‘5 Minutes To Shredded’

Callisthenics/Bodyweight Routine

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Sets | TotalReps | 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