

Beginner calisthenics back workout

Do 2-3 times a week

All basic exercises that can be adjusted to fit your level.

6 rounds — rest 60sec between exercises and 90sec between rounds.

Round 1,3,5)

- 8 1)Horizontal Pull-ups (Select a version you can handle)
- 8 2)Pike Push-ups
- 8 3)Scapular pull-ups

Round 2,4,6)

- 15sec 4)One legged bridge on each leg
- 15sec 5)Superman hold

When you can do all exercises with no problems and all horizontal pull ups with body below 25 degrees, it's time to move on. If some exercises become too easy before others, then do more reps or slow them down as described above.

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