

# CALISTHENICS TRAINING CYCLES

DATE	TUESDAY	THURSDAY	SATURDAY	SUNDAY
11.07-21.08.22	Skin the Cat	Muscle Up	Handstand	Human Flag
22.08-02.09.22	Human Flag	Skin the Cat	Muscle Up	Handstand
03.09-13.11.22	Muscle Up	Human Flag	Handstand	Skin the Cat
14.11-25.12.22	Skin the Cat	Muscle Up	Human Flag	Handstand
26.12.22-05.02.23	Human Flag	Skin the Cat	Handstand	Muscle Up
06.02-19.03.23	Muscle Up	Human Flag	Skin the Cat	Handstand
20.03-30.04.23	Skin the Cat	Muscle Up	Handstand	Human Flag
01.05-11.06.23	Human Flag	Skin the Cat	Muscle Up	Handstand
12.06-23.07.23	Muscle Up	Human Flag	Handstand	Skin the Cat
24.07-03.09.23	Skin the Cat	Muscle Up	Human Flag	Handstand
04.09-15.10.23	Human Flag	Skin the Cat	Handstand	Muscle Up
16.10-26.11.23	Muscle Up	Human Flag	Skin the Cat	Handstand