

CALISTHENICS



Beginner - Starter #3 Muscular Endurance

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|---|-------------------------|-----------------------------|------|---------------------------|---------------------------|-----------------------------|------|
| 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 |