

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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R Barnett



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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Workout Routine Tools Comparison With Free Tools Complete Beginner Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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