

English Tutorial Classes Week 2



Calisthenics

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THE WORLD'S OLDEST FORM OF RESISTANCE TRAINING

What is **RESISTANCE TRAINING**?

Resistance training is a form of exercise that involves working against a force or resistance to induce muscle contractions and build strength, endurance, and muscle mass. This resistance can come from various sources, such as weights, resistance bands, or even the body's own weight.

Calisthenics

It is derived from the Greek words "kalos," meaning beauty + "sthenos," meaning strength.

Together, **calisthenics** refers to exercises aimed at achieving strength, fitness, and beauty using one's body weight.

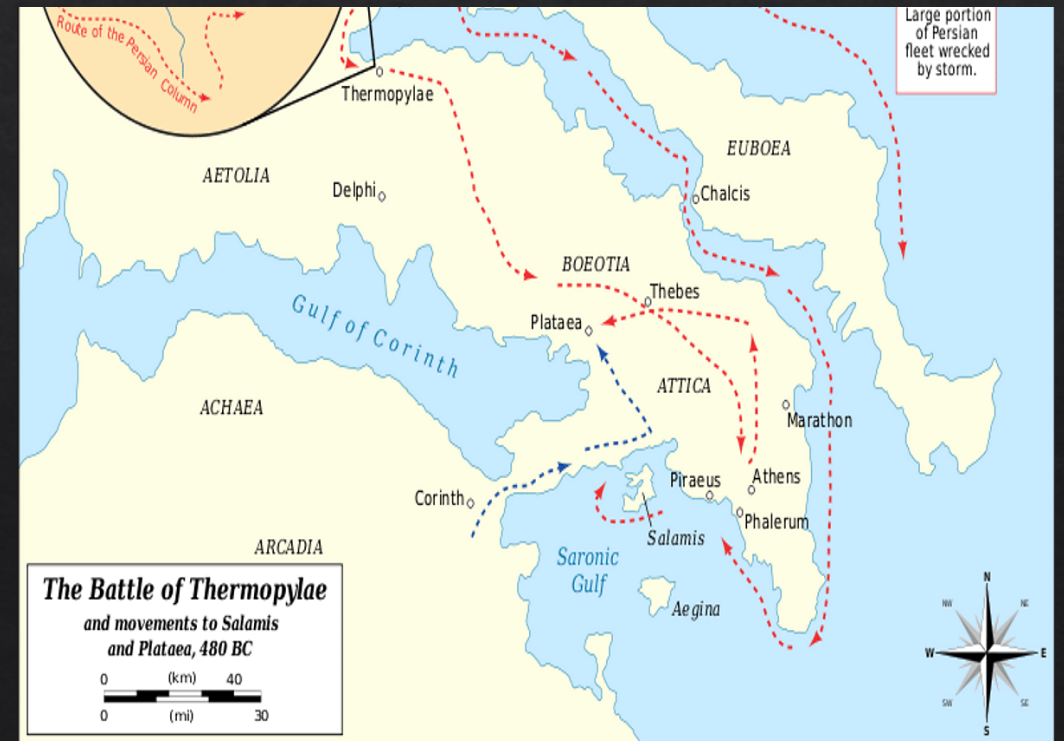
Calisthenics

From the earliest humans in caves, through the powerful armies of the Greco-Roman empires, to the present-day gymnasiums in American high schools, calisthenics has persisted and flourished due to its simplicity and effectiveness. In contrast to strength training that incorporates weights, machines, or resistance bands, **calisthenics relies solely on the body's own weight for physical conditioning.**



Calisthenics

Calisthenics enters the historical record at around 480 BCE, with Herodotus' account of the Battle of Thermopylae.



Calisthenics

Herodotus reported that, before to the battle, Persian king Xerxes sent scouts to spy on his Spartan enemies. The scouts informed Xerxes that **the Spartans**, under the leadership of King Leonidas, were practising some kind of bizarre, synchronised movements similar to a tribal dance.

It turned out their tribal dance was not a superstitious ritual but a form of calisthenics by which they were building physical strength and endurance.

Calisthenics

The Greeks took calisthenics seriously not only as a form of military discipline and strength but also as an artistic expression of movement and an aesthetically ideal physique.



