

CALISTHENICS 101



INTRODUCTION

HI THERE, FIRSTLY WE WOULD LIKE TO CONGRATULATE YOU ON TAKING THE FIRST STEP TOWARDS YOUR FITNESS JOURNEY. NO MATTER YOUNG OR OLD, MALE OR FEMALE, COMPLETE BEGINNER OR VETERAN IN FITNESS, THIS GUIDE IS FOR YOU. WE HAVE DESIGNED THIS BEGINNER GUIDE TO HELP YOU UNDERSTAND SOME OF THE FUNDAMENTALS OF CALISTHENICS SO THAT YOU CAN KICKSTART YOUR FITNESS JOURNEY. IN THIS GUIDE YOU WILL BE ABLE TO GRASP THE BASICS OF EACH EXERCISE, THEIR PROGRESSIONS AND THE TARGETED MUSCLES.



WHAT IS CALISTHENICS?

THE WORD *CALISTHENICS* COMES FROM THE ANCIENT GREEK WORDS *KALLOS* WHICH MEANS "BEAUTY" OR "BEAUTIFUL" (TO EMPHASIZE THE AESTHETIC PLEASURE THAT DERIVES FROM THE PERFECTION OF THE HUMAN BODY), AND *STHENOS*, MEANING "STRENGTH". CALISTHENIC IS THE SPORT THAT ENCOMPASSES A VARIETY OF BASIC EXERCISES USING ONLY THE BODYWEIGHT AS RESISTANCE. THEY ARE INTENDED TO INCREASE BODY STRENGTH, COORDINATION, SPEED, AND FLEXIBILITY THROUGH MOVEMENTS SUCH AS PULLING, PUSHING, JUMPING, RUNNING AND SO ON. CALISTHENICS CAN BE PERFORMED BY ANYBODY, TRUST US WHEN WE SAY THIS. YOU CAN SCOUR THE NET AND FIND ALL KINDS OF PEOPLE DOING CALISTHENICS.

DISCLAIMER

BEFORE ATTEMPTING ANY EXERCISE WE RECOMMEND YOU CONSULT YOUR DOCTOR TO SEE IF THIS SORT OF EXERCISE IS SUITABLE FOR YOU. (HISTORY OF HEART DISEASES, RECENT SURGERIES, RECENT INJURIES TO THE JOINTS, RECENT HOSPITALIZATION, THYROID RELATED PROBLEMS, HORMONE RELATED ISSUES, ETC)

CONTENTS

- INTRODUCTION
- WHAT IS CALISTHENICS
- DISCLAIMER
- WARM UP
- PULL
- PUSH
- LEGS
- CORE/ABS
- CARDIO
- COOL DOWN
- ROUTINES
- CONCLUSION



WARM UP

IT IS AN ACT OR AN INSTANCE OF PREPARING FOR A PERFORMANCE OR A MORE STRENUOUS ACTIVITY. A PROPER WARM UP IS ESSENTIAL FOR THE BELOW MENTIONED REASONS

OBJECTIVE OF WARM UP ARE TO:

- **RAISE THE PULSE RATE**
- **RAISE THE BODY TEMPERATURE**
- **MOBILISE THE MAJOR JOINTS**
- **STRETCH MUSCLES IN AN APPROPRIATE WAY.**

**THESE ARE SOME BASIC WARM UP EXERCISES YOU CAN PERFORM:
JOGGING IS ONE OF THE BEST ONE CAN DO TO SET THAT HEART RATE GOING FOLLOWED BY JOINT
MOBILITY EXERCISES SUCH AS,**

