

CALISTHENICS



Intermediate - PPL

1	Pull	Push	Legs	Pull	Push	Legs	REST
2	Pull	Push	Legs	Pull	Push	Legs	REST
3	Pull	Push	Legs	Pull	Push	Legs	REST
4	Pull	Push	Legs	Pull	Push	Legs	REST
5	Pull	Push	Legs	Pull	Push	Legs	REST
6	Pull	Push	Legs	Pull	Push	Legs	REST