

CALISTHENICS WORKOUT PLAN

Monday Push (Chest/Triceps)



Push-ups



Incline Push-ups

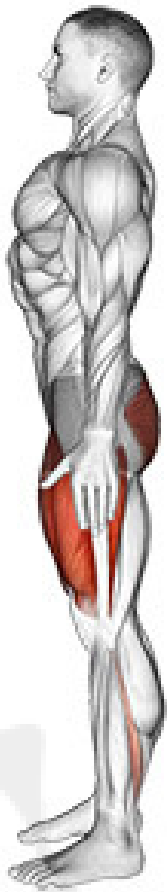


Dips

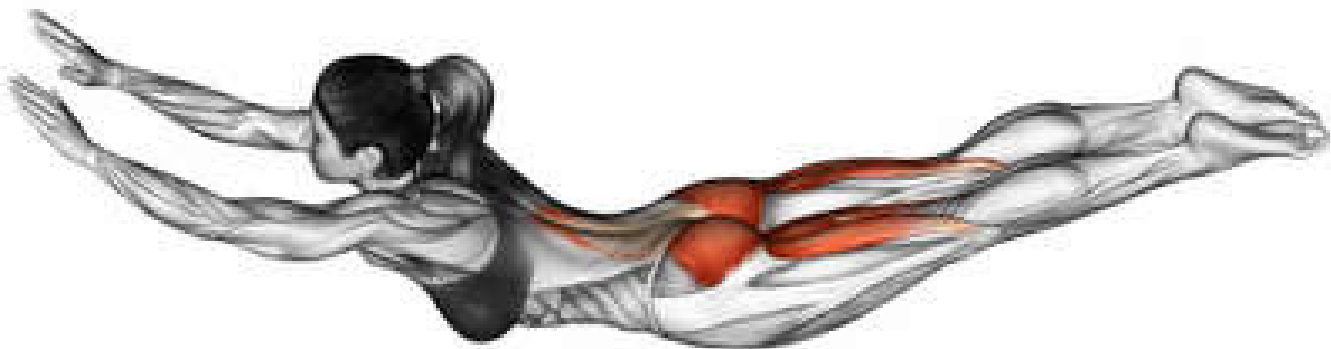


CALISTHENICS WORKOUT PLAN

Tuesday Pull (Back/Biceps)



Bodyweight Rows



Reverse Snow Angels



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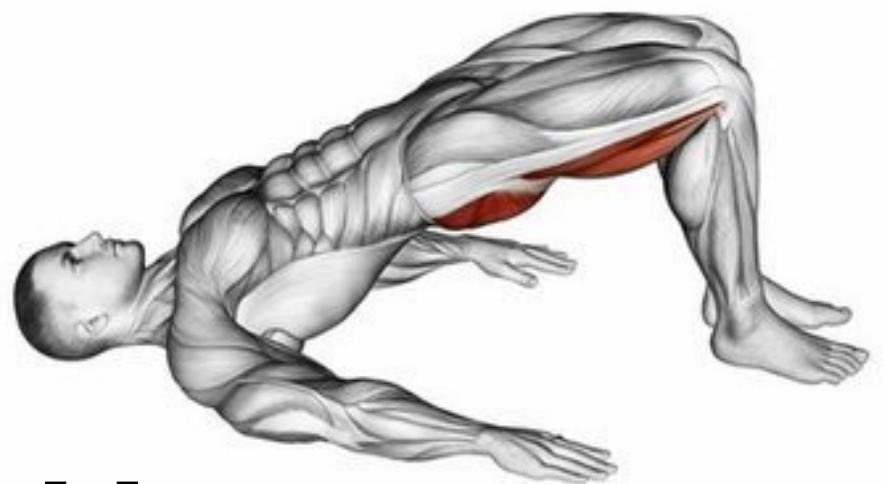
Wednesday Legs & Glutes



