

CALISTHENICS



Beginner - Starter #4 Muscular Endurance

1	Calisthenics Starter #2	Full Body Stretches Starter	Rest	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	Rest
2	Calisthenics Starter #2	Full Body Stretches Starter	Rest	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	Rest
3	Calisthenics Starter #2	Full Body Stretches Starter	Rest	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	Rest
4	Calisthenics Starter #2	Full Body Stretches Starter	Rest	Starter Total Core Part 2	Calisthenics Starter #2.5	Full Body Stretches Starter	Rest