

WHAT'S  
YOUR **30**?



30 OCT - 28 NOV 2020



## Justin Garcia

Calisthenics Coach  
at Gravity Calisthenics gym  
— @justinshape

## Calisthenics Training

**burpees** x 20  
**bench pike walks** x 5-10  
**bear crawl** x 30-45 sec  
**v- ups** x 20

**1 SET**

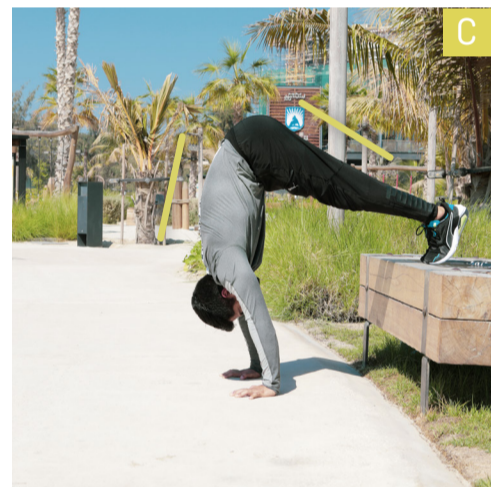
### BURPEES x 20

Try your best to not let your body touch the ground during push up.



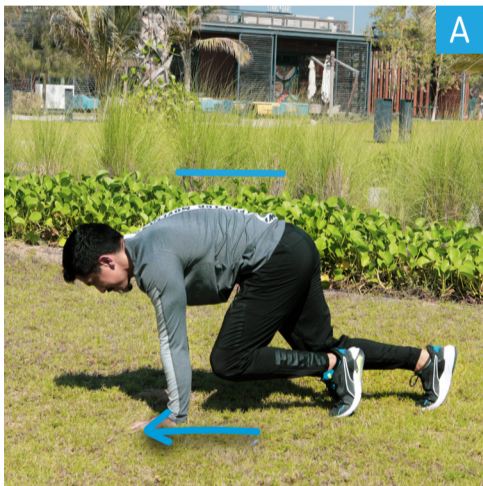
### BENCH PIKE WALKS x 5-10

Keep eyes on floor and fingers forward.



### BEAR CRAWL x 30-40sec

Keep body low and sturdy.



### V- UPS x 20

Don't let your feet touch the floor for an added challenge.

