

CALISTHENICS

20 Minute Starter (PPL)



1	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core
2	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core
3	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core
4	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core
5	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core
6	Push	Pull	Legs	Push	Pull	Legs	Rest OR Core