 **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** |