges	×2	35s	Glute Kickbacks (L)	×1	30s
Lateral Lunges	×1	30s	Mountain Climbers	×1	35s
Jump Squats	×1	30s			

Cool-down · 5 stretches · ~1.9 min Hip Flexor Stretch, Behind-the-Knee Stretch, Pigeon Pose, Hamstring Stretch, Child's Pose

4 Upper Body Conditioning

~13 min · ~63 kcal*

Warm-up · 7 moves · ~3.5 min Neck Rotations, Neck and Shoulder Roll, Wrist Circles, Elbow Circles, Shoulder Circles (Arms Out), High Knees Run, Standing Forward Bend

Push-ups	×2	35s	Plank Shoulder Taps	×1	30s
Wide Push-ups	×2	35s	Forearm Plank	×2	35s
Tricep Dips (Chair)	×2	30s	Back Extensions	×1	30s
Plank to Push-up	×1	35s	Crunches	×1	30s

Cool-down · 5 stretches · ~1.3 min Downward Dog, Wrist Stretch (Palm Down), Wrist Stretch (Palm Up), Triceps Stretch, Child's Pose

5 Full Body HIIT

~11 min · ~87 kcal*

Warm-up · 5 moves · ~2.6 min Neck and Shoulder Roll, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Burpees	×2	40s	Bodyweight Squats	×1	30s
Jump Squats	×2	30s	High Knees Run	×2	30s
Mountain Climbers	×2	35s	Crunches	×1	30s
Push-ups	×2	35s	Bicycle Crunches	×1	30s

Cool-down · 5 stretches · ~1.4 min Shoulder Stretch (Cross-arm), Hamstring Stretch, Supine Spinal Roll, Pigeon Pose, Child's Pose

6 Skills & Balance

~10 min · ~44 kcal*

Warm-up · 6 moves · ~2.8 min Neck Rotations, Shoulder Circles, Hip Circles, Knee Circles, Heel Raises, High Knees Run

Pike Hold (Crow Prep)	×1	hold	Forearm Plank	×2	35s
Crow Pose	×1	20s	Back Extensions	×1	30s
Single-Leg Balance	×1	hold	Superman Hold	×1	30s
High Plank	×2	hold	Leg Raises from Forearm Plank	×1	35s

Cool-down · 4 stretches · ~1.1 min Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Child's Pose

7 Total Body Endurance

~12 min · ~70 kcal*

Warm-up · 7 moves · ~3.7 min Neck Rotations, Neck and Shoulder Roll, Shoulder Circles, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Push-ups	×2	35s	Russian Twists	×1	40s
Bodyweight Squats	×2	30s	Reverse Lunges	×1	35s
Glute Bridges	×1	35s	Back Extensions	×1	30s
No-jump Burpees	×2	35s	Bicycle Crunches	×1	30s
Forearm Plank	×1	35s			

Cool-down · 6 stretches · ~2 min Downward Dog, Cobra Stretch, Hip Flexor Stretch, Pigeon Pose, Supine Spinal Roll, Child's Pose

This week

Learn the moves. Use easier versions freely: push-ups on a table, smaller ranges, shorter holds.

*Calorie estimates are for a 75 kg (165 lb) adult and vary with weight and effort.

WEEK 2 OF 4

Soldier *level*

More rounds and new variations. Sessions run ~12–15 minutes. Do each main-block move for the time shown; "×2" means two rounds. Tick the box when the day is done.

8 Push & Core Volume

~15 min · ~101 kcal*

Warm-up · 6 moves · ~3 min Neck Side Bends, Neck and Shoulder Roll, Shoulder Circles, Elbow Circles, Wrist Circles, High Knees Run

Push-ups	×3	35s	Forearm Plank	×2	35s
Diamond Push-ups	×2	35s	Leg Raises	×2	35s
Wide Push-ups	×2	35s	Russian Twists	×2	40s
Tricep Dips (Chair)	×2	30s	Knee-to-Elbow in Plank	×1	35s
Plank to Push-up	×2	35s			

