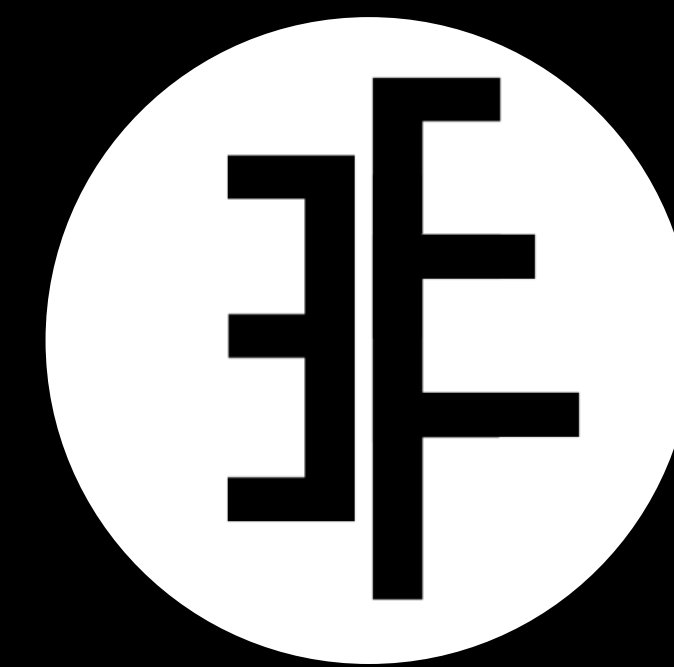


CALISTHENICS

Advanced - Upper/Lower



1	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest
2	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest
3	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest
4	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest
5	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest
6	Upper Body #1	Lower Body #1	Rest	Upper Body #2	Lower Body #2	Core	Rest