

## FREE HAND EXERCISES

We get lots of fitness benefits from Free Hand Exercising. It forms one of the pillars for our good health. Now a days our lives are getting busier with increasing workloads. We hardly find time to for Exercising and due to lack of Exercises, our Health suffers.

### Fitness Benefits from Free Hand Exercises

- Free Hand Exercises have a toning effect on our muscles and internal organs.
- They also improves our circulatory systems and bring in overall well being of the body.
- Certain workouts helps also to shape the body. They make muscles stronger.
- Push ups, pull ups, squats, knee bends, sprinting and walking are part of Bare hand workouts which has many Health Benefits.
- As these exercises are easy to perform and have minimum to zero



Chances of side effects; therefore, you can practice these exercises with your family members.

→ The body building exercises are the best and cheaper ~~ex~~ exercises which can be used for giving and maintaining good health of human being.

→ It also develops and maintains a good body mechanics.



# *Arm Exercises That Don't Require Weights*



healthline



