



Gujarat's 1st

CALISTHENICS

PARK »



About K2

K2 Calisthenics Park is Gujarat's First Calisthenics Park which provides you to workout in a public space and outdoor environment including classic gymnastics exercises like pull-ups, push-ups, squats, and dips, with creative modern, urban outdoor sport.

What is Calisthenics?

The term calisthenics comes from the Greek words "Kalos" meaning beauty and "Stenos" which translates as strength. Originally, calisthenics was a method of promoting health, "and thus securing beauty and strength", in school children, but it's evolved into a training method that shares a lot in common with gymnastics. Unlike gymnastics, though, it can be practised outdoors and is known as a 'street workout'.





CALISTHENICS PARK



Aakash Agrawal

Founder K2 calisthenics Park

With the launch of K2, I aim to revolutionise the fitness industry by spreading the message that anyone can stay fit without having to use heavy equipment. We have been living on this planet for centuries and we are doing just fine without heavy equipment, and we should continue to do so in the time to come. All it takes to stay fit is dedication and consistency and this is the motto I swear by.



FITNESS PROGRAMS



Get access to one of the India's elite Calisthenics Park and get coached by finest coaches._____

1 **Weight Loss**

Our weight loss workout program involves training multiple muscle groups, which burns more calories, which in turn contributes to weight loss.

2 **Strength gain**

Our strength training program focuses on using resistance with proper technique to increase and strengthen muscles. The dynamic and compound movements of calisthenics can help you gain the strength and conditioning you need.

3 **Skill Training**

Our skill training program focuses on improving your calisthenics skills and advancing your calisthenics journey. It includes static and freestyle training.

4 **Personal Training**

Our personal training program is tailored to your needs and body type. It focuses exclusively on your weaknesses to turn them into your strengths.

5 **Kids training**

Our children's training program trains children as young as 5 years old. This program helps promote a culture of health in youth.

TRANSFORMATIVE STORIES



**Trainer
Transformation**



**Adult
Transformation**



**Kid
Transformation**

REVOLUTIONISE THE WAY
YOU WORKOUT

Why choose us ?

- Professional trainers
- One to one mentoring
- Personal goal tracking
- Expertise training

1500 +

LIVES IMPACTED

400 +

MEMBERS

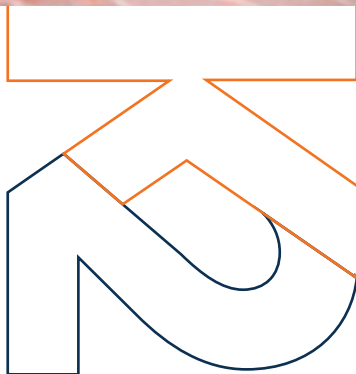
5000 +

SQ.FT TRAINING AREA

6 +

TRAINERS

Gallery





CALISTHENICS PARK »



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