



Beginner Calisthenics Training: Complete Full Body Street Workout Routine

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

3-4 Cycles

5 Exercises

10-20 Reps

3 Minutes Rest Between Cycles

30 Seconds to 1 Minute Rest Between Exercises

Training:

2:53 Video Time Squats 15-20 Reps

3:22 Video Time Pull ups 5-10 Reps

3:42 Video Time Dips 10-15 Reps

3:59 Video Time Push ups 10-15 Reps

4:17 Video Time Reverse Crunches 10-15 Reps

Stretch and Hold for 30 Seconds

Thank You!

Music By: Nautic Entertainment LLC

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