

# CALISTHENICS



## Intermediate - Upper/Lower

1	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST
2	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST
3	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST
4	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST
5	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST
6	Upper Body #1	Lower Body #1	REST	Upper Body #2	Lower Body #2	Core	REST