

CALISTHENICS FOR BEGINNERS

**The Ultimate Step-By-Step Calisthenics Workout Guide
with 100+ Bodyweight Exercises to Strengthen
and Increase Your Body Flexibility**



100+
Photos

Paul Vidmar



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100+ Bodyweight Exercises to Strengthen and Increase Your
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(With Photos Demonstrations)

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AN OVERVIEW

Calisthenics is an exercise that involves moving the body freely with different levels of rhythm and energy. The training covers such activities as jumping, stretching, swinging, bending, twisting, and kicking together with such movements as push-ups, chin-ups, sit-ups, and pull-ups. Calisthenics uplifts endurance, muscle strength, flexibility, coordination, and general body well-being, through regular and controlled pressures on the cardiovascular system. There are eight working principles I have penned down to help those who wish to develop specific skills in calisthenics and are: 1. Start with the basics, 2. You are working on your previous progression, 3. Have a good rest, 4. Reduce reps and increase sets; 5. Film yourself as you go on training, 6. Get a training partner, 7. Always exercise patients, and finally, 8. Be consistent.

The real benefits of calisthenics, as highlighted in this manual, will improve muscle strength, endurance, and flexibility. It contains a great comparison between calisthenics (bodyweight training) and weight lifting (weight training). As stated in this practical guide, calisthenics such as push-ups is more than just a beginners' workout. Weight training, such as weight lifting, is the main deal in terms of training your strength. Calisthenics is primarily considered a vital activity, especially for beginners who are not yet ready for heavyweights. A standard view of these two concepts is that weight training is for muscular strength, while bodyweight training is for muscular endurance, or for preparing towards more tasking sports such as boxing or martial arts. It is a widespread view, especially for those hoping to engage in calisthenics exercise as beginners to compare it with other forms of activities they are already familiar with. Marjory, experiencing the difficulty in calisthenics against weight training as one of the most popular exercise methods worldwide, will aid you in making the right choice on which of them to choose. Fellow instructors in calisthenics and I have given so much advice on sets and reps, which I summarized thus: For muscle strength and endurance,

take 1-5 repetitions for each set while for muscle mass, take 6-10 repetitions for each set.

As a beginner in calisthenics, you need to be armed to the tooth on the tips and tricks to erase all fears from your mind. Once you have done that, it will sound all interesting when you hear the name calisthenics exercise. Looking at the nutritional guide to lose weight and gain muscles at a glance, we considered 1. You are controlling your total calorie intake, 2. and observing regular or periodic fasting, 3. You are mindful of your nutritional and calorie density, among others. The following are the essential warming up exercises in calisthenics: running around, swinging of arms, scapula pulses, swing scapula, dismantling your shoulder, pulling bands apart, forming circles with wrist, open hand palm, stretched wrist, among others. Before going into calisthenics exercise in full, there are some preparations you need to put in place to avoid distractions during the training proper, which comprises but not limited to: taking care of your bills, engaging in some me essential calisthenics practice, taking a lot of water, consuming proper nutrition, packing your loads based on needs, among others.

There are about 18 practical core lessons in calisthenics with photos as stated in this book which are: handstring stand stretch, piriformis stretch, lunge with a spinal twist, triceps stretch, shape 4 stretch, 90 @ 90°C stretch, frog stretch, butterfly stretch, shoulder seated squeeze, side bend stretch, lunging hip flexor stretch, seated neck release, pectoral stretch while lying, knees to chest stretch, reclining bound angle pose, lying quad stretch, extended puppy pose, and standing quad stretch.

There are about 70+bodyweight exercises with Photos you can learn that were treated under three sub-headings viz: Upper Body, Core, and lower body, respectively. Also treated here are 6-weeks workout program to blast body fat. Losing body fat and getting shredded within a short period is not an easy task to accomplish. It would help if you had the support of an instructor or experts' guide in calisthenics to keep you in the

right direction. Getting enough quality sleep per day for yourself can be a catalyst to quick recovery between workouts; observing 6-8 hours of sleep a night will be sufficient. And finally, there are two levels of focus in calisthenics, mostly for beginners: beginner level and intermediate levels. But before getting to intermediate levels, you need to master the beginner levels first; that is why you are required to go through the transition from one level to the other in a progressive manner, as stated in this book. Owing this workout guide is already 60% complete in attaining your dream body shape or get reaped with Calisthenics exercise while the 40% requires your implementation beginning from the first chapter to the last.

