



one handed starfish

enclosed space brace



jumping jack wedge

elevated dog stretch

driving me up the wall

Welcome to the practitioners of a new art form that perfectly adheres to the old adage: a house is not a home. Like all great English traditions, House Gymnastics is the brainchild of individuals who are out of work and determined to avoid the second viewing of the day of *Neighbours*.

James Robert Ford and Spencer Harrison, recent graduates from Nottingham Trent University, have taken exception at the sterility of their shared house and decided to make good use of it by emulating the dexterity of flies. Their inspiration has developed moves such as the "Spiderman", "Parabolic Curve" and, for those less assured, the "Brace".

A combination of athleticism, gymnastics and the absurdity of Sunday afternoons, James insists that House Gymnastics is about much more than just dangling off a balcony. So far, the antics of the terminally skint have attracted devotees from as far as Australia and Texas.

The pull of climbing the walls has meant that James and Spencer have created the "25th Element". Participants have to perform all 25 moves in the high-canon of House Gym in 25 minutes, with records being set for the quickest time.

Don't delay. Enlist now.

For more info go to www.housegymnastics.com.