

CALISTHENICS



Starter #4 Muscular Endurance

1	Calisthenics Starter #2	Full Body Stretches Starter	REST	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	REST
2	Calisthenics Starter #2	Full Body Stretches Starter	REST	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	REST
3	Calisthenics Starter #2	Full Body Stretches Starter	REST	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	REST
4	Calisthenics Starter #2	Full Body Stretches Starter	REST	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	REST