Calisthenics

You may have heard people mention that someone 'has the body of a Greek god'. This expression has travelled through centuries and continents and the source of this admiration is the calisthenics method.



Calisthenics

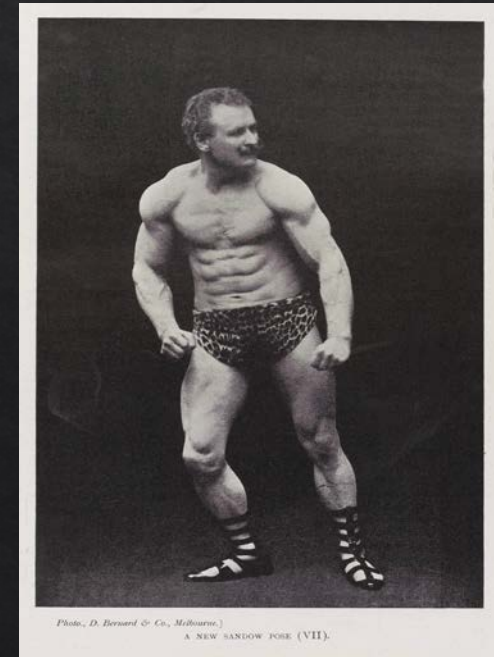
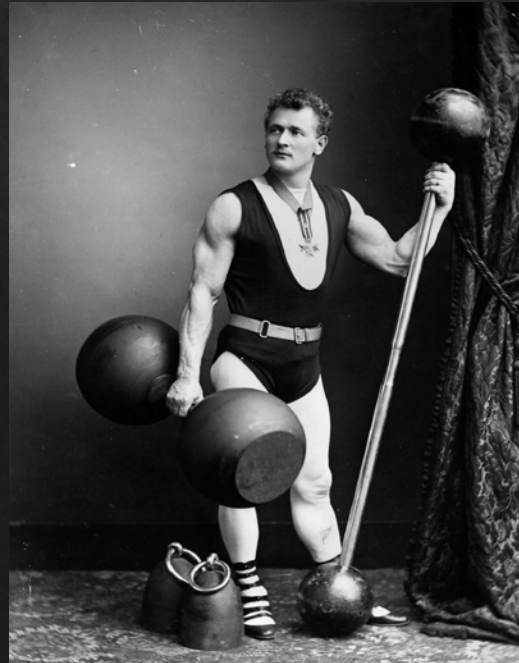
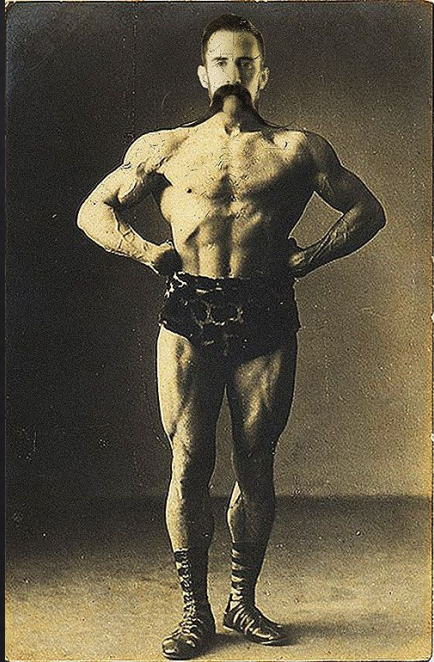
Calisthenics experienced its **second golden age in the 1800s**.

This century saw the birth **of gymnastics**, and it is also when the phenomenon of **strongmen** developed.



