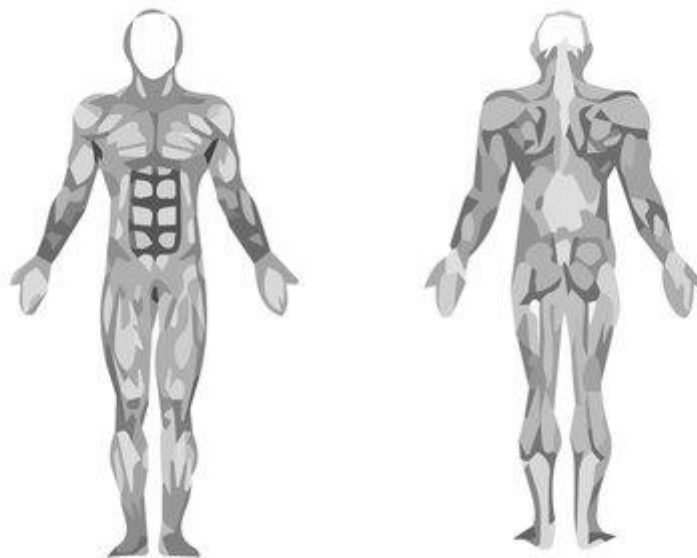


Calisthenics & Flexibility Program

By Me (El Messari Yassine)



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1. Introduction & Body Map

1.1 Introduction


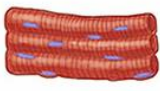
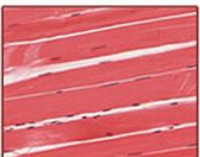





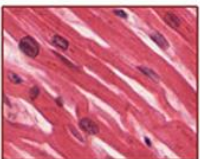
Up to now, I've never given importance to my body. I had more interests in science subjects, watching videos and whatever stimulates my mind. Now, I want to see myself fit and having a great athletic body. To achieve it, I absolutely need a program. They are some good paid ones, but I'm a minor. So, to learn and to practice at the same time, I'm going to make my own. I'll do all the searches and I'll write here what I find interesting. It is going to be hard, long, even stupid you might say, but I need to take this path.

Each of chapter about Flexibility and chapter about Calisthenics will include a small intro, then exercises, going crescendo in difficulty.

1.2 Muscle Map

Another great idea will be learning the muscle map along the journey, in order to understand more what I'm doing. They are 600. We won't cover them all, but the most important ones.

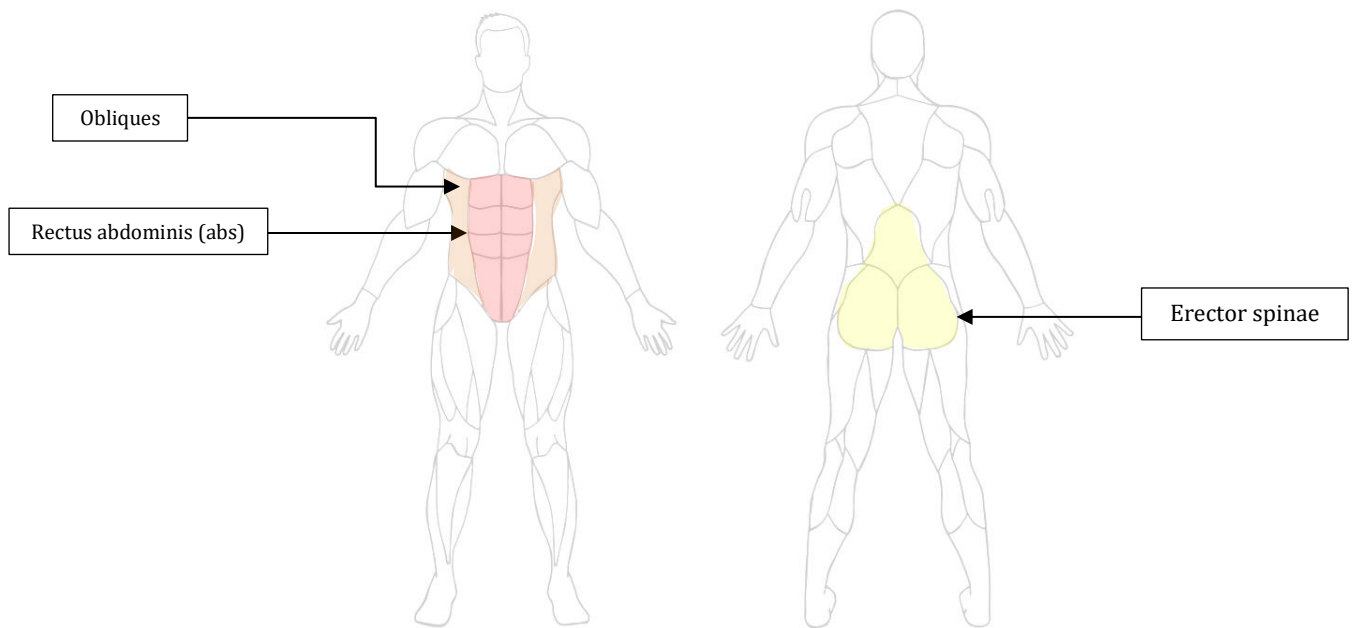
First, let's know more about muscles:

