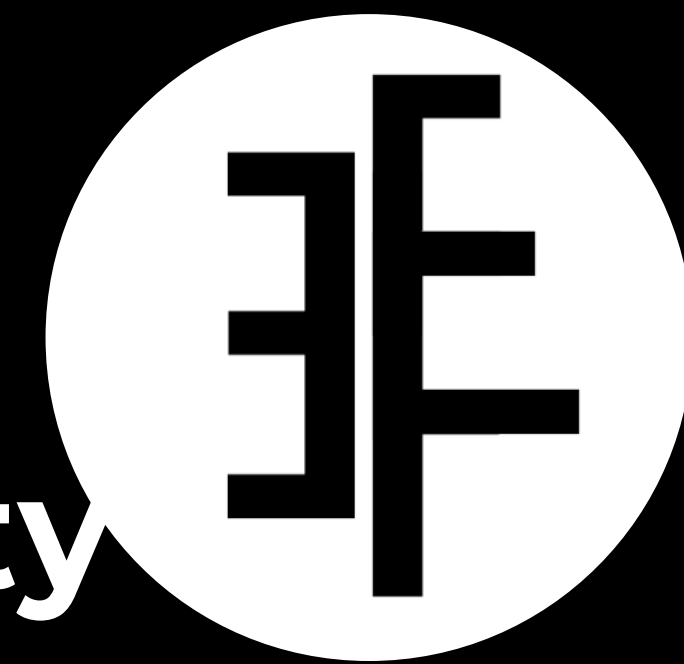


CALISTHENICS



Beginner - Starter #1 Stability and Mobility

1	Day 1 Stretching	Day 2 Core Stability	Day 3 Full Body	Day 4 Upper Body	Day 5 Lower Body	Rest	Rest
2	Day 1 Stretching	Day 2 Core Stability	Day 3 Full Body	Day 4 Upper Body	Day 5 Lower Body	Rest	Rest
3	Day 1 Stretching	Day 2 Core Stability	Day 3 Full Body	Day 4 Upper Body	Day 5 Lower Body	Rest	Rest
4	Day 1 Stretching	Day 2 Core Stability	Day 3 Full Body	Day 4 Upper Body	Day 5 Lower Body	Rest	Rest