

Calisthenics

Calisthenics are a form of exercise that consist of a variety of gross motor movements, often rhythmical, generally without using equipment or apparatus, thus in all essence body-weight training. Thus making them different from High-Intensity Anaerobic training such as CrossFit and P90X and generally safer.

They are intended to increase body strength, body fitness and flexibility through movements such as pulling or pushing yourself up, bending, jumping, or swinging, using only one's body weight for resistance. They are usually conducted in concert with stretches. When performed vigorously and with variety, calisthenics can provide the benefits of muscular and aerobic conditioning, in addition to improving psychomotor skills such as balance, agility and coordination.

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