	Main features	Location	Type of cells	Histology
Skeletal muscle	<ul style="list-style-type: none">- Fibers : striated, tubular and multi nucleated- Voluntary- Usually attached to skeleton			
Smooth muscle	<ul style="list-style-type: none">- Fibers : non-striated, spindle-shaped, and uninucleated.- Involuntary- Usually covering wall of internal organs.			
Cardiac muscle	<ul style="list-style-type: none">- Fibers : striated, branched and uninucleated.- Involuntary- Only covering walls of the heart.			

From the descriptions, you can deduce that the muscles that are being part of a workout are the skeletal muscles.

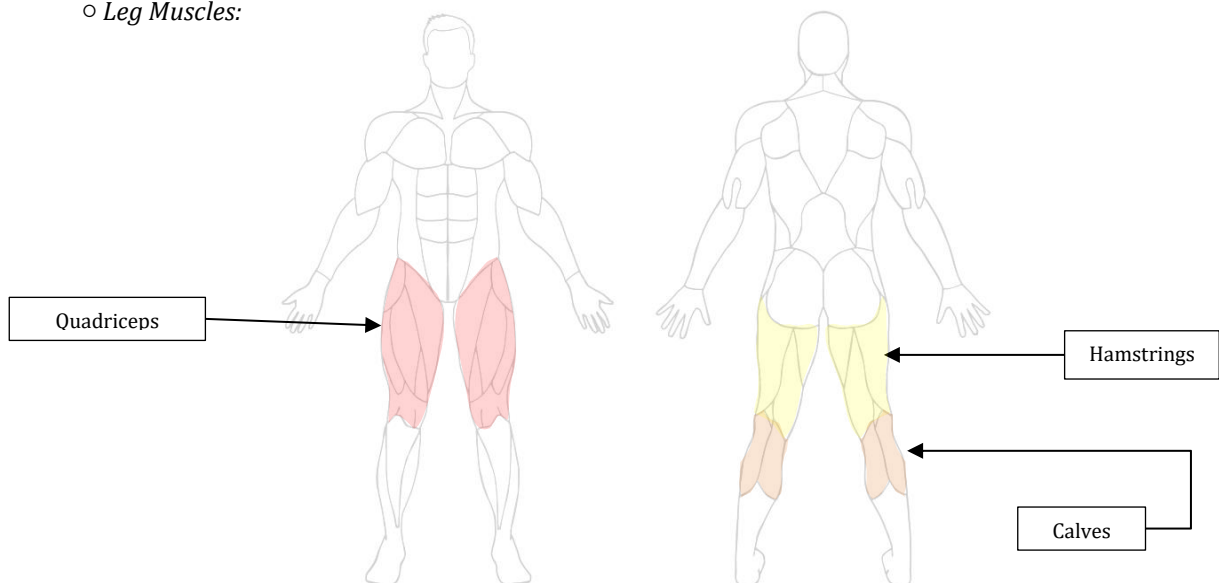
The most common muscles that are being trained during a workout are these: (for an athlete)

