

CALLISTHENIC

Meaning: Callisthenic refers to exercises that utilize body weight for resistance to improve strength, flexibility, and overall fitness.

1. Callisthenic exercises can significantly improve your overall strength and flexibility.
2. Many athletes incorporate callisthenic routines into their training to enhance performance.
3. She prefers callisthenic workouts because they require no special equipment.
4. The callisthenic movements helped him achieve a more toned physique.
5. Callisthenic training emphasizes bodyweight exercises that build functional strength.
6. He organized a community event focused on promoting callisthenic fitness.
7. Her interest in callisthenic practices grew after attending a local workshop.
8. Callisthenic drills can be modified for different fitness levels, making them accessible.
9. They used callisthenic techniques to prepare for their upcoming obstacle course race.
10. The rise of social media has popularized callisthenic challenges among fitness enthusiasts.

Source: sentences.whatistheurl.com

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