

Calisthenics Basic Movements Rulebook

Introduction

Calisthenics is a bodyweight training discipline focusing on strength, endurance, and mobility. This rulebook outlines the essential movements, proper execution, and progression guidelines to ensure safe and effective training.

General Guidelines

- Perform all movements with proper form to avoid injury.
 - Control the movement; avoid excessive momentum.
 - Engage the core for stability in all exercises.
 - Maintain full range of motion (ROM) in every movement.
 - Progress gradually by increasing reps, sets, or difficulty.
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Basic Movements

1. Push-ups

Standard Form:

- Hands shoulder-width apart.
- Keep the body straight from head to heels.
- Lower the chest until it nearly touches the ground.
- Press back up fully extending the arms.

Common Mistakes:

- Sagging hips or arching back.
- Incomplete range of motion.

- Flaring elbows excessively.

Progressions:

- Knee Push-ups (Easier)
 - Archer Push-ups (Harder)
 - One-arm Push-ups (Advanced)
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2. Pull-ups**Standard Form:**

- Grip the bar slightly wider than shoulder-width.
- Engage the back and pull the chin above the bar.
- Lower yourself with control.

Common Mistakes:

- Using momentum (kipping) instead of strength.
- Incomplete ROM (not reaching full extension).
- Shrugging shoulders instead of engaging lats.

Progressions:

- Assisted Pull-ups (Easier)
 - Archer Pull-ups (Harder)
 - One-arm Pull-ups (Advanced)
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3. Squats**Standard Form:**

- Feet shoulder-width apart, toes slightly out.
- Keep chest up and back straight.

- Lower hips below knee level.
- Drive through heels to stand up.

Common Mistakes:

- Knees collapsing inward.
- Rising onto toes instead of heels.
- Incomplete depth (not reaching parallel).

Progressions:

- Box Squats (Easier)
 - Pistol Squats (Harder)
 - Jump Squats (Advanced)
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4. Dips

Standard Form:

- Grip parallel bars shoulder-width apart.
- Lower yourself until elbows reach 90 degrees.
- Push back up without locking elbows completely.

Common Mistakes:

- Not going low enough.
- Flaring elbows excessively.
- Using excessive momentum.

Progressions:

- Bench Dips (Easier)
- Weighted Dips (Harder)
- Ring Dips (Advanced)

5. Plank

Standard Form:

- Forearms on the ground, elbows under shoulders.
- Body in a straight line from head to heels.
- Engage core, glutes, and legs.

Common Mistakes:

- Dropping or raising hips.
- Holding breath instead of breathing steadily.
- Overarching the lower back.

Progressions:

- Knee Plank (Easier)
 - Side Plank (Harder)
 - Weighted Plank (Advanced)
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