Strongmen

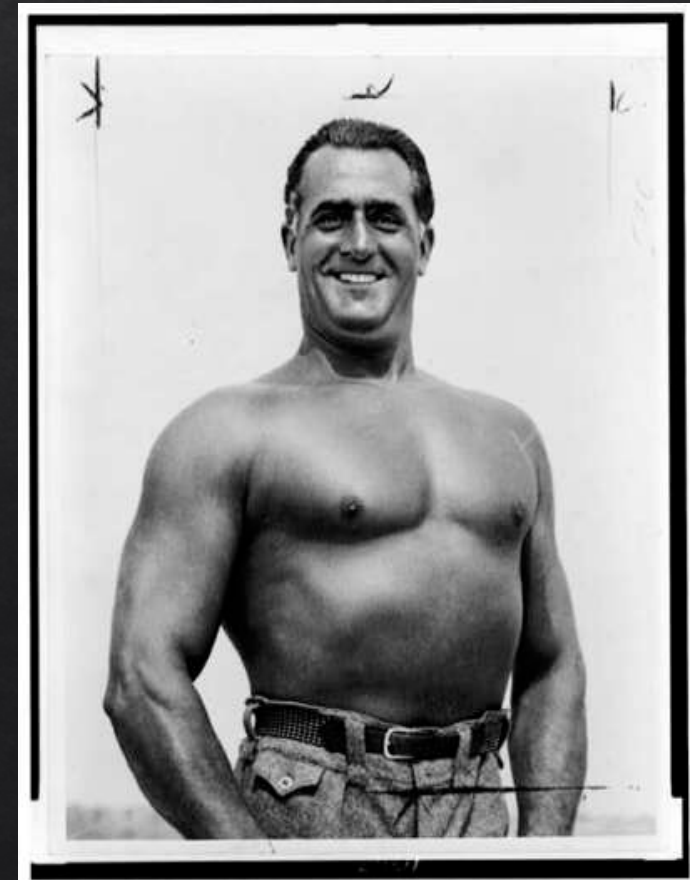
These were people of immense physical strength and development who travelled across the country to demonstrate their strength to astounded populations. Most of these men trained using hand balancing and horizontal bars, as modern weight machines had not yet been invented.



Angelo Siciliano

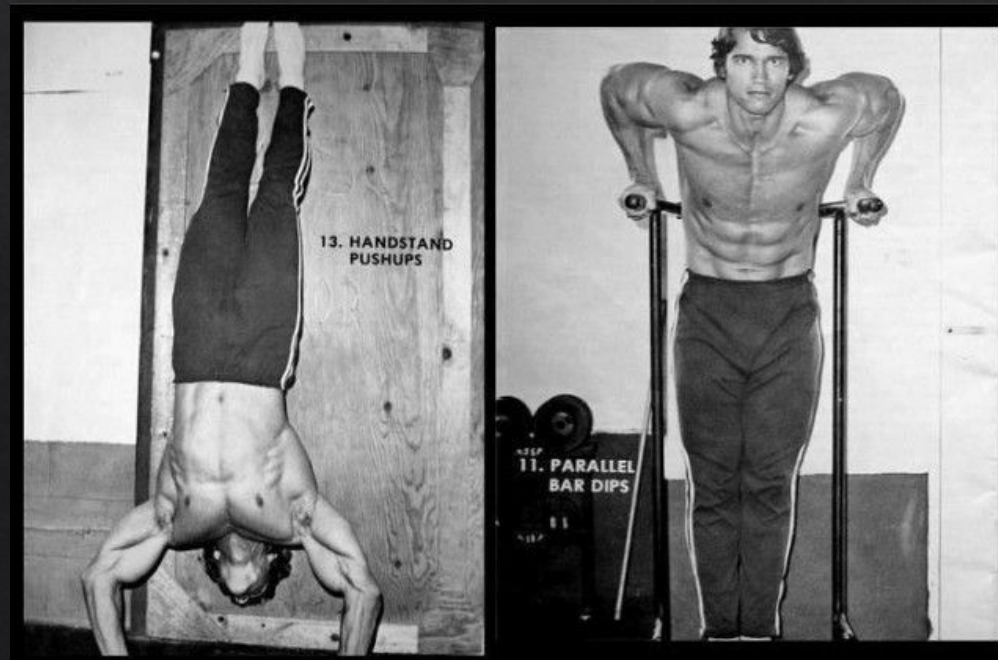
In the 1950s, Angelo Siciliano – who went by the stage name **Charles Atlas** – was crowned “**The World’s Most Perfectly Developed Man**”.

Atlas’s approach was based on traditional calisthenics and through a series of mail-order comic books he taught these methods to hundreds of thousands of children and young adults through the 1960s and 1970s. But Atlas was the last of a dying breed, because new fitness methods were becoming dominant.



