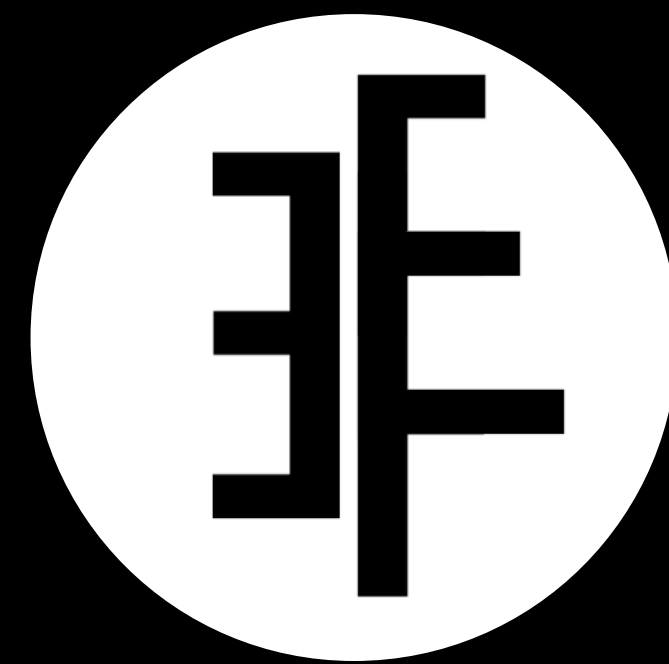


# CALISTHENICS



## Starter #3 Muscular Endurance

1	Calisthenics Starter #1	Full Body Stretches Starter	REST	Starter Total Core Part 1	Calisthenics Starter #1.5	Full Body Stretches Starter	REST
2	Calisthenics Starter #1	Full Body Stretches Starter	REST	Starter Total Core Part 1	Calisthenics Starter #1.5	Full Body Stretches Starter	REST
3	Calisthenics Starter #1	Full Body Stretches Starter	REST	Starter Total Core Part 1	Calisthenics Starter #1.5	Full Body Stretches Starter	REST
4	Calisthenics Starter #1	Full Body Stretches Starter	REST	Starter Total Core Part 1	Calisthenics Starter #1.5	Full Body Stretches Starter	REST