Cool-down · 5 stretches · ~1.6 min Plank to Downward Dog, Wrist Stretch (Palm Up), Wrist Stretch (Palm Down), Shoulder Stretch (Seated), Child's Pose

9 Back & Posterior Power

~14 min · ~60 kcal*

Warm-up · 7 moves · ~3.6 min Neck Rotations, Shoulder Circles, Wrist Circles, Shoulder Circles (Arms Out), Torso Bends, High Knees Run, Heel Raises

Back Extensions	×2	30s	Glute Bridge	×2	35s
Superman Hold	×2	30s	Single-Leg Glute Bridge	×1	hold
Prone Y-Pull	×2	hold	Forearm Plank	×2	35s
Prone Leg Raises	×2	30s	Leg Raises	×1	35s

Cool-down · 6 stretches · ~1.8 min Cobra Stretch, Thoracic Spine Twist, Shoulder Stretch (Cross-arm), Triceps Stretch, Chest & Hamstring Stretch, Child's Pose

10 Legs & Explosive Power

~14 min · ~82 kcal*

Warm-up · 7 moves · ~3.3 min Hip Circles, Knee Circles, Ankle Circles, 3-Point Wide Fold, Wide-Leg Elbow Stretch, Heel Raises, High Knees Run

Bodyweight Squats	×3	30s	Glute Bridges	×2	35s
Jump Squats	×2	30s	Lateral Squats (Wide)	×1	30s
Jump Lunges	×2	30s	Single-leg Romanian DL (R)	×1	30s
Reverse Lunges	×2	35s	Single-leg Romanian DL (L)	×1	30s
Curtsy Lunges	×2	30s			

Cool-down · 6 stretches · ~2.1 min Pigeon Pose, Hamstring Stretch, Seated Spinal Twist, Hip Flexor Stretch, Supine Spinal Roll, Child's Pose

11 Upper Strength Compound

~15 min · ~83 kcal*

Warm-up · 7 moves · ~3.7 min Neck and Shoulder Roll, Shoulder Circles, Wrist Circles, Shoulder Circles (Arms Out), High Knees Run, Heel Raises, Standing Forward Bend

Push-ups	×3	35s	Plank to Push-up	×2	35s
Diamond Push-ups	×2	35s	Plank Shoulder Taps	×2	30s
Wide Push-ups	×2	35s	Back Extensions	×1	30s
Tricep Dips (Chair)	×2	30s	V-Ups	×1	30s

Cool-down · 6 stretches · ~1.8 min Downward Dog, Wrist Stretch (Palm Down), Wrist Stretch (Palm Up), Triceps Stretch, Lying Hamstring Stretch, Child's Pose

12 Combat HIIT

~14 min · ~113 kcal*

Warm-up · 6 moves · ~2.8 min Shoulder Circles, Torso Bends, Hip Circles, Knee Circles, High Knees Run, Standing Forward Bend

Burpees	×3	40s	Push-ups	×2	35s
Jump Squats	×2	30s	High Knees Run	×2	30s
Jump Lunges	×2	30s	V-Ups	×1	30s
Mountain Climbers	×3	35s	Bicycle Crunches	×1	30s

Cool-down · 6 stretches · ~2.1 min Downward Dog, Hip Flexor Stretch, Pigeon Pose, Shoulder Stretch (Cross-arm), Hamstring Stretch, Child's Pose

13 Skills & Tactical Endurance

~12 min · ~53 kcal*

Warm-up · 7 moves · ~3.4 min Neck Side Bends, Shoulder Circles (Arms Out), Wrist Circles, Torso Bends, Hip Circles, Heel Raises, High Knees Run

Pike Hold (Crow Prep)	×2	hold	Forearm Plank	×2	35s
Crow Pose	×2	20s	High Plank	×2	hold
Handstand Kick-Up (90°)	×1	hold	Superman Hold	×1	30s
Single-Leg Balance	×1	hold	Leg Raises from Forearm Plank	×1	35s

Cool-down · 5 stretches · ~1.7 min Downward Dog, Lying Hamstring Stretch, Supine Spinal Roll, Seated Spinal Twist, Child's Pose

