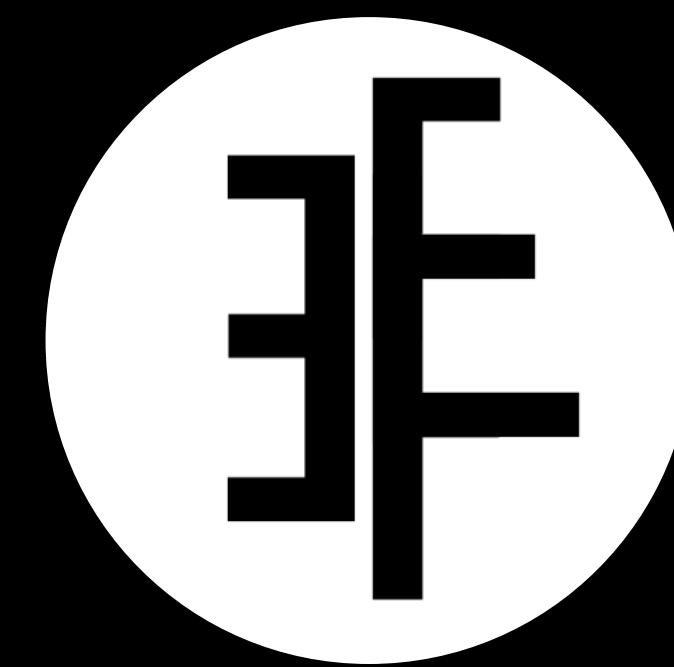


CALISTHENICS



Advanced- Full Body

| | | | | | | | |
|----------|-----------------|---------------------|------|-----------------|-----------------|------|------|
| 1 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |
| 2 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |
| 3 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |
| 4 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |
| 5 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |
| 6 | Full Body Day 1 | Core Intermediate 3 | Rest | Full Body Day 2 | Core Advanced 1 | Rest | Rest |