

Calisthenics

MAR 10, 2025

M

NEW

Day 1

Glutes &
hamstrings... lots
of band work!



T

NEW

Day 2

Upper body,
core & abs



W

NEW

Day 3

Quads... via
manipulation of
tempo!



T

Rest /
active rest
day

F

NEW

Day 4

Upper body, core
& abs... this was
no joke!



S

Rest /
active rest
day

S

NEW

Day 5

Lower body... no
repeat!



CGX