



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



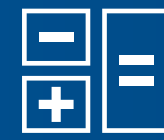
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## COUNTDOWN TO FITNESS: A CALISTHENICS & BODYWEIGHT WORKOUT

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
<a href="#">Crunches</a>	1	90
<a href="#">Bodyweight Squats</a>	1	80
<a href="#">Leg Lifts</a>	1	70
Jumping Jacks	1	60
<a href="#">Crunches</a>	1	50
<a href="#">Bodyweight Squats</a>	1	40
Knee Extensions	1	30
Hands Up <a href="#">Push Ups</a>	1	20
Burpees	1	10