

Calisthenics Exercises for Beginners

1. Push-Up
2. Pull-Up
3. Chin-Up
4. Squat
5. Burpees
6. Crunches



7. Plank
8. Jumping Rope
9. Dips
10. Lunges
11. Leg raises

Calisthenics Manual Of Exercises

Emilie Sanchez



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