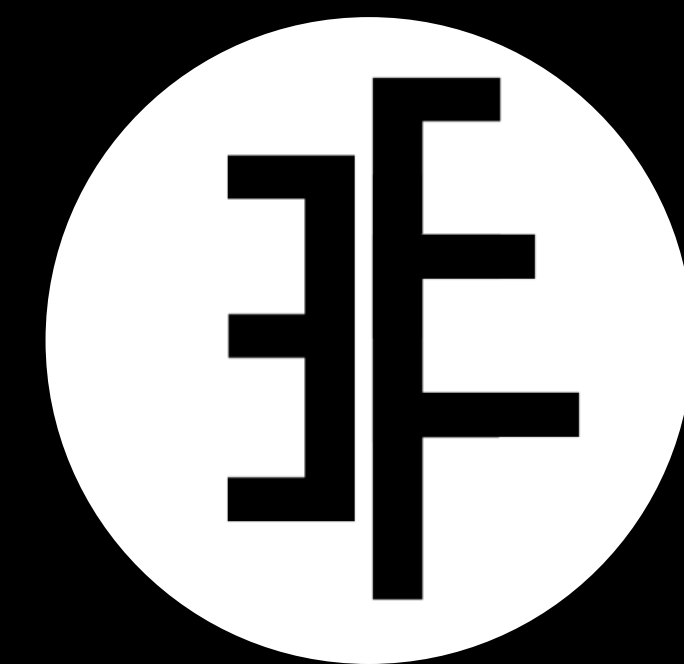


# CALISTHENICS

## Advanced - Push/Pull/Legs



1	Pull	Push	Legs	Pull	Push	Legs	Rest
2	Pull	Push	Legs	Pull	Push	Legs	Rest
3	Pull	Push	Legs	Pull	Push	Legs	Rest
4	Pull	Push	Legs	Pull	Push	Legs	Rest
5	Pull	Push	Legs	Pull	Push	Legs	Rest
6	Pull	Push	Legs	Pull	Push	Legs	Rest