The 1960s and 1970s

In the **1960s and 1970s**, calisthenics and the goal of functional strength combined with physical beauty was replaced by an emphasis on **huge muscles at any cost**. This became the sport of **bodybuilding**. Although body building's pioneers were drawn from the calisthenics tradition, the sole goal soon became an increase in muscle size.

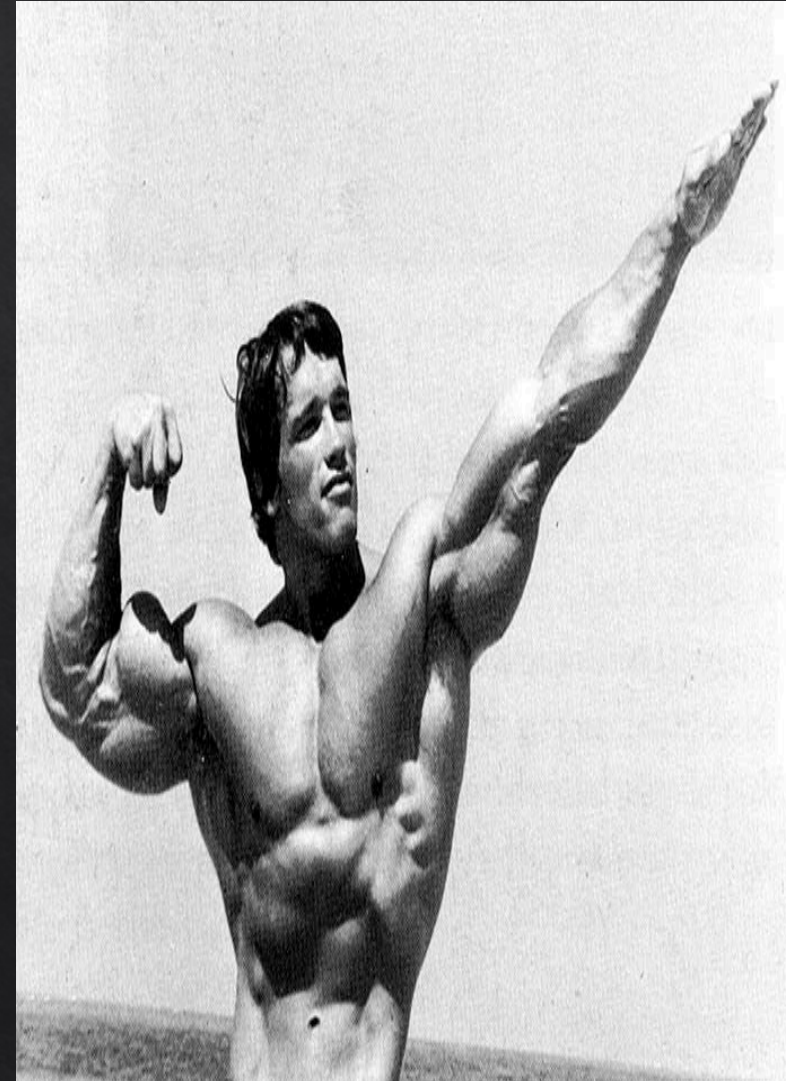


The 1960s and 1970s

Bodybuilding icons, people such as Arnold Schwarzenegger and Sergio Oliva, were called mass monsters because of their imposing physiques.

Physical development of this nature was only attainable through the use of anabolic steroids, synthetic hormones which boosted muscle development while harming overall health. These bodybuilders also relied on free weights and machines, which allowed them to target the size of individual muscles rather than develop a naturally proportioned body.

Calisthenics, with its emphasis on physical beauty and a balance in proportions, had little to offer the mass monsters.



“Bigger is better”

In this “bigger is better” climate, calisthenics was relegated to groups perceived to be vulnerable, such as women, people recuperating from injuries and school students.

Although some of the strongest and most physically developed human beings ever to have lived acquired their abilities through the use of advanced calisthenics, a great deal of this knowledge was discarded and the method was reduced to nothing more than an easily accessible and readily available activity.



Calisthenics in the 21st century

In recent years, however, fitness trends have been shifting back toward the use of calisthenics.

