

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

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F Rizvi



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