ARM ROTATIONS



NECK ROTATIONS



HIP ROTATIONS



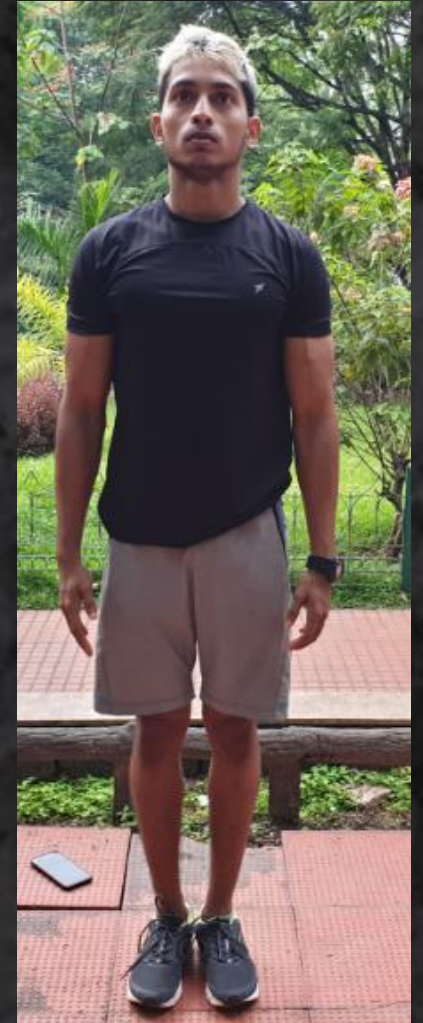
WRIST AND ANKLE ROTATIONS



HIGH KNEES



JUMPING JACKS



PUSH

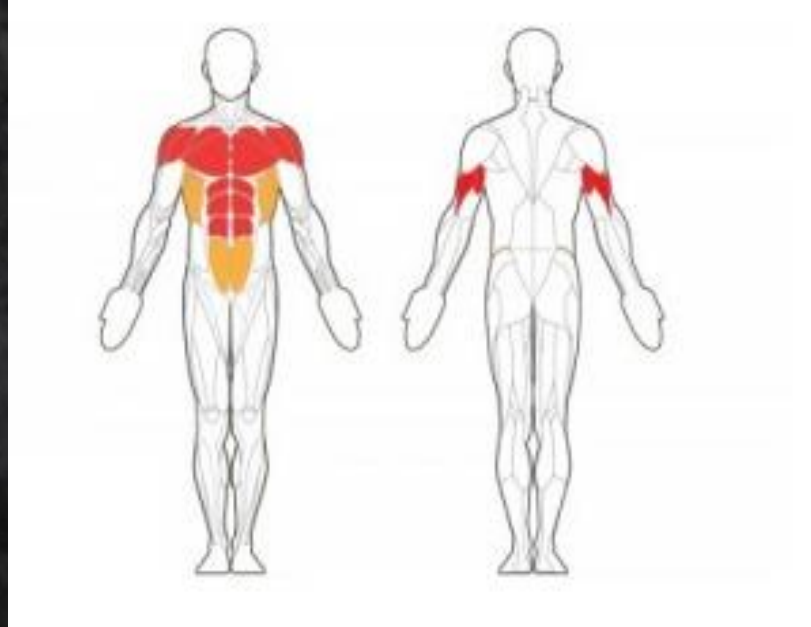
- **WHAT ARE PUSH EXERCISES?**

PUSH UPS ARE THE BEGINNER CALISTHENICS EXERCISE WHERE ONE IS IN A POSITION PARALLEL TO THE FLOOR RESTING ON THE PALMS AND TOES, RAISES THE CHEST AND LOWER BODY AWAY FROM GRAVITY USING THE ARMS.

- **WHY SHOULD I DO PUSH EXERCISES?**

THEY ALSO INCREASE UPPER BODY STRENGTH AND OTHER MUSCLE GROUPS OF THE UPPER BODY. THIS ALSO INCREASES CORE AND LOWER BACK STRENGTH. THESE ARE FAST AND EFFECTIVE EXERCISES TO DO SO COMPARED TO PULL UPS AND CAN BE PERFORMED ANYWHERE.

- **MUSCLES INVOLVED – DELTOIDS, CHEST MUSCLES, CORE MUSCLES AND TRICEPS.**
- **EXERCISES INCLUDED – PUSH UPS , DIPS**



- **PROGRESSIONS TO PUSH UPS INCLUDE THE FOLLOWING**



PULL

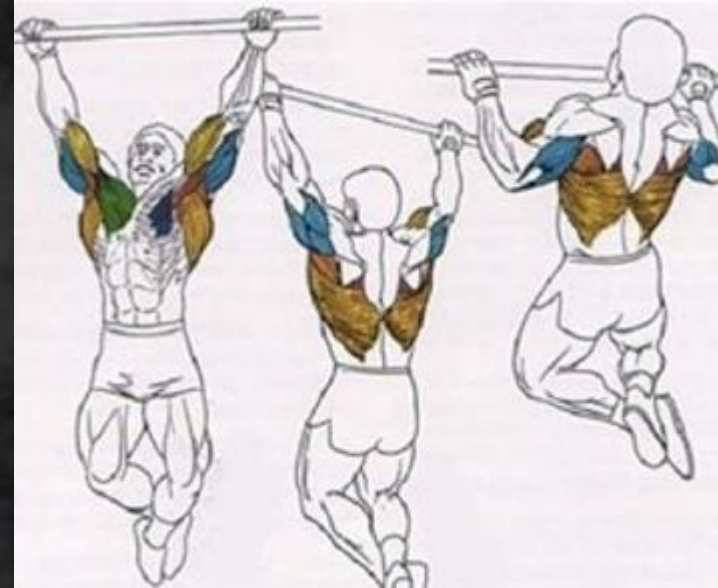
- **WHAT ARE PULL EXERCISES?**

PULL UPS ARE THE MOST EFFECTIVE UPPER BODY EXERCISES WHICH HELPS YOU INCREASE STRENGTH AND MUSCLE GROWTH WHERE YOU PULL YOURSELF AWAY FROM GRAVITY.

