

## Abstract

**Title:** Street workout as part of a healthy lifestyle.

**Objectives:** The aim of the work is the analysis of strengthening with own body weight and his inclusion through movement form street workout to regular physical activity as part of healthy lifestyle and prevent malfunctions in the area of the back muscles.

**Methods:** Searches relevant scientific literature, articles and documents on the Internet.

**Results:** Through the analysis of body weight training, it was found that street workout is under certain conditions, a suitable and attractive form of exercise that can be included among regular physical activities. This form of exercise together with the created stack of exercises could attract those interested in this type of physical activity not only because of its attractiveness and availability, but also as a prevention of a number of diseases related to the area of the back muscles.

**Keywords:** street workout, strengthening, calisthenics, own weight, back muscles, department, back pain