

FULL BODY CALISTHENICS WORKOUT WITHOUT EQUIPMENT

 @themovementathlete



CHEST

8 - 12 REPS
3 SETS

2 MINUTES REST



QUADS

5 - 10 REPS
3 SETS

90 SECONDS REST



BICEPS

10 - 20 REPS
3 SETS

90 SECONDS REST



GLUTES & HAMSTRINGS

8 - 15 REPS
3 SETS

90 SECONDS REST



SHOULDERS

5 - 10 REPS
3 SETS

2 MINUTES REST



CALVES

3 SETS OF
FAILURES

60 SECONDS REST



BACK

8 - 12 REPS
3 SETS

2 MINUTES REST



TRICEPS

10 - 20 REPS
3 SETS

90 SECONDS REST



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

Tao Wei



Workout Routine Tools Comparison With Free Tools Complete Beginner Guide:

Unveiling the Magic of Words: A Report on "**Workout Routine Tools Comparison With Free Tools Complete Beginner Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Workout Routine Tools Comparison With Free Tools Complete Beginner Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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