

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

How To Start Home Workout Usa 12968

Kathleen Armour



How To Start Home Workout Usa 12968:

Decoding **How To Start Home Workout Usa 12968**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How To Start Home Workout Usa 12968**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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