



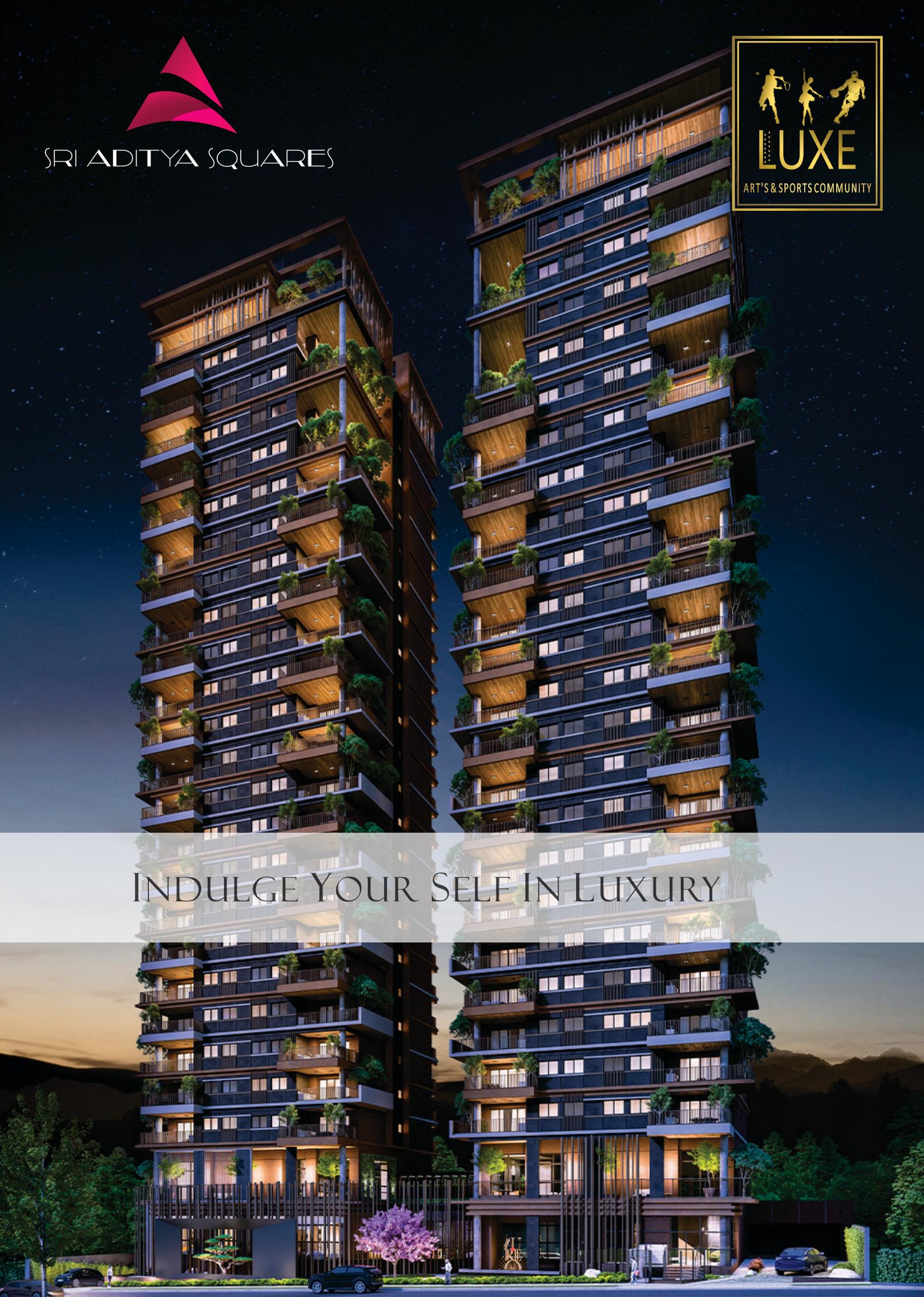
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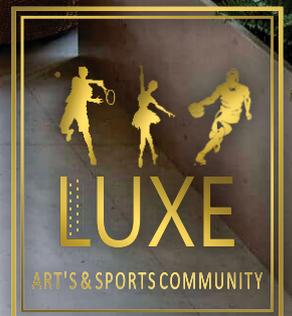




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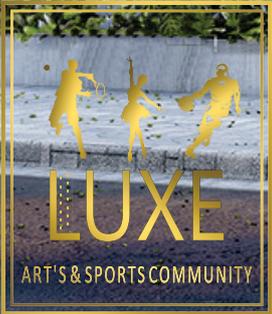


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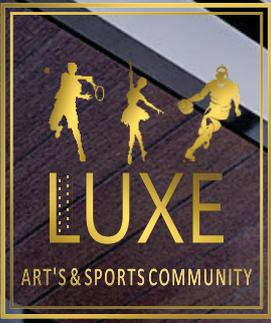


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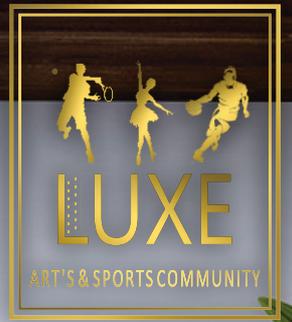
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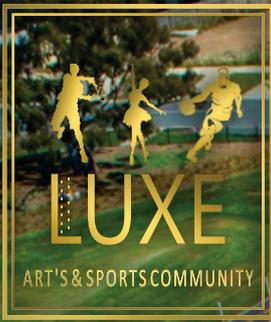
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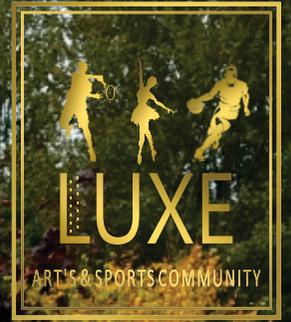
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Best Suited to outdoor,s a calisthenics workout is great for exercisers looking to improve their strength.This form of training consists of a variety of movements which target different muscle groups and only require a person's own body weight to complete.

