

15 MIN WORKOUT

CALISTHENICS WORKOUT

A full-body routine with no
equipment needed



WARM UP

Warming up is very important to prepare your body for the incoming physical activity. It is used to:

- Prepare muscles and joints
- Increase blood flow
- Reduce injury risk

Each warm up exercise should last at least 30 seconds. The exercises are:

- Jumping Jacks
- Torso Twists
- High Knees
- Shoulder Rolls
- Dynamic Leg Swings
- Deep Squat Hold



MAIN WORKOUT

Workout Structure:

- 5 exercises
- 40s work, 20s rest
- 2 rounds

The exercises are:

- Jump squats
- Push-ups
- Plank Shoulder Taps
- Lunges (Alternating)
- Burpees



COOL DOWN

To cool down after exercising is very important to finish the train. It is important to:

- Helps recovery
- Reduces muscle soreness
- Improves flexibility

Each cool down exercise should last at least 30 seconds. The exercises are:

- Child's Pose
- Downward Dog
- Standing Forward Fold
- Quadriceps Stretch





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