○ *Core Muscles:*



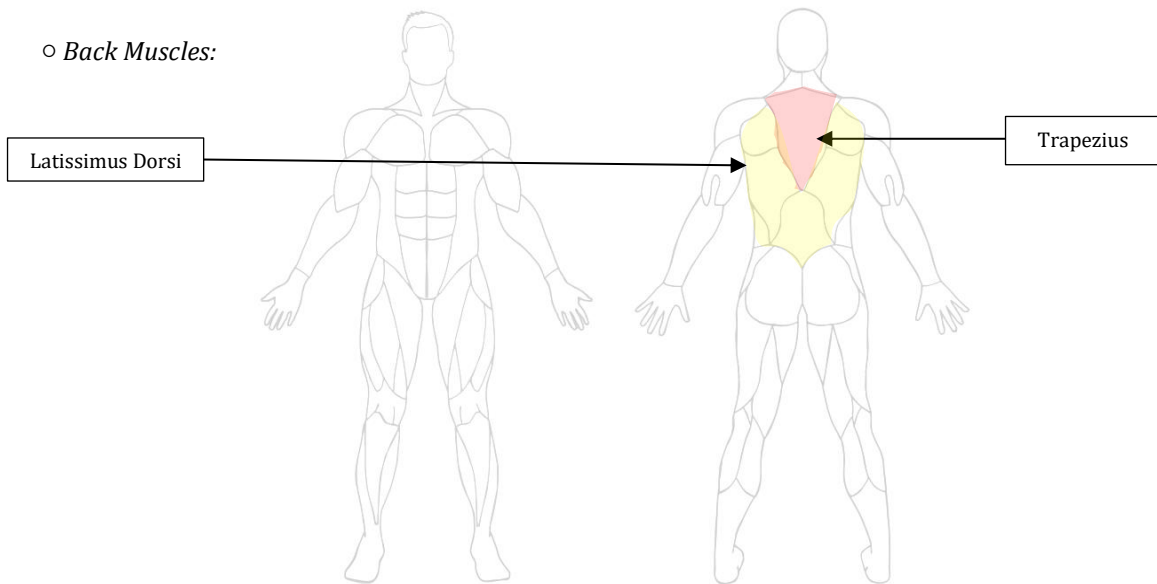
The core is used to stabilize the thorax and the pelvis during dynamic movement and it also provides internal pressure to expel substances (vomit, feces, carbon-laden air, etc.). A strong core is crucial for stability, balance, and efficient power transfer between the upper and lower body.

