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Calisthenics: Everything You Need To know

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Calisthenics is the term used in the fitness industry to describe workouts and exercises which rely only on the use of your body weight.

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At the School of Calisthenics we provide calisthenics programmes and training workouts to help you explore your physical potential; move better, get strong and have more fun with your training. We have a range of ways to help you start or continue your calisthenics journey.

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The Human Flag Say goodbye to weights, your body is the last piece of equipment you'll ever need! Calisthenic exercises are a natural form of exercise with of a variety of simple movements using only your body weight for resistance. Lack of equipment is no excuse for not exercising.