



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



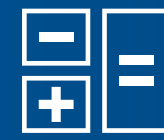
Diet Plans



Expert Guides



Videos



Tools

COUNTDOWN TO FITNESS: A CALISTHENICS & BODYWEIGHT WORKOUT

A fun and fast fitness challenge, this workout features a combination of calisthenics and bodyweight exercises, and is a great way to burn fat and build conditioning.

Link to Workout: <https://www.muscleandstrength.com/workouts/countdown-fitness-calisthenics-bodyweight-workout>

Main Goal: Increase Endurance

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 15-30 Mins

Equipment: Bodyweight

Author: Holly Blumenberg

Calisthenics & Bodyweight Workout

Exercise	Sets	Reps
Jumping Jacks	1	100
Crunches	1	90
Bodyweight Squats	1	80
Leg Lifts	1	70
Jumping Jacks	1	60
Crunches	1	50
Bodyweight Squats	1	40
Knee Extensions	1	30
Hands Up Push Ups	1	20
Burpees	1	10