High Intensity Calisthenics

Upper Body Circuit Routine

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Sets | TotalReps | Time | Weight |
| **Circuit:** | 5 |  |  |  |
| Pull ups: Close/narrow grip |  | 10 |  |  |
| Push ups (Narrow stance, hands close to your chest) |  | 15 - 10 |  |  |
| Dips |  | 15 - 10 |  |  |
| [Planche Beginner push ups](http://steelcitycrossfit.com/skills-and-drills/strength/planche-pushup-progressions.html) |  | 15 – 10  |  |  |
| Plank |  |  | 1 minute |  |

Extra:

* 20 Minutes Stretching and Meditation