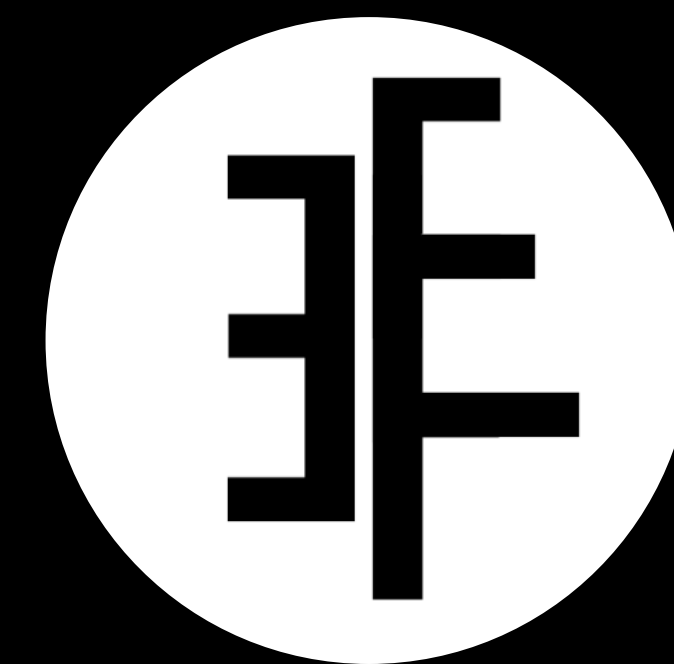


# CALISTHENICS

## 20 Minute Starter



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