

# CALISTHENICS



## Intermediate - 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