



- MOVE504 WEEKLY PARK WORKOUTS
- NUTRITION INFORMATION
- HEALTH AND WELLNESS ACTIVITIES

IMPACT504 

CALISTHENICS:

Fit In Fitness - Any Time & Any Place

SQUATS

Works: Quads, glutes, hamstrings, calves, core

Benefits: Builds strong legs for running, jumping, and sports; improves balance and posture.

PUSH-UPS

Works: Chest, shoulders, triceps, core

Benefits: Strengthens the upper body, builds core stability, and improves whole-body coordination.

PLANKS

Works: Core (abs, obliques, lower back), shoulders

Benefits: Improves posture, increases core strength, and helps prevent injuries.

JUMPING JACKS

Works: Legs, arms, core

Benefits: Boosts heart health, warms up the body, and improves coordination and rhythm.

LUNGES (FORWARD OR REVERSE)

Works: Quads, hamstrings, glutes, calves

Benefits: Builds leg strength, improves balance, helps with walking, running, and climbing stairs.

GLUTE BRIDGE

Works: Glutes, lower back, hamstrings, core

Benefits: Strengthens hips and lower back, improves running power, and supports better posture.

MOUNTAIN CLIMBERS

Works: Core, shoulders, legs

Benefits: Builds full-body strength, increases heart rate, improves agility and quickness.

BEAR CRAWLS

Works: Core, shoulders, legs, back

Benefits: Boosts coordination, builds all-around body control, improves athletic movement skills.

HIGH KNEES

Works: Legs, core

Benefits: Improves cardio, builds fast-twitch strength, helps with running speed and footwork.

SUPERMANS

Works: Lower back, glutes, shoulders

Benefits: Strengthens the backside of the body (important for posture), supports injury prevention from sitting or slouching.

IMPACT504's MOVE504 is all about helping you stay active, build healthy habits, and become the best version of yourself. When you move your body, you build confidence, discipline, and strength.

What Are Calisthenics?

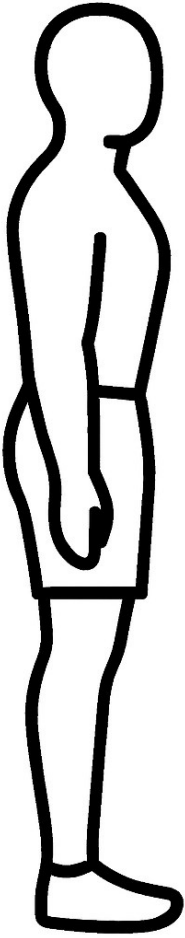
Also called "body weight exercises", calisthenics is a type of exercise that uses **your own body** to help you **get stronger, faster, and more confident**.

Why Calisthenics?

- Calisthenics help build strong muscles, healthy hearts, and better balance.
- The best part is that calisthenics makes you feel proud of what your body can do.
- You will move with more power, play sports with more energy, and stay active in a way that feels fun.

You Can Do Calisthenics Anytime, Anywhere

- One of the coolest things about calisthenics is that **you can do it anywhere**: at home, in the park, at school, or even while watching TV.
- You don't need a gym, and you don't need equipment. **Your body is the equipment!**
- Calisthenics teaches you that **you are strong, capable, and able to take care of your health no matter where you are**.



Stand up straight with your

- **Shoulders back and down**
- **Chest up to the sky**
- **DO NOT lock your knees**

Starting the movement

- **Explode and Exhale (*fast*)**
- **Hold for at least 1 second before returning to start**

Returning to start position

- **Control and Inhale (*s l o w*)**
- **Be sure to go full range before returning to start position**



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