

CALISTHINICS EXERCISES

Calisthenics are a form of organized exercise consisting of a variety of simple movements—performed without weights or equipment—that are intended to increase body strength and flexibility using the weight of one's own body for resistance. Calisthenics has been originally oriented from gymnastics.

Calisthenics Workouts and Exercise Program for a Complete Fitness Workout Routine

Calisthenics workout helps to raise your fitness levels by strengthening a variety of muscle throughout your body, including both the cardiac and skeletal muscles. By raising heart-beat rate, they contribute to improved heart health and lower risk of cardiovascular disease.

Some of the more common callisthenic exercises are:

Lunges: Performed by bringing one leg forward and almost kneeling on the back leg. Once the front leg creates a perfect 90 degree angle you stand up and alternate legs. Keeping your back straight and chest out is important for

proper form. There are many variations for lunges.

Jumping jacks: Performed by jumping to a position with the legs spread wide and the hands touching overhead and then returning to a position with the feet together and the arms at the sides.

Sit-ups: This exercise starts with your back on the floor, knees bent, and bottoms of feet against the floor. Then you lift the shoulders off the floor by tightening abdominal muscles and bringing the chest closer to the knees. The final movement is to lower the back to the floor with a smooth movement. This trains the abdominal muscles.

Crunches: Like the sit-up, except instead of bringing the whole torso area closer to the knees, only a concentrated but shorter movement of the

abdominals is performed. Shoulder blades are lifted off the floor, and abdominals tightened.

Push-ups: Performed face down on the floor, palms against floor under the shoulders, toes curled upwards against the floor. The arms are used to lift the body while maintaining a straight line from head to heel. Your arms should go from fully extended in the high position to nearly fully flexed in the low position, while you makes sure to avoid resting on the floor. Resting is only done in the high position of the exercise. Chest, shoulders, and triceps are trained with this exercise.

Pull-ups: An overhead bar (sometimes called a chin-up bar) is grasped using a shoulder-width overhand (palms facing forward) grip. You lift yourself up, leveling your chin with the bar and keeping your back straight throughout. The bar remains in front of you at all times. Then slowly return to starting position in a slow controlled manner. This primarily



trains the lats or upper back muscles, as well as the forearms. An underhand grip variation or chin-up trains both the back and biceps.

Squats: Standing with feet shoulder width apart, squat down as far as possible, bringing your arms forward parallel to the floor. Then return to standing position, and repeat. Squats train the quadriceps, hamstrings, calves, and gluteals.

Calf-raises: Standing on a platform with an edge where the heels can hang (e.g. a curb), the ball of your foot lift the body on the balls of one's feet. The subject then slowly returns to starting position. This trains the gastrocnemius. A seated calf-raise trains the soleus.

Doing Calisthenics can reduce Excess weight

In order to reduce your weight fast by calisthenics, it is very important to follow a strict calorie-controlled diet plan, containing an adequate supply of essential nutrients like carbs and protein, as well as a full range of vitamins and minerals. If you combine that strict calorie controlled plan with calisthenics workout your weight reduction will be fast. Remember, a well-nourished body loses weight faster.