Bodybuilding approaches that promote excessive muscle development frequently lead to joint pain, injuries, unbalanced physiques and weak cardiovascular health. As a result, many of the newest and most popular gyms and programmes emphasize calisthenics-based methods instead.



Calisthenics in the 21st century

Modern practices often combine elements from a number of related traditions such as **yoga, Pilates, kettle-ball training, gymnastics and traditional Greco-Roman calisthenics.**



Many people want to restore the original Greek vision of physical beauty and strength and harmony of the mind-body connection.

Common calisthenic exercises

- Push-ups



- Sit-ups



- Squats



- Burpees



Common calisthenic exercises

A full body calisthenics workout that works **abdominal muscles, chest, arms, legs, and some parts of the back**. The subject **squats down** and quickly moves their arms and legs into a **push-up position**.

Sometimes, people do a push up (not mandatory) before they finish their **rep** by tucking the legs in and jumping up.

Squats: A lower body exercise where you bend your knees and hips while keeping your back straight, working primarily on the quadriceps and glutes.

Push-up Position: The starting position of a push-up, where the body is straight, supported by the hands and toes, with arms fully extended.

Push-up: An exercise where you lower and raise your body by bending and straightening your arms, working the chest, shoulders, and triceps.

Rep (Repetition): One complete cycle of an exercise.

Tucking the Legs In: Bringing the knees toward the chest, often done while in a push-up position.

Jumping Up: The final part of the exercise involves jumping up, completing the repetition and preparing for the next one.

Chin-ups

Grip: In a chin-up, **your palms face towards you**, and your hands are closer together with a grip that is typically shoulder-width or narrower.

Execution: Start by hanging from a bar, then pull your body upward until your chin passes the bar.

Muscles Targeted:

Biceps, upper back and the muscles in the forearm.



Pull-ups

Grip: In a pull-up, **your palms face away from you**, and your hands are spaced wider apart, usually beyond shoulder-width.

Execution: Similar to chin-ups, begin by hanging from a bar, then pull yourself up until your chin is over the bar.

Muscles Targeted:

Upper back muscles, especially the latissimus dorsi (lats), rhomboids, and traps.



