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BASIC CALISTHENICS



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...

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- Released at 2014



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