

**'5 MINUTES TO SHREDDED'
CALLISTHENICS/BODYWEIGHT ROUTINE
WORKOUT LOG**



Start Date:

My Stats

Name:

Age:

Weight:

Bf%:

Exercise	Sets	Total Reps	Time	Rest periods
Overhand wide grip pull ups			5 minutes	
Push ups (Narrow stance, hands close to your chest)			5 minutes	
Close/narrow grip pull ups			5 minutes	
Incline wide grip push ups			5 minutes	
Jump squats (with weights is optional)				

Extra:

- 20 Minutes Stretching and Meditation