14 Total Body Endurance — Build

~13 min · ~81 kcal*

Warm-up · 5 moves · ~2.6 min Neck and Shoulder Roll, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Push-ups	×2	35s	Russian Twists	×1	40s
Bodyweight Squats	×2	30s	Reverse Lunges	×2	35s
Glute Bridges	×2	35s	Back Extensions	×1	30s
Burpees	×2	40s	Leg Raises	×1	35s
Forearm Plank	×2	35s			

Cool-down · 6 stretches · ~1.7 min Cobra Stretch, Shoulder Stretch (Cross-arm), Hamstring Stretch, Supine Spinal Roll, Pigeon Pose, Child's Pose

This week

More rounds arrive. Keep the same form standard; slow down before you cut corners.

*Calorie estimates are for a 75 kg (165 lb) adult and vary with weight and effort.

WEEK 3 OF 4

Operator *level*

Harder variations, shorter rests. Sessions run ~13–17 minutes. Do each main-block move for the time shown; "×2" means two rounds. Tick the box when the day is done.

15 Push & Core Warfare

~17 min · ~115 kcal*

Warm-up · 7 moves · ~3.6 min Neck Rotations, Neck and Shoulder Roll, Elbow Circles, Shoulder Circles (Arms Out), Wrist Circles, Wide-Leg Elbow Stretch, High Knees Run

Push-ups	×3	35s	Forearm Plank	×3	35s
Diamond Push-ups	×3	35s	V-Ups	×2	30s
Archer Push-ups	×2	35s	Knee-to-Elbow in Plank	×2	35s
Tricep Dips (Chair)	×3	30s	Prone Side Twists	×1	35s
Plank to Push-up	×2	35s			

Cool-down · 6 stretches · ~1.6 min Cobra Stretch, Thoracic Spine Twist (Wall), Triceps Stretch, Shoulder Stretch (Seated), Chest & Hamstring Stretch, Child's Pose

16 Back & Posterior Domination

~15 min · ~67 kcal*

Warm-up · 7 moves · ~3.5 min Neck Side Bends, Neck and Shoulder Roll, Elbow Circles, Shoulder Circles (Arms Out), Wrist Circles, Standing Forward Bend, High Knees Run

Back Extensions	×3	30s	Single-Leg Glute Bridge	×2	hold
Superman Hold	×3	30s	Glute Bridge	×2	35s
Prone Y-Pull	×2	hold	Russian Twists	×2	40s
Prone Leg Raises	×2	30s	Supine Leg Circles	×1	hold

Cool-down · 6 stretches · ~1.6 min Downward Dog, Wrist Stretch (Palm Down), Wrist Stretch (Palm Up), Shoulder Stretch (Cross-arm), Triceps Stretch, Child's Pose

17 Legs & Power Surge

~15 min · ~94 kcal*

Warm-up · 8 moves · ~3.8 min Torso Bends, Hip Circles, Knee Circles, Heel Raises, Standing Forward Bend, 3-Point Wide Fold, Cossack Squat Stretch, High Knees Run

Bodyweight Squats	×3	30s	Single-Leg Glute Bridge (L)	×1	30s
Jump Squats	×3	30s	Single-leg Romanian DL (R)	×1	30s
Jump Lunges	×2	30s	Single-leg Romanian DL (L)	×1	30s
Reverse Lunges	×3	35s	Shrimp Squats	×1	35s
Single-Leg Glute Bridge (R)	×1	30s	Curtsy Lunges	×1	30s

Cool-down · 6 stretches · ~2.5 min Behind-the-Knee Stretch, Seated Forward Fold, Hip Flexor Stretch, Pigeon Pose, Cat-Cow Stretch, Child's Pose

18 Upper Strength Elite

~17 min · ~97 kcal*

Warm-up · 7 moves · ~3.6 min Neck Rotations, Shoulder Circles, Elbow Circles, Wrist Circles, Shoulder Circles (Arms Out), High Knees Run, 3-Point Wide Fold

Push-ups	×3	35s	Plank to Push-up	×2	35s
Diamond Push-ups	×3	35s	Pike Push-ups	×2	hold
Decline Push-ups	×2	hold	Back Extensions	×1	30s
Tricep Dips (Chair)	×3	30s	Bicycle Crunches	×1	30s