- **WHY SHOULD I DO PULL EXERCISES?**

IT IS A MULTI JOINT EXERCISE WHICH EFFECTS MANY MUSCLE GROUPS AND HENCE YOU GAIN MUSCLE EASILY. THESE MUSCLE GROUPS ARE USED IN YOUR DAY TO DAY ACTIVITIES. THEY ALSO INCREASE YOUR MENTAL ENDURANCE WHILE YOU PUSH YOURSELF TO LEARN A PULL UP AS YOU ATTEMPT TO LEARN IT.

- **MUSCLES INVOLVED – LATS, BICEPS, TRAPS AND EVEN CHEST TO SOME EXTENT.**
- **EXERCISES INCLUDE – PULL UPS, CHIN UPS.**



- **PROGRESSIONS TO A PULL UP INCLUDE THE FOLLOWING.**

**Australian
pull ups**



**Negative
pull ups**



**Band
assisted
pull ups**



**Regular
Pull ups**

LEGS

IT IS IMPORTANT TO FOCUS EQUALLY ON **BUILDING STRENGTH** IN YOUR LEGS AS IT IS THE **FOUNDATION** OF THE BODY.

- EXERCISES INCLUDE – SQUATS, LUNGES, CALF RAISES, ETC.
- MUSCLE GROUP INVOLVED – DEPENDING ON THE EXERCISE, THE MUSCLE GROUP INVOLVED VARIES.

CORE

CORE STRENGTH IS **ESSENTIAL** IN ALMOST **ALL THE CALISTHENICS EXERCISES**.

 **AST VARIETY OF EXERCISES ARE INCLUDED.**

CARDIO

CARDIOVASCULAR EXERCISES, SIMPLY KNOWN AS CARDIO, ARE THOSE EXERCISES WHICH **IMPROVE OUR ENDURANCE** AND **INCREASE BOTH OUR HEART RATE AND BREATHING RATE**.

- EXERCISES INCLUDE : WALKING, JOGGING, AEROBICS, CYCLING, RUNNING, SWIMMING, ROWING, HIIT
- BENEFITS OF CARDIO : **REDUCES BODY FAT PERCENTAGE, LOSE WEIGHT**, INCREASES ENDURANCE, **STRENGTHENS IMMUNITY**, AND HELPS CONTROL CHOLESTROL LEVEL AND MAKES **YOU FEEL HAPPIER**.

COOL DOWN

STRETCHING IS AN IMPORTANT PART OF THE WORKOUT WHICH IS DONE AFTER THE MAIN WORKOUT IS COMPLETED. THE STRETCHES THAT WE WILL BE FOCUSING ON ARE CALLED STATIC STRETCHES.

BENEFITS:

- **INCREASED RANGE OF MOTION**
- **REDUCES MUSCLE SORENESS**
- **REDUCED MUSCLE TENSION AND INCREASED PHYSICAL AND MENTAL RELAXATION**

THESE ARE SOME BASIC COOL DOWN STRETCHES YOU CAN PERFORM:

NECK STRETCH



LAT STRETCH



COBRA POSE



SHOULDER STRETCH



QUAD STRETCH



HAMSTRING STRETCH



ROUTINE

THESE ROUTINES ARE DESIGNED FOR BEGINNERS TO GET USED TO BODYWEIGHT TRAINING. WE HAVE DESIGNED THIS ROUTINE TO TARGET THE ENTIRE BODY AND WORK ON DIFFERENT ASPECTS OF FITNESS LIKE STRENGTH AND ENDURANCE. NATURALLY BY FOLLOWING THIS ROUTINE ALONG WITH A WELL BALANCED DIET, AESTHETIC LOOKS WILL BE A BY PRODUCT. SO NOW THAT YOU HAVE REACHED THIS PART ALL THAT REMAINS IS TO GET TO WORK AND GET THOSE GAINS!!!

NOTE: THIS IS A GENERAL ROUTINE DESIGNED FOR EVERYONE TO FOLLOW. IF ANY EXERCISE IS TOO TOUGH OR EASY IT CAN BE SUBSTITUTED WITH ONE OF THE PROGRESSION EXERCISE MENTIONED BEFORE OR MANIPULATING THE NUMBER OF REPS.

