



Calisthenics Male-Beginner (M4010)

Exercise	Sets & Reps
Plank	30 sec
Squats	3 X 6
Lunges(Each leg)	3 X 6
Push ups	3 X 6
Laying down leg Raises	1 X 15
Pike push ups	3 X 6



Calisthenics Male-Beginner (M4011)

Exercise	Sets & Reps
Plank	3 X 6
Squats	3 X 6
Push ups	3 X 6
Laying down Leg Raises	1 X 15
Max Mountain Climbers (each leg)	1 X 20
Lunges(Each leg)	3 X 6



Calisthenics Male-Intermediate (M4020)

Exercise	Sets & Reps
Close Hands Chin Ups	1 X 7
Pull ups	2 X 6
Dips	3 X 6
Push ups	1 X 8
Jump squats	3 X 8
Neck exercises	10 min



Calisthenics Male-Intermediate (M4021)

Exercise	Sets & Reps
Australian pull ups	1 X 15
Pull ups	2 X 6
Dips	3 X 6
Leg Raises	1 X 5
Push ups	2 X 6
Jump Squats	3 X 8



Muscle Gain Male-Intermediate (M2022)

Exercise	Sets & Reps
Dumbbell Lateral Raise	3 X 10
Dumbbell Flye	3 X 10
Barbell Bent-over Row	3 X 10
Barbell Bench press	3 X 10
Overhead Dumbbell Press	3 X 10
Leg Press	3 X 10
Lying Leg Curl	3 X 10
Seated Leg Curl	3 X 10
Seated Calf Raise	3 X 10



Calisthenics Male-Advance (M4030)

Exercise	Sets & Reps
Clap Push ups	2 X 8
Wall Sit	60 sec
Australian pull ups	2 X 8
Squats	3 X 10
Superman Hold	60 sec
Plank	60 sec



Calisthenics Male-Advance (M4031)

Exercise	Sets & Reps
Push-ups	3 X 8
Jump Squats	3 X 10
Australian pull ups	2 X 12
Wall Sit	60 sec
Clap push ups	2 X 8
Sit-ups	2 X 10



Calisthenics Male- Professional (M4040)

Exercise	Sets & Reps
Push ups	3 X 8
Australian Pull ups	2 X 12
Leg Raises	2 X 8
Dips	3 X 8
Pull ups	3 X 8
Close Hands Chin ups	2 X 8



Calisthenics Male- Professional (M4041)

Exercise	Sets & Reps
Clap Push ups	3 X 8
Battle ropes	10 mins
Mountain Climbers	3 X 10
Superman Hold	60 sec
Close hand chin ups	3 X 8
Leg Raises	3 X 8