Cool-down · 7 stretches · ~2.3 min Plank to Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Supine Spinal Roll, Thoracic Spine Twist, Triceps Stretch, Child's Pose

19 Tactical HIIT

~16 min · ~125 kcal*

Warm-up · 7 moves · ~3.6 min Neck and Shoulder Roll, Shoulder Circles (Arms Out), Hip Circles, Ankle Circles, Heel Raises, Wide-Leg Elbow Stretch, High Knees Run

Burpees	×3	40s	Leg Raises	×2	35s
Jump Squats	×3	30s	High Knees Run	×2	30s
Jump Lunges	×2	30s	Side Knee Plank + Leg Raise (R)	×1	30s
Diamond Push-ups	×2	35s			
Mountain Climbers	×3	35s	Side Knee Plank + Leg Raise (L)	×1	30s

Cool-down · 6 stretches · ~1.7 min Cobra Stretch, Seated Forward Fold, Supine Spinal Roll, Triceps Stretch, Pigeon Pose, Child's Pose

20 Skills & Battlefield Endurance

~13 min · ~63 kcal*

Warm-up · 7 moves · ~3.4 min Neck and Shoulder Roll, Shoulder Circles, Elbow Circles, Hip Circles, Ankle Circles, Standing Forward Bend, High Knees Run

Wall Handstand (Straight)	×2	15s	Pike Hold (Crow Prep)	×2	hold
Crow Pose	×2	20s	Forearm Plank	×2	35s
Wall Walk (Legs)	×1	30s	V-Sit Hold	×1	hold
Handstand Kick-Up (90°)	×2	hold	Superman Hold	×2	30s

Cool-down · 6 stretches · ~1.5 min Cobra Stretch, Wrist Stretch (Palm Down), Wrist Stretch (Palm Up), Shoulder Stretch (Cross-arm), Triceps Stretch, Child's Pose

21 Total Body Endurance — Push

~16 min · ~97 kcal*

Warm-up · 6 moves · ~3.2 min Neck and Shoulder Roll, Shoulder Circles, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Push-ups	×3	35s	Russian Twists	×2	40s
Bodyweight Squats	×2	30s	Reverse Lunges	×2	35s
Glute Bridges	×2	35s	Superman Hold	×2	30s
Burpees	×2	40s	Bicycle Crunches	×1	30s
Forearm Plank	×2	35s			

Cool-down · 6 stretches · ~2 min Downward Dog, Cobra Stretch, Hip Flexor Stretch, Shoulder Stretch (Cross-arm), Hamstring Stretch, Child's Pose

This week

Rests feel shorter. Breathe through the nose between moves and stay on the clock.

*Calorie estimates are for a 75 kg (165 lb) adult and vary with weight and effort.

WEEK 4 OF 4

Elite *level*

Peak volume and a final challenge. Sessions run ~16–21 minutes. Do each main-block move for the time shown; "×2" means two rounds. Tick the box when the day is done.

22 Push & Core Annihilation

~19 min · ~138 kcal*

Warm-up · 7 moves · ~3.6 min Neck Side Bends, Neck and Shoulder Roll, Shoulder Circles, Elbow Circles, Wrist Circles, Shoulder Circles (Arms Out), High Knees Run

Push-ups	×3	35s	Tricep Dips (Chair)	×3	30s
Diamond Push-ups	×3	35s	Plank Shoulder Taps	×2	30s
Archer Push-ups	×3	35s	Forearm Plank	×3	35s
One-arm Push-ups (R)	×2	30s	V-Ups	×3	30s
One-arm Push-ups (L)	×2	30s	Lateral Squats (Wide)	×1	30s

Cool-down · 7 stretches · ~1.8 min Downward Dog, Wrist Stretch (Palm Up), Wrist Stretch (Palm Down), Shoulder Stretch (Cross-arm), Triceps Stretch, Supine Spinal Roll, Child's Pose

