

Calisthenics Manual Of Exercises

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Open your hand wide and use the fingertips of one hand to grip the floor in front of you. One of the hands will be used to balance your body. Fold your legs and put your whole body weight on the palms by lifting your body in the air. Next, you can use one hand to hold one of your legs.

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Some calisthenics exercises that are good for bicep curls and back are: 1. Pull-ups. Pull-ups are an upper body calisthenics and strength exercise that involves closed-chain movement where the body is suspended by the hands and you need to pull up.

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