

# QUICK CALISTHENICS WORKOUT

DATE:

TIME:

## Quick Warm-up

Dynamic Movement (1 - 3 Minutes)

High knees running in place	
Squats	

## The Bodyweight Circuit

Quick Bodyweight Exercise - Aim for 8-12 reps of a challenging progression

Lunges		
Set	Reps	Progression
1		
2		
3		
4		
5		

Push-ups		
Set	Reps	Progression
1		
2		
3		
4		
5		

Lat Push Downs		
Set	Reps	Progression
1		
2		
3		
4		
5		

Supermans		
Set	Reps	Progression
1		
2		
3		
4		
5		

**ADDITIONAL NOTES** - Marking energy level, mood, diet, difficulty of workout, etc.