

CALISTHENICS



Advanced- Weekend Warrior

1	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest
2	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest
3	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest
4	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest
5	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest
6	Full Body Workout	Core Advanced 1	Rest	20 Minute Day 1	Rest	20 Minute Day 2	Rest