



Basic Calisthenics

By Jerry Ayers

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Calisthenics are a form of exercise consisting of a variety of exercises, often rhythmical movements, generally without using weighted equipments. Calisthenics is intended to increase body strength and flexibility with movements such as bending, jumping, swinging, twisting or kicking from using the body weight for resistance. It is the art of using your own body weight. Calisthenics are usually conducted in concert with stretches. Calisthenics can benefit both muscular and cardiovascular fitness, in addition to improving psychomotor skills such as balance, agility and coordination. People use Calisthenics for warm-ups before physical activity, as a weight loss program to burn fat, to build inner strength, to gain endurance, to improve cardio vascular system and to improve overall well-being. I use Calisthenics for similar reasons like to gain strength inside and out, to have a physique model type definition in my triceps, biceps, chest and abs. Most of all I do it for a healthier lifestyle and to become a better person. Nothing wrong with exercising with weights, it's just that once you stop lifting weights...



READ ONLINE
[9.2 MB]

Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**