23 Back & Posterior Supremacy

~18 min · ~81 kcal*

Warm-up · 8 moves · ~4 min Neck Rotations, Neck and Shoulder Roll, Wrist Circles, Elbow Circles, Shoulder Circles (Arms Out), Standing Forward Bend, High Knees Run, Heel Raises

Back Extensions	×3	30s	Glute Bridge	×3	35s
Superman Hold	×3	30s	Leg Raises	×2	35s
Prone Y-Pull	×3	hold	Forearm Plank Leg Lift	×1	hold
Prone Leg Raises	×2	30s	Supine Leg Circles	×1	hold
Single-Leg Glute Bridge	×2	hold			

Cool-down · 7 stretches · ~2.3 min Plank to Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Supine Spinal Roll, Thoracic Spine Twist, Triceps Stretch, Child's Pose

24 Legs & Power Maximum

~16 min · ~102 kcal*

Warm-up · 8 moves · ~3.8 min Torso Bends, Hip Circles, Ankle Circles, Knee Circles, Wide-Leg Elbow Stretch, Cossack Squat Stretch, Heel Raises, High Knees Run

Bodyweight Squats	×3	30s	Single-Leg Glute Bridge (R)	×1	30s
Jump Squats	×3	30s	Single-Leg Glute Bridge (L)	×1	30s
Jump Lunges	×3	30s	Single-leg Romanian DL (R)	×1	30s
Reverse Lunges	×3	35s	Single-leg Romanian DL (L)	×1	30s
Shrimp Squats	×2	35s	Wall Sit	×2	15s

Cool-down · 7 stretches · ~2.4 min Hip Flexor Stretch, Hamstring Stretch, Pigeon Pose, Supine Spinal Roll, Seated Spinal Twist, Seated Forward Fold, Child's Pose

25 Upper Strength Final

~20 min · ~119 kcal*

Warm-up · 9 moves · ~4.4 min Neck Rotations, Shoulder Circles (Arms Out), Wrist Circles, Elbow Circles, Torso Bends, Hip Circles, Heel Raises, Wide-Leg Elbow Stretch, High Knees Run

Push-ups	×3	35s	Tricep Dips (Chair)	×3	30s
Diamond Push-ups	×3	35s	Pike Push-ups	×2	hold
Archer Push-ups	×3	35s	Plank to Push-up	×2	35s
Decline Push-ups	×2	hold	Bicycle Crunches	×2	30s

Cool-down · 7 stretches · ~2.7 min Downward Dog, Thoracic Spine Twist, Standing Quad Stretch, Lying Glute Stretch, Supine Spinal Roll, Pigeon Pose, Child's Pose

26 All-Out HIIT

~19 min · ~150 kcal*

Warm-up · 7 moves · ~3.6 min Shoulder Circles, Torso Bends, Hip Circles, Heel Raises, 3-Point Wide Fold, High Knees Run, Cossack Squat Stretch

Burpees	×3	40s	V-Ups	×3	30s
Jump Squats	×3	30s	High Knees Run	×3	30s
Jump Lunges	×3	30s	Leg Raises	×2	35s
Archer Push-ups	×2	35s	Shrimp Squats	×1	35s
Mountain Climbers	×3	35s			

Cool-down · 7 stretches · ~2.5 min Downward Dog, Hamstring Stretch, Hip Flexor Stretch, Rolling in Lotus Pose, Supine Spinal Roll, Shoulder Stretch (Cross-arm), Child's Pose

27 Skills & Endurance Final

~16 min · ~86 kcal*

Warm-up · 9 moves · ~4.5 min Neck Rotations, Neck and Shoulder Roll, Shoulder Circles, Wrist Circles, Elbow Circles, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Handstand Push-up (Wall)	×2	hold	Handstand Kick-Up (90°)	×2	hold
Wall Walk (Hands)	×2	35s	V-Sit Hold	×2	hold
Wall Handstand (Straight)	×2	15s	Wall Walk (Legs)	×1	30s
Crow Pose	×2	20s	Pike Hold (Crow Prep)	×2	hold

Cool-down · 8 stretches · ~2.4 min Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Triceps Stretch, Lying Glute Stretch, Supine Spinal Roll, Pigeon Pose, Child's Pose

