

Calisthenics Starter Polygon



3x Pull Up - 4 sets
2x Wide Grip Pull Up - 4 sets
8x Push Up - 4 sets
5x Hanging Knee Up - 5 sets
6x Hanging Half Wipers - 4 sets
20x Russian Twists - 4 sets
20x Bicycles - 4 sets
30/30/30s side p./side p./plank -
3 sets

**30-45s rest between sets*

**1-2m rest between exercises*

