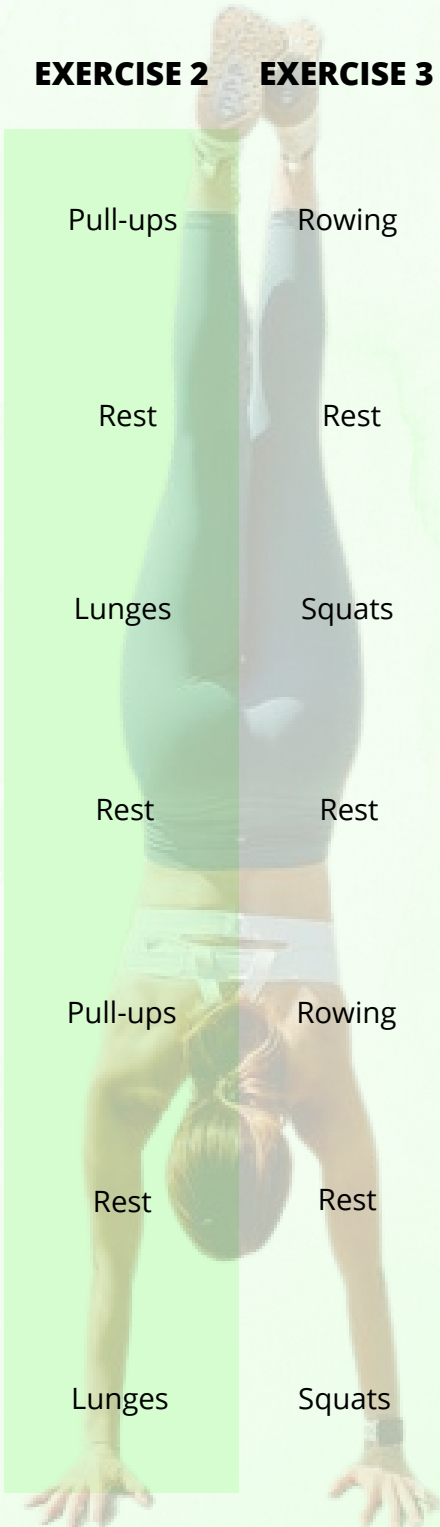


BEGINNER CALISTHENICS WORKOUT PLAN



	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
MONDAY UPPER-BODY	Push-ups	Pull-ups	Rowing	Dips	Shoulder Taps
TUESDAY RESTDAY	Stretching	Rest	Rest	Rest	Rest
WEDNESDAY FULL-BODY	Planks	Lunges	Squats	Mountain Climbers	Sit-ups
THURSDAY RESTDAY	Stretching	Rest	Rest	Rest	Rest
FRIDAY UPPER-BODY	Push-ups	Pull-ups	Rowing	Dips	Shoulder Taps
SATURDAY RESTDAY	Stretching	Rest	Rest	Rest	Rest
SUNDAY FULL-BODY	Planks	Lunges	Squats	Mountain Climbers	Sit-ups