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# INCREDIBLE CALISTHENICS

These simple moves will increase your body strength

Calisthenics are a variety of simple movements – performed without weights or equipment – designed to increase body strength and flexibility, using the weight of your own body for resistance.

## Alternate squat thrusts

Take your weight on your hands, keeping your shoulder blades set wide, back straight, and back of the neck nice and long. Lift one knee to your chest with your foot off the floor, then swap feet quickly so that the opposite knee is at your chest. Perform this continuously for 10-60 reps each leg.



## Elbow to knee

Perform a squat with your knees aligned over the middle of your foot. As you stand, lift one knee towards the opposite elbow. Now drop to the squat again and lift the other knee to the opposite arm. Perform 10-60 reps on each side.



## Press ups

Take your weight on your hands and knees, with your shoulder blades wide, back and hips straight and the back of your neck nice and long. Making sure your hands are positioned wider than your shoulders, bend your arms and lower yourself downwards until your torso is almost flat

on the floor. Now push up back to the start position keeping your back straight throughout. Perform 5-25 reps.



## Star jumps

Stand with your feet together and hands by your sides. Jump and simultaneously widen your stance and lift your arms out at the sides until they are overhead. Now jump back to the start position. Perform 10-60 reps.