Squats



Lunges

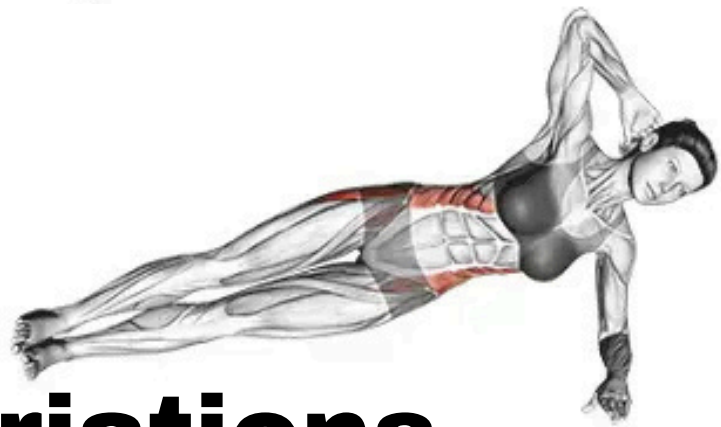
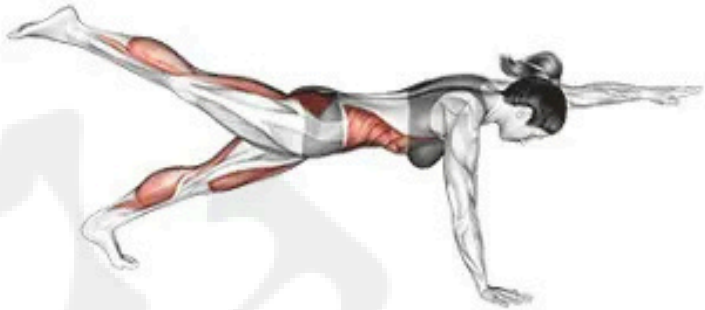
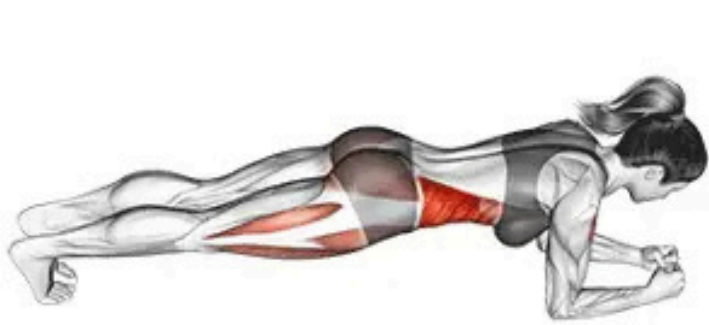


Glute Bridges



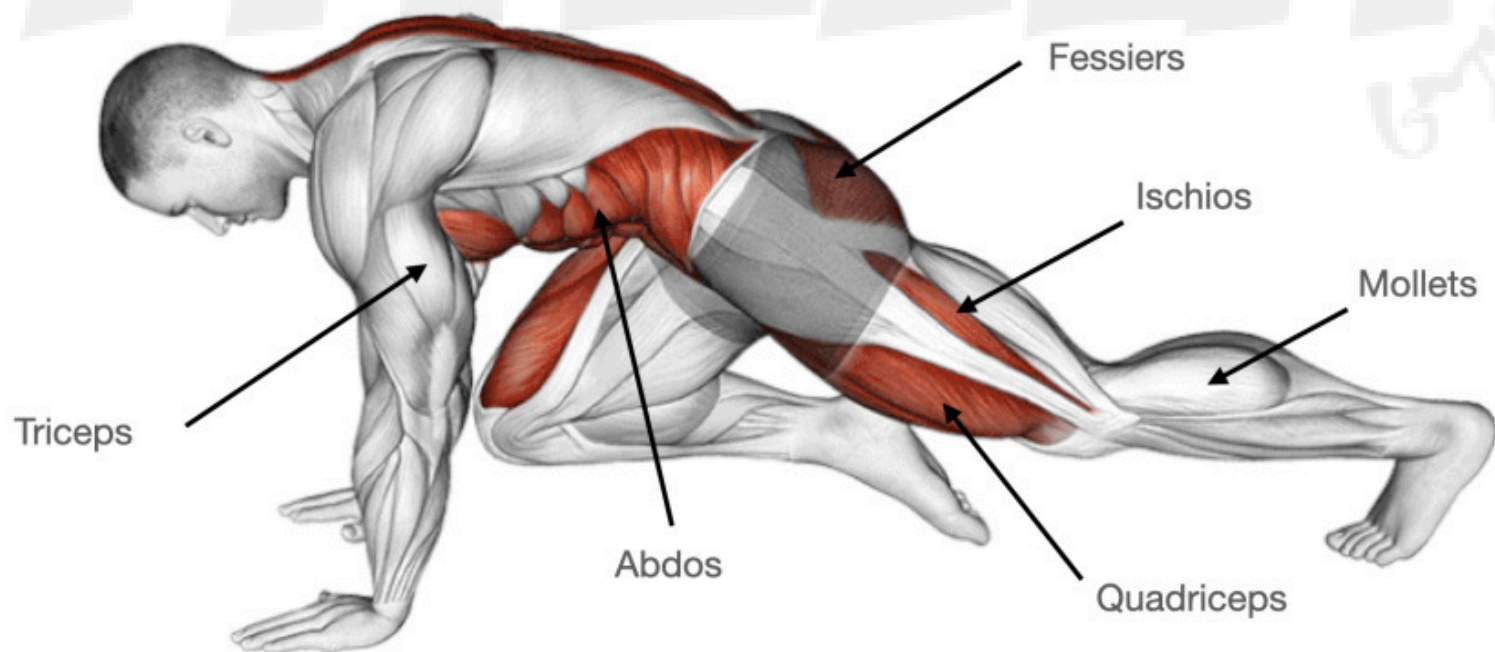
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Thursday Core & Cardio



Plank Variations

FITZELA



Mountain Climbers