○ *Leg Muscles:*



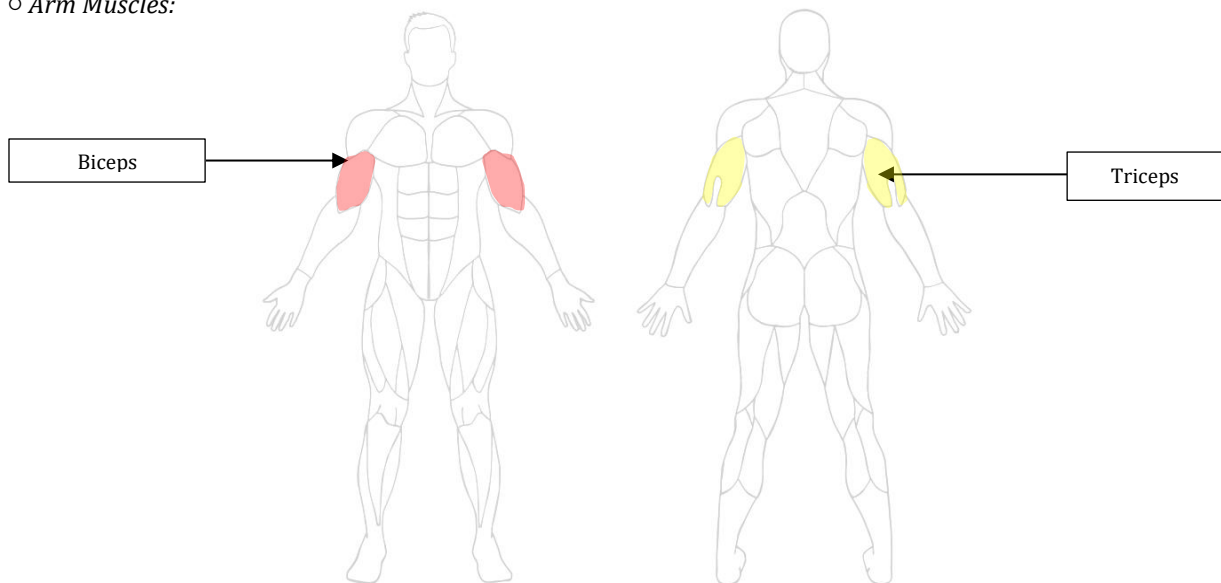
Quadriceps are essential for running, jumping, and squatting movements, hamstrings are important for sprinting, jumping, and preventing knee injuries, calves are vital for running, jumping and maintaining balance.

○ *Back Muscles:*



Latissimus Dorsi: Important for upper body strength and activities that involve pulling motions.
Trapezius and Rhomboids: Crucial for shoulder stability and posture.

○ *Arm Muscles:*





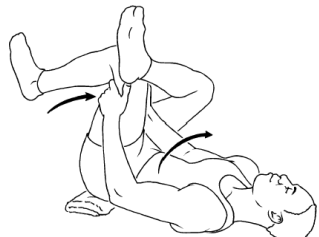



Biceps: Important for pulling movements., triceps: Crucial for pushing movements and overall arm strength.

2. Flexibility

Flexibility enhances your overall athletic performance and quality of life. It helps you move more efficiently, reduces the risk of injuries, and allows for a greater range of motion in your joints. Whether you're an athlete aiming to improve your game or someone who enjoys an active lifestyle, incorporating regular stretching and mobility exercises into your routine can make everyday movements easier and more comfortable. Plus, the relaxation and stress relief that often come with flexibility exercises can improve your mental well-being.

Exercises

- Stretches

Lumbar Rotation 	Hamstring 	Piriformis 
Hip Flexor 	Kneeling Hamstring 	Seated Spine Rotation 
Child's Pose 	Upper Back Extension 	Upper trap 

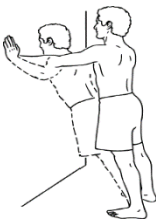



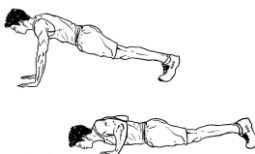
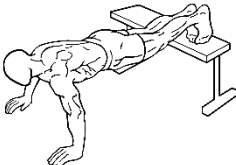

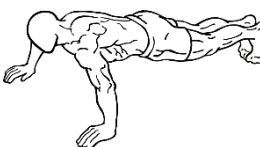



3. Calisthenics

Calisthenics is a form of exercise that uses a person's body weight and requires little to no equipment. Examples of calisthenic exercises include pushups, crunches, and burpees. There are many health benefits to calisthenics, and most people can start exercising right away, just at their houses.

“Mastering” it really gives you the impression that you’re taking profit of all your body members, coordinating them perfectly, and it gives you that shot of adrenaline and sense of accomplishment.

Exercises

- *Upper Body Pushing Exercises: (Chest, anterior shoulders, medial shoulders, triceps)*

Wall Push-up 	Incline Push-up 	Kneeling Push-up 	The Push-up 
Close Grip Push-up 	Decline Push-up 	Decline Close Grip Push-up 	Wide Grip Push-up 
Uneven Push-up 	One Handed Push-up 	Headstand 	Plank 