

# CALISTHENICS



## Beginner - Starter #2 Stability and Mobility

1	Day 6 Stretching	Day 7 Core Stability	Day 8 Full Body	Day 9 Upper Body	Day 10 Lower Body	Rest	Rest
2	Day 6 Stretching	Day 7 Core Stability	Day 8 Full Body	Day 9 Upper Body	Day 10 Lower Body	Rest	Rest
3	Day 6 Stretching	Day 7 Core Stability	Day 8 Full Body	Day 9 Upper Body	Day 10 Lower Body	Rest	Rest
4	Day 6 Stretching	Day 7 Core Stability	Day 8 Full Body	Day 9 Upper Body	Day 10 Lower Body	Rest	Rest