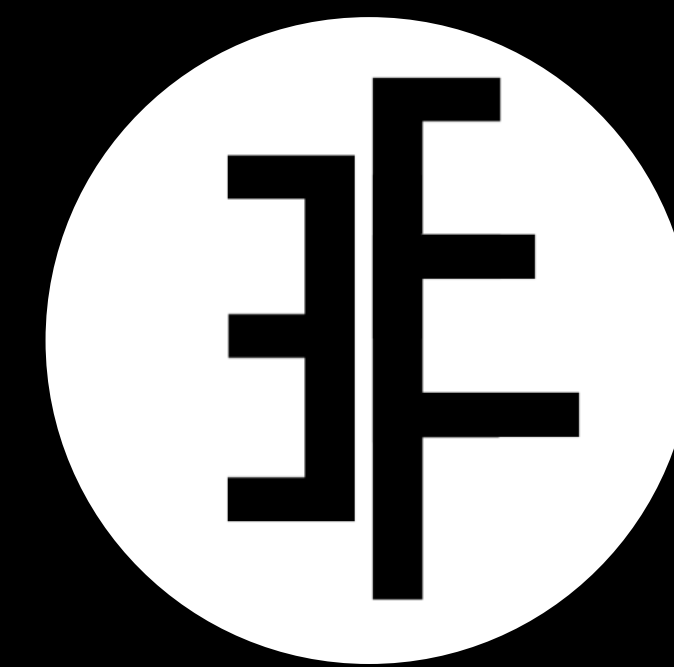


# CALISTHENICS



## Intermediate - Full Body

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