Dips



Handstand



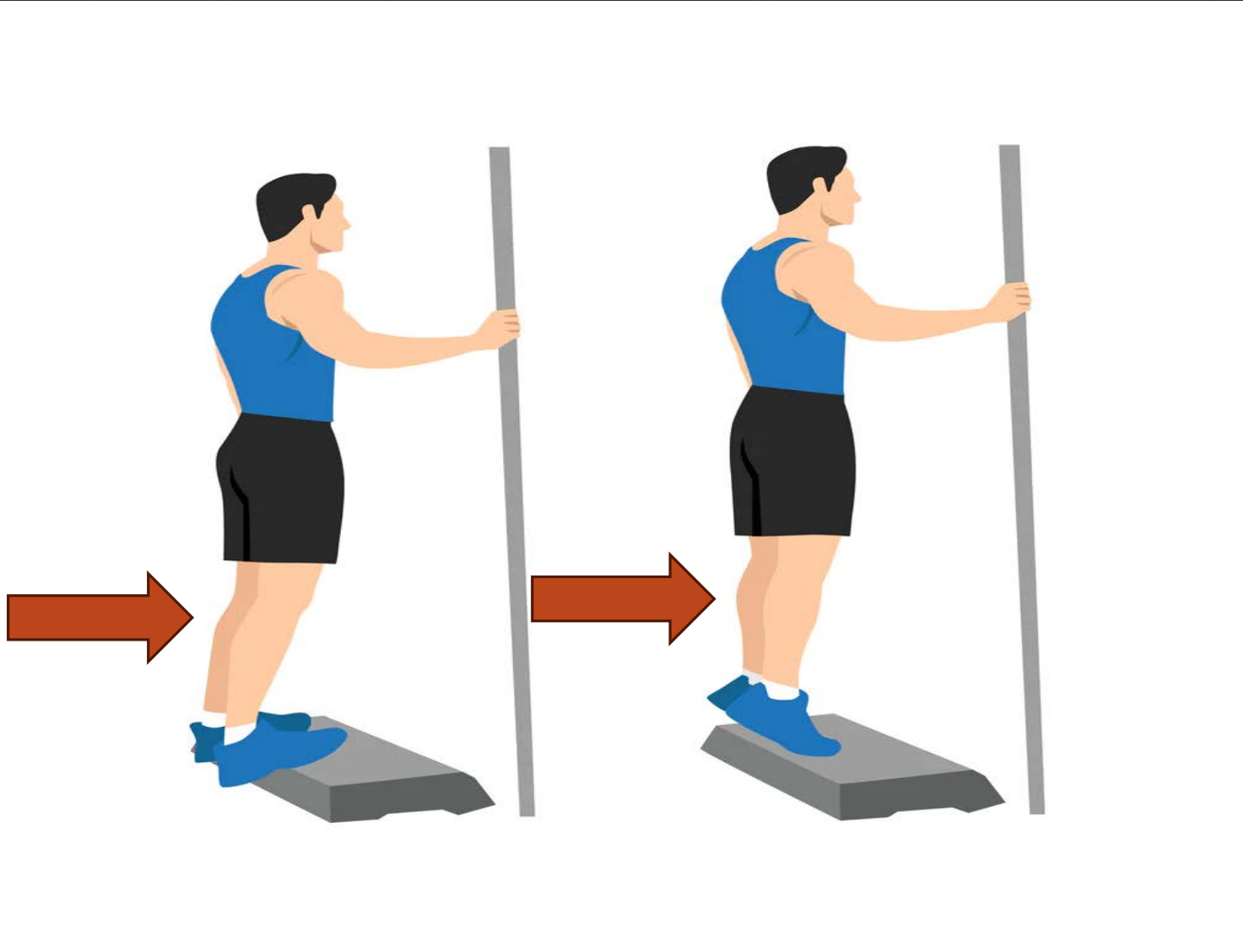
Leg raises



Planks



Calf raises



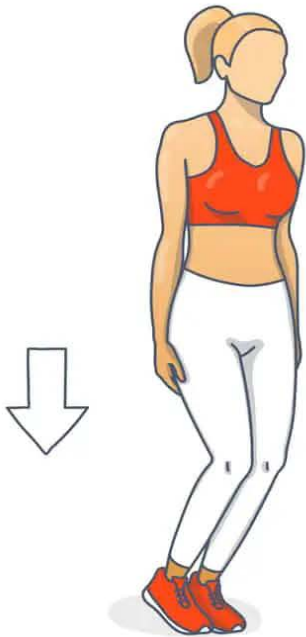
Lunges



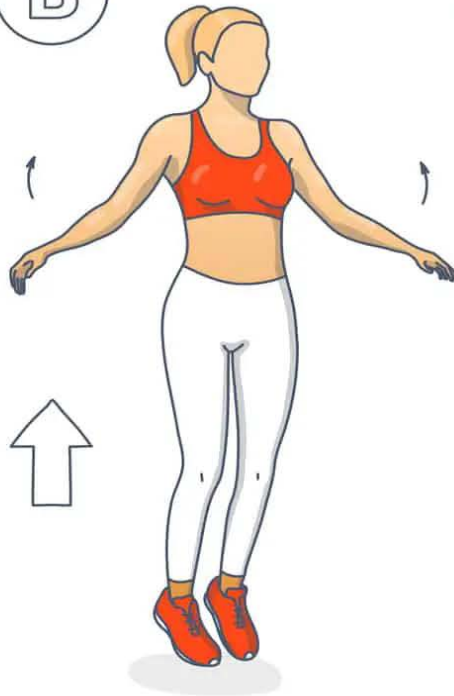
Jumping jack

JUMPING JACKS

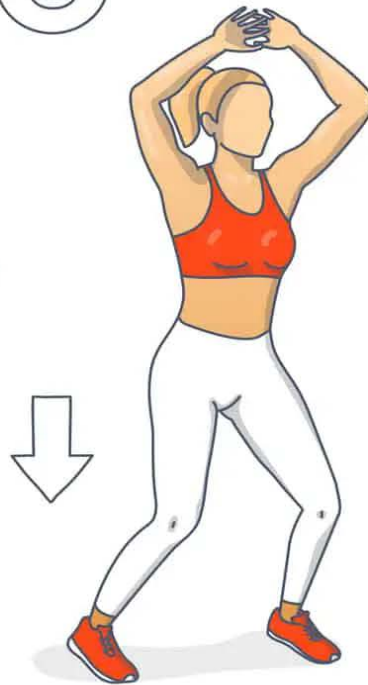
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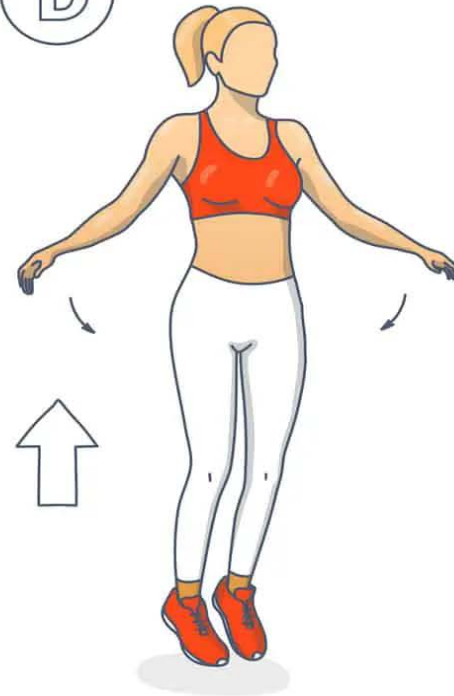
B



C



D



Mountain Climbers

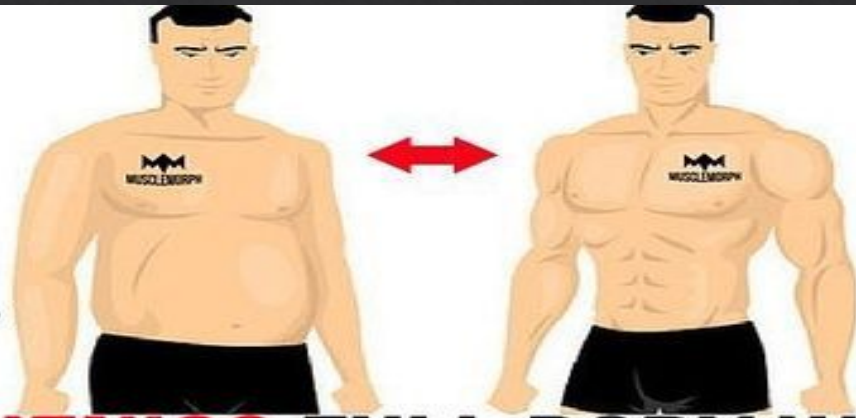


Russian Twists

