



Top 5 Effective Calisthenics Exercises You Need To Add To Your Training Today

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

Training:

:20 Video Time Back Bridges

:40 Video Time Inverted Rows

:55 Video Time Dragon Flags

1:11 Video Time Pistol Squats

1:22 Video Time Handstands

Stretch and Hold for 30 Seconds

Thank You!

Music By: Extra Terra & Skyloud - He's a Pirate DubstepGutter & Zetta

Produced By: Konder Media Group LLC

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Special Thank You's

Credits: @Al Kavadlo PCC

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