

HIGH INTENSITY CALISTHENICS  
UPPER BODY CIRCUIT ROUTINE  
WORKOUT LOG



**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Exercise	Sets	Total Reps	Time	Weight
<b>Circuit:</b>	5			
Pull ups: Close/narrow grip		10		
Push ups (Narrow stance, hands close to your chest)		15 - 10		
Dips		15 - 10		
<a href="#">Planche Beginner push ups</a>		15 - 10		
Plank			1 minute	

**Extra:**

- 20 Minutes Stretching and Meditation