

# CALISTHENICS

## 20 Minute Starter (PPL)



|   |      |      |      |      |      |      |                    |
|---|------|------|------|------|------|------|--------------------|
| 1 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |
| 2 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |
| 3 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |
| 4 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |
| 5 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |
| 6 | Push | Pull | Legs | Push | Pull | Legs | Rest<br>OR<br>Core |