

# HYBRID CALISTHENICS

## ROUTINE 2.0

PUSHUP

PULLUP

RAISES

SET X REP

SET X REP

SET X REP

SQUATS

BRIDGES

TWISTS

SET X REP

SET X REP

SET X REP

# REST TIME      REP SPEED

\_\_\_\_\_ SEC REST / SET

∨ \_\_\_\_\_ SECS. || \_\_\_\_\_ SECS.

\_\_\_\_\_ MINS REST / EXERCISE

∧ \_\_\_\_\_ SECS. || \_\_\_\_\_ SECS.

DAY	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
1						
2						
3						
4						
5						
6						
7						

Rep (Repetition) is how often to repeat an action. Set is how many sets of reps you do in a period of time.