



## The 16 Effective Weighted Calisthenics Routine For Huge Explosive Legs

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

2 Sets

4 Minute Rest Between Sets

1 Minute Rest Between Exercises

60lbs.. weighted

### **Training:**

:21 Video Time Deadlift Jumps Kettlebell 15 Reps

:39 Video Time Deadlift Burpees Kettlebell 15 Reps

:59 Video Time Goblet Squat Kettlebell 15 Reps

1:19 Video Time Jump Squats 12 Reps

1:37 Video Time Tuck Jumps 10 Reps

1:54 Video Time Lunges 10 Reps

2:14 Video Time Knee Ups 10 Reps

2:32 Video Time Side Lunges 10 Reps

2:52 Video Time Single Leg Bounds 6 Reps

3:07 Video Time Hip Lifts 12 Reps

3:26 Video Time Full Body Ups 10 Reps

3:48 Video Time Toe Jumps 12 Reps

3:58 Video Time Single Leg Hip Lifts 6 Reps

4:18 Video Time Squat Hold 30 seconds

4:37 Video Time Alt. Jump Lunges 10 Reps

4:55 Video Time Squats 20 Reps

Stretch and Hold for 30 Seconds

Thank You!

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