Plyometrics and Calisthenics

- Basics calisthenics workout beginner

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BEGINNER CALISTHENICS

No gym. Just your body.

1 WALL PUSH-UPS
8–12 reps



2 CHAIR SQUATS
10–15 reps



3 GLUTE BRIDGES
12–15 reps



4 KNEE PLANK
20–30 sec



5 REVERSE LUNGES
8 each side



6 DEAD BUG
8 each side



WHY CALISTHENICS?

STRENGTH • BALANCE • MOBILITY • BODY CONTROL

2–3 ROUNDS • REST 45 SEC • MOVE WITH CONTROL

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