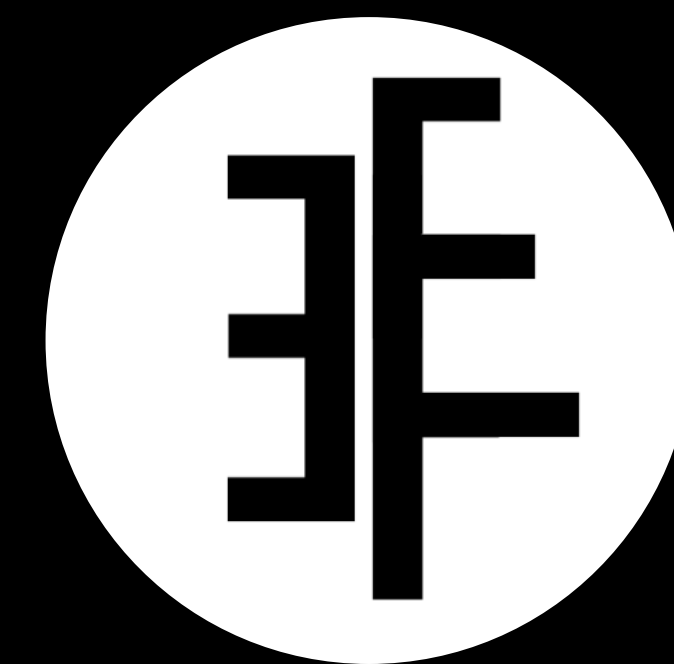


CALISTHENICS

20 Minute - Advanced



1	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest
2	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest
3	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest
4	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest
5	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest
6	Day 1	Rest	Day 2	Rest	Day 3	Core Intermediate 3	Rest