

# 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 Full Tutorial 31604

**L Reisser**



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