Whilst exercising outside provides you with a lot of space to perform and perfect callisthenic exercises, there's a further additional benefit - an improvement in stress levels!

As mentioned by the mental health charity Mind,ecotherapy programmes (a formal mental health treatment which involves doing activites outside in nature) have helped many people with high stress levels feel calmer through completeting activies





STARTER BUNDLE-2



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CARDIO BUNDLE



# STRENGTH BUNDLE



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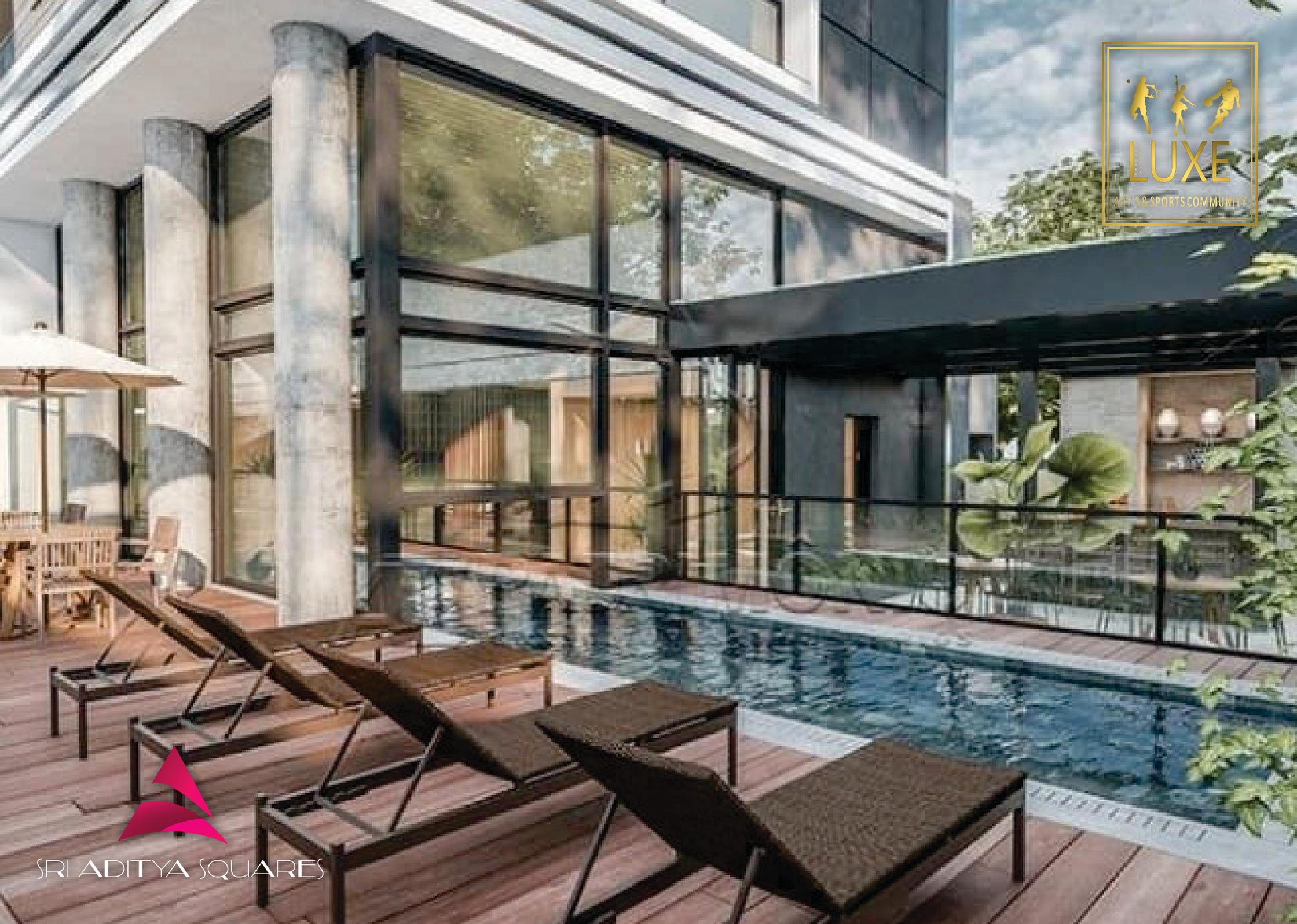
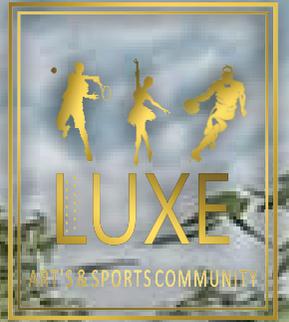
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