PUSH ROUTINE

- LEVEL – **BEGINNER** – 0-5 PUSH UPS
- PICK **ANY 2 EXERCISES** WHICH IS THE TOUGHEST FOR YOU
 - PUSH UP PLANK (MAX OUT)
 - PUSH UPS ON BENCH
 - PUSH UPS ON KNEES
 - PUSH UP NEGATIVE
 - REGULAR PUSH UPS
 - BENCH DIPS
- **3 SETS OF 10-15 REPS TO BE DONE TWICE A WEEK**

PULL ROUTINE

- LEVEL — **BEGINNER** — 0-5 PULL UPS
- PICK **ANY 2 EXERCISES** WHICH IS THE TOUGHEST FOR YOU
 - DEAD HANG (MAX OUT)
 - ISOMETRIC HOLD (MAX OUT)
 - AUSTRALIAN PULL UPS
 - NEGATIVE PULL UPS
 - BAND ASSISTED PULL UPS
 - REGULAR PULL UPS
 - CHIN UPS
- **3 SETS OF 8-12 REPS TO BE DONE ONCE A WEEK**

LEGS

- WALL SIT(20 SECONDS)
- SQUATS(15 REPS)
- LUNGES(10 REPS EACH LEG)
- GLUTE BRIDGES(10 REPS)
- CALF RAISES(15 REPS)

2-3 SETS ONCE A WEEK

CORE

- CRUNCHES(10 REPS)
- LEG RAISES(10 REPS)
- SIDE TO SIDE HEEL TOUCHES(10 REPS)
- RUSSIAN TWISTS(20 REPS)
- FLUTTER KICKS(20 REPS)
- PLANK HOLD(1 MIN)

3 CYCLES ONCE A WEEK

CARDIO

- HIGH KNEES
- MOUNTAIN CLIMBERS
- JUMPING JACKS
- SQUAT JUMPS
- KNEE TUCKS
- BURPEES

3 CYCLES TWICE A WEEK

WORKOUT PROGRAM

DENPENDING ON YOUR **GOAL AND INTEREST**, YOU CAN CHOOSE TO START WITH ANY ROUTINE YOU DESIRE AND WORK ON IT.

YOU CAN INCORPORATE **MORE THAN ONE ROUTINE PER DAY FOR MORE EFFECTIVENESS.**

FOR EXAMPLE,

MONDAY – PULL AND CARDIO

TUESDAY – LEGS

WEDNESDAY – PUSH

THURSDAY – CARDIO AND CORE

FRIDAY – PUSH

SATURDAY – FULL BODY STRETCH

SUNDAY – REST

- **DEPENDING ON YOUR STRENGTH AND PROGEESS, YOU CAN MOVE ON TO A TOUGHER VARIATION OF THE SAME ROUTINE AND ALSO INCREASE THE REPS.**

FOR EXAMPLE,

IN PUSH ROUTINE, IF YOU MASTER PUSH UPS ON BENCH, YOU CAN MOVE ON TO THE NEXT PROGRESSION WHICH IS PUSH UPS ON KNEES.

- **YOU CAN ALSO ELIMINATE A PARTICULAR ROUTINE, FOR EXAMPLE YOU CAN AVOID PULL ROUTINE IF THERE IS NO ACCESSIBILITY TO A PULL UP BAR.**

CALISTHENICS IS MUCH MORE THAN JUST THE LITTLE MENTIONED HERE. THERE IS PLENTY TO LEARN. FOR A MORE DETAILED VERSION OF HOW YOU CAN PROGRESS AND LEARN, WE PROVIDE ONLINE TRAINING WITH PREMIUM FEATURES.

TO CONCLUDE, WE WOULD LIKE TO START OFF BY THANKING YOU FOR HELPING US BE A PART OF YOUR FITNESS JOURNEY. THIS IS JUST A PREVIEW OR A BRIEF IDEA OF CALISTHENICS AND HOW TO BEGIN. WE PROVIDE A MORE DETAILED PROGRAM WHICH IS AVAILABLE IN ONLINE TRAINING SESSIONS FOR WHICH YOU CAN CONTACT,

- **INSTAGRAM PROFILE :**
- **ASHWIN : [HTTPS://WWW.INSTAGRAM.COM/CALIWITHASH/?IGSHID=1X790WJGH1OLK](https://www.instagram.com/caliwithash/?igshid=1x790wjgh1olk)**
- **HEMA : [HTTPS://WWW.INSTAGRAM.COM/_CBGIRL_/?IGSHID=NW9K72Z9095W](https://www.instagram.com/_cbgirl_/?igshid=nw9k72z9095w)**
- **EMAIL ADDRESS : AHFITBEASTS@GMAIL.COM**
- **PHONE NUMBER : +918951922737**



ONLINE TRAINING - PREMIUM :

- **CUSTOMIZED WORKOUT ROUTINES**
- **DIET COUNSELLING**
- **AVAILABLE THROUGH CALLS, TEXT MESSAGES**
- **TUTORIAL VIDEOS**
- **MOTIVATION TO REACH YOUR GOALS**
- **WEEKLY REVIEWS ON PROGRESS**
- **COST EFFICIENT**