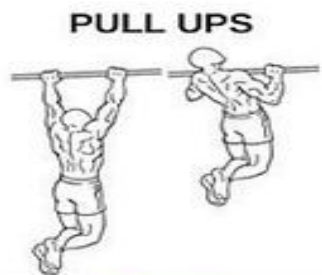


Wall sit





CALISTHENICS FULL BODY WORKOUT



PULL UPS

5 REPS

TOES TO BAR



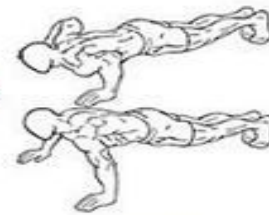
5 REPS

JUMP SQUATS

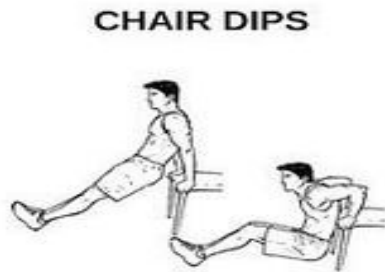


8 REPS

PUSH UPS



10 REPS



CHAIR DIPS

12 REPS



JUMP MUSCLE UPS

3 REPS



DECLINE PUSH UPS

8 REPS



WALL SIT

60 SECONDS

DO 3 CYCLES

2 MIN REST BETWEEN CYCLES. MINIMUM REST BETWEEN EXERCISES

Thank you for your
attention!