28 Total Body — Final Challenge

~21 min · ~151 kcal*

Warm-up · 7 moves · ~3.7 min Neck Rotations, Neck and Shoulder Roll, Shoulder Circles, Shoulder Circles (Arms Out), Hip Circles, Heel Raises, High Knees Run

Push-ups	×3	35s	V-Ups	×2	30s
Diamond Push-ups	×2	35s	Mountain Climbers	×3	35s
Bodyweight Squats	×3	30s	Superman Hold	×2	30s
Jump Squats	×2	30s	Reverse Lunges	×2	35s
Burpees	×3	40s	Plow Pose Leg Raises	×1	30s
Forearm Plank	×3	35s			

Cool-down · 9 stretches · ~2.8 min Downward Dog, Cobra Stretch, Shoulder Stretch (Cross-arm), Triceps Stretch, Hamstring Stretch, Supine Spinal Roll, Hip Flexor Stretch, Pigeon Pose, Child's Pose

This week

Peak week. Day 28 is the final challenge: retest on Day 28 and compare with Day 1.

*Calorie estimates are for a 75 kg (165 lb) adult and vary with weight and effort.

Tick it. *Every day.*

The app runs your workouts; this sheet tracks everything around them. Tick each box as you hit it, rate your energy, jot a note.

DAY	SESSION	TRAINED	WATER 2 L	PROTEIN 3 MEALS	STEPS 7K+	SLEEP 7 H+	ENERGY 1–5	NOTE
1	Push & Core Assault	☐	☐	☐	☐	☐	1 2 3 4 5	
2	Back & Posterior Chain	☐	☐	☐	☐	☐	1 2 3 4 5	
3	Legs & Power	☐	☐	☐	☐	☐	1 2 3 4 5	
4	Upper Body Conditioning	☐	☐	☐	☐	☐	1 2 3 4 5	
5	Full Body HIIT	☐	☐	☐	☐	☐	1 2 3 4 5	
6	Skills & Balance	☐	☐	☐	☐	☐	1 2 3 4 5	
7	Total Body Endurance	☐	☐	☐	☐	☐	1 2 3 4 5	
8	Push & Core Volume	☐	☐	☐	☐	☐	1 2 3 4 5	
9	Back & Posterior Power	☐	☐	☐	☐	☐	1 2 3 4 5	
10	Legs & Explosive Power	☐	☐	☐	☐	☐	1 2 3 4 5	
11	Upper Strength Compound	☐	☐	☐	☐	☐	1 2 3 4 5	
12	Combat HIIT	☐	☐	☐	☐	☐	1 2 3 4 5	
13	Skills & Tactical Endurance	☐	☐	☐	☐	☐	1 2 3 4 5	
14	Total Body Endurance — Build	☐	☐	☐	☐	☐	1 2 3 4 5	
15	Push & Core Warfare	☐	☐	☐	☐	☐	1 2 3 4 5	
16	Back & Posterior Domination	☐	☐	☐	☐	☐	1 2 3 4 5	
17	Legs & Power Surge	☐	☐	☐	☐	☐	1 2 3 4 5	
18	Upper Strength Elite	☐	☐	☐	☐	☐	1 2 3 4 5	
19	Tactical HIIT	☐	☐	☐	☐	☐	1 2 3 4 5	
20	Skills & Battlefield Endurance	☐	☐	☐	☐	☐	1 2 3 4 5	
21	Total Body Endurance — Push	☐	☐	☐	☐	☐	1 2 3 4 5	
22	Push & Core Annihilation	☐	☐	☐	☐	☐	1 2 3 4 5	
23	Back & Posterior Supremacy	☐	☐	☐	☐	☐	1 2 3 4 5	
24	Legs & Power Maximum	☐	☐	☐	☐	☐	1 2 3 4 5	
25	Upper Strength Final	☐	☐	☐	☐	☐	1 2 3 4 5	
26	All-Out HIIT	☐	☐	☐	☐	☐	1 2 3 4 5	
27	Skills & Endurance Final	☐	☐	☐	☐	☐	1 2 3 4 5	
28	Total Body — Final Challenge	☐	☐	☐	☐	☐	1 2 3 4 5	

