

# FULL BODY CALISTHENICS WORKOUT WITHOUT EQUIPMENT

 @themovementathlete

1



## CHEST

8 - 12 REPS  
3 SETS

2 MINUTES REST

4



## QUADS

5 - 10 REPS  
3 SETS

90 SECONDS REST

7



## BICEPS

10 - 20 REPS  
3 SETS

90 SECONDS REST

2



## GLUTES & HAMSTRINGS

8 - 15 REPS  
3 SETS

90 SECONDS REST

5



## SHOULDERS

5 - 10 REPS  
3 SETS

2 MINUTES REST

8



## CALVES

3 SETS OF  
FAILURES

60 SECONDS REST

3



## BACK

8 - 12 REPS  
3 SETS

2 MINUTES REST

6



## TRICEPS

10 - 20 REPS  
3 SETS

90 SECONDS REST

9



## CORE WORK

30 - 45 SECONDS  
3 SETS

60 SECONDS REST

3 TIMES PER WEEK WITH AT LEAST 1 DAY IN BETWEEN SESSIONS

# Workout Routine Tools Comparison With Free Tools Complete Beginner Guide

**RS Peters**



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