


Roger Jimenez

Calisthenics Coach at Gravity Gym

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30 OCT - 28 NOV 2020

Shoulder and Core

push up to superman x 10

monkey bar x 3

3 SETS

dips x 4

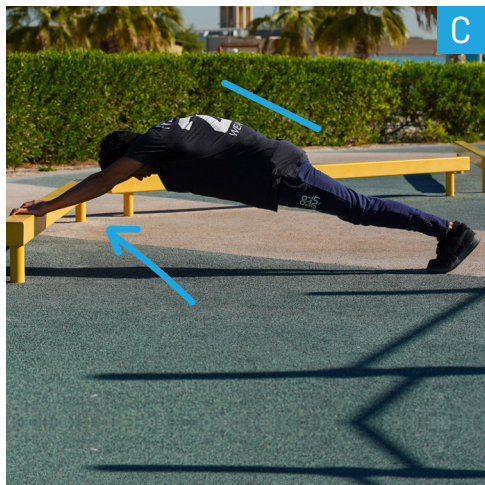
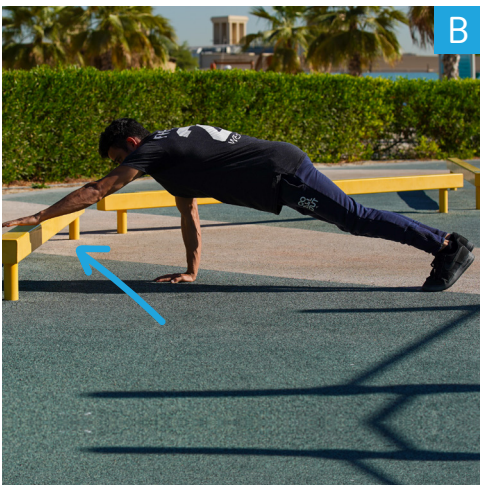
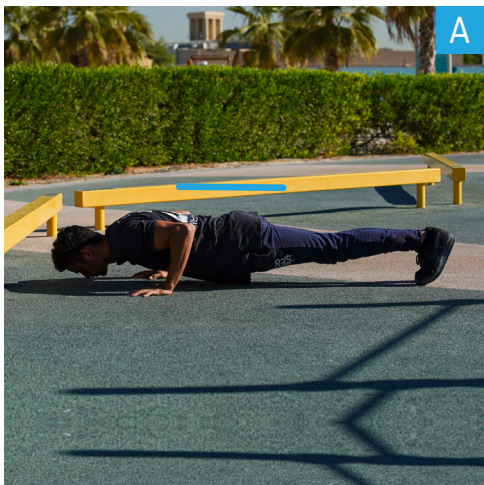
5 SETS

australian pull ups x 5

4 SETS

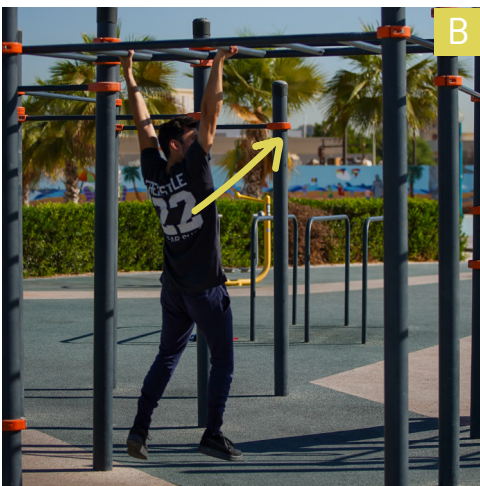
PUSH UP TO SUPERMAN x 10

Engage your Core.



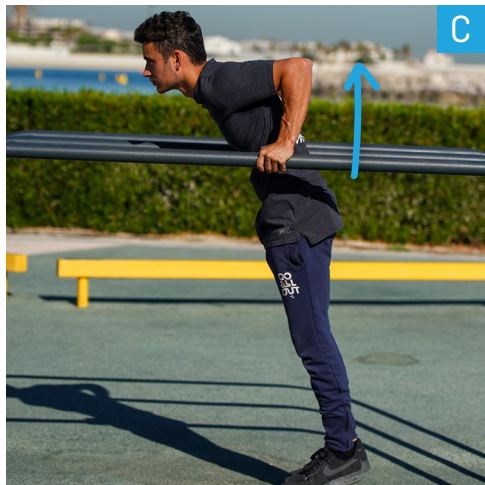
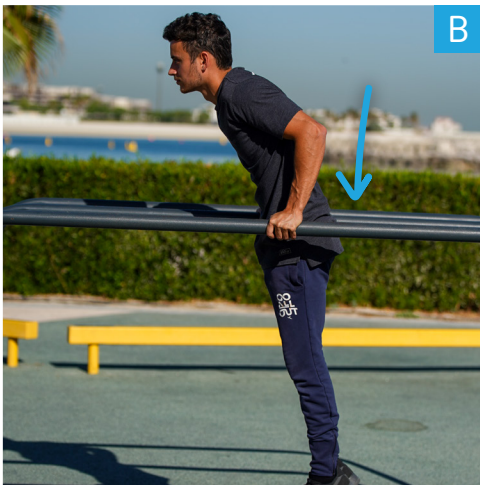
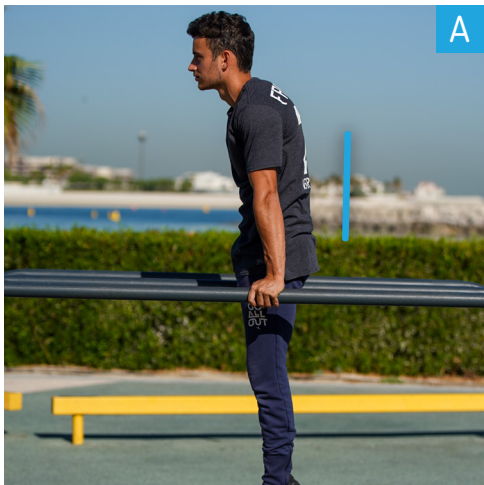
MONKEY BAR Full Length x3

Get a strong grip and strengthen your arms.



DIPS x 4

Hold 3 seconds at the bottom level for every dip.



AUSTRALIAN PULL UPS x 5

Hold 3 seconds at all three top/middle and bottom levels for every dip.