END-OF-WEEK CHECK-IN

Week 1 · Recruit
BEST MOMENT
WHAT WAS HARD
NEXT WEEK I WILL…

Week 2 · Soldier
BEST MOMENT
WHAT WAS HARD
NEXT WEEK I WILL…

Week 3 · Operator
BEST MOMENT
WHAT WAS HARD
NEXT WEEK I WILL…

Week 4 · Elite
BEST MOMENT
WHAT WAS HARD
NEXT WEEK I WILL…

Prove it's *working.*

Test on Day 1, Day 14 and Day 28, fresh and before that day's session, with the same form each time. Numbers beat the mirror.

Fitness test

Write your score in each box.

TEST	DAY 1	DAY 14	DAY 28
Max push-ups, one set, good form			
Forearm plank hold (seconds)			
Bodyweight squats in 60 seconds			
Burpees in 60 seconds			
How you feel, 1–10			

Measurements (optional)

Same time of day, before breakfast.

MEASURE	DAY 1	DAY 14	DAY 28
Body weight			
Waist (at the navel)			
Chest			
Resting heart rate (on waking)			

28-day streak

Colour one circle for every session done. Filled circles mark the end of each level.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

PROGRESSION LADDERS · move up a step when you can do 12 clean reps or hold it easily

Push-up

5. Decline (feet up)
4. Full
3. Knees
2. Counter / table
1. Wall

Squat

5. Jump squat
4. Pause at bottom
3. Full depth
2. Touch the chair
1. To a chair

Plank

5. 60 s + shoulder taps
4. 45 s
3. 30 s
2. 20 s
1. 10 s

Burpee

5. Jump + tuck jump
4. Jump + push-up
3. Jump back
2. Step back + stand
1. Step back, no jump

Do it *right.*

One cue for the moves you'll do most. If a rep breaks the cue, it doesn't count; make the move easier instead.

Push-up
Hands under shoulders, body in one line, chest to a fist from the floor.

Wide push-up
Hands wider than shoulders, elbows at about 45°.

Chair dips
Shoulders down and away from ears, lower to about 90°.

Pike push-up
Hips high, head travels toward the floor between the hands.

Squat
Sit back into a low chair, heels down, knees over toes.

Reverse lunge
Step back, drop the back knee straight down.

Jump squat
Land soft and quiet, knees tracking over toes.

Glute bridge
Drive through heels, ribs down, squeeze at the top.

Forearm plank
Elbows under shoulders, squeeze glutes, push the floor away.

Back extension
Face down, lift chest and legs a few inches. Slow.

Superman hold
Arms and legs long, lift and hold without jerking.

Mountain climber
Plank, drive knees under hips, keep hips low.

Burpee
Hands down, step or jump back, return, stand tall.

Russian twist
Rotate from the ribs, not just the arms.

Crow pose
Knees on the backs of the arms, lean forward slowly.

YOUR DAILY STANDARD · our recommendation around the workouts

Train
Same time every day; kit ready the night before.

Water
About 2 litres across the day.

Protein
A palm-sized portion at 3 meals.

Steps
7,000–10,000 a day.

Sleep
7+ hours, lights out at the same time.

RULES THAT MAKE IT WORK

- Train at the same time every day.
- Lay out your kit the night before.
- Bad day? Do five minutes. Done is done.
- Never miss two days in a row.
- Sore in Week 1 is normal: walk it off.
- Form first. Speed and reps come later.

BETTER THAN PAPER

Follow all 28 days *live.*

In Military Calisthenics Men - MLT, a real calisthenics instructor leads every one of these sessions on video. Press play: the timer, the form and the next move are handled for you.

Download on the App Store →

Scan with your iPhone camera · 3 days free, then $29.99/year · cancel anytime

Real instructor
Every session on video, every move demonstrated.

Built-in timer
No clock-watching; just follow along.

Form cues
Know exactly what a good rep looks like.

Daily check-ins
Keep the streak going inside the app.

Training as a woman? Try **Military Calisthenics Women - HQ**, the women's edition.