

CALISTHENICS PROGRAM

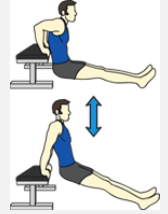
BICEPS

CHIN-UPS



TRICEPS

TRICEP DIPS



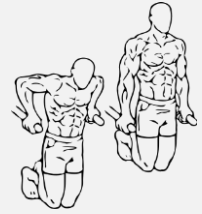
SHOULDERS

HANDSTAND PUSH-UP



TRAPS

DIPS



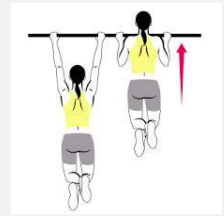
CHEST

PUSH-UP



UPPER BACK

PULL-UPS



LOWER BACK

HYPEREXTENSION



CORE

CRUNCHES

