

CALISTHENICS

20 Minute Intermediate - Full Body



1	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST
2	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST
3	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST
4	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST
5	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST
6	Day 1	REST	Day 2	REST	Day 3	Core Intermediate 2	REST