

# CALISTHENICS



## Advanced- Weekend Warrior

1	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST
2	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST
3	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST
4	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST
5	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST
6	Full Body Workout	Core Advanced 1	REST	20 Minute Day 1	REST	20 Minute Day 2	REST