CHAPTER ONE: AN INTRODUCTION TO CALISTHENICS EXERCISE

Calisthenics is an exercise that involves moving the body freely with different levels of rhythm and energy. The training doesn't require wearing things like wands and rings. The exercise covers such activities as jumping, stretching, swinging, bending, twisting, and kicking coupled with such movements as push-ups, chin-ups, and sit-ups. Calisthenics uplifts endurance, muscle strength, flexibility, coordination, and general body well-being, through regular and controllable pressures on the cardiovascular system. Calisthenics can serve as preamble exercises for other, more challenging sports and can also help to build body physique.

As advocated by Beecher, calisthenics was initially intended to be an exercise for ladies, but it soon gained popularity and was later embraced by both sexes. The exercise began in the early 19th century based on Friedrich Ludwing Jahn, a German and Aldof Spiess in doing gymnastics well known worldwide. Catherine Beecher from the United States of America wrote on Calisthenics and Physiology for secondary schools and families to promote calisthenics exercise in the year 1857. Primary and Secondary Schools both became beneficiaries of calisthenics all over the western world as a regular exercise in the 20th century. It was at this time that the health benefits from calisthenics were given international recognition. More so, the military base adopted it as part of its training manual.

CHAPTER TWO: THE 8 WORKING PRINCIPLES OF CALISTHENICS

The first time I thought about the workout was during my young age, all I thought of was how to develop muscular strength resembling those of the great wrestlers. I was doing some exercises that look precisely like calisthenics, but they are less severe, for example, the raised straight legs hitting the bar, I engaged in it very well; little do I know that in the future, it will turn out to be a real exercise. At my age then muscle-up and the squat was a common exercise among my peers. As the years go by, these exercises that we took very common then have been developed into a full-grown worldwide exercise called calisthenics. It emphasizes training people to learn bodyweight skills; gaining muscle strength through this process is not the primary purpose of the movement.

If your so aim of engaging in this type of exercise is to obtain a skill at the end and not merely for muscle and fun, then you must abide by these eight principles I have laid down for you:

1. START WITH THE BASICS

The working principle of life states that you should sit before crawling, crawl before standing, stand before walking, and so on. Starting with pull-ups before venturing into a muscle-up, it will be unwise and uncalled-for if you are not yet good at basic calisthenics and you aim at more advanced calisthenics exercise, the right to make if you really want to acquire those skills you want in calisthenics exercise, have a better foundation around basic calisthenics. Target exercises like; push-ups, wall sits, squats and hanging knee raises before you think of something tougher. Skills at an advanced level are developed based on consistency in the most important exercises.

2. WORK ON YOUR PREVIOUS PROGRESSION

While practicing on calisthenics exercise and you find out an exercise that goes well with you, what you need to do is to work out the best modalities that will help you attain such set of skills, at least such progression should be such that you can cope with between an interval of 3 sets of reps.

For instance, you aimed at performing a freestanding handstand, you should be used to holding one on the wall. If it is pistol squat that interests you and you don't know how to go about it, there are many variations available like a bench pistol.

3. HAVE A GOOD REST

Practicing a whole lot new skills is very demanding on your body system including your muscles as well, this is the one single reason why you need a lot of rest as to regain yourself back as strong as you can, as you keep trying and it seems you are making a little progress don't be discouraged rest a bit and continue, focusing your attention on the goal you have set for yourself. You don't need to count the number of rest you observed especially when acquiring a skill is your target, meanwhile, just like every other training session you engaged in, pre-exercise activities such as warming up is necessary and start anyhow, yet very soon it will be interesting to find out that you are picking up gradually as they say "practice makes perfect". Just begin somewhere first it could be pull-ups, muscle-up, elbow lever, or freehand stand.

Deciding on whether to embark on any of these exercises might seem so difficult, you know why? At this point your interest is not yet kindled in them, taking some deep breaths within the trying session and observing some minutes of rest especially when you are feeling tired. Working on new sets of skills can quickly get you tired.

4. REDUCE REPS AND INCREASE SETS

While you practice, it is good to do a few reps at a moment or you can go for normal short holds as in the case of isometrics especially when on new skills. For this cause, you need more sets instead to be able to gather more training

volume in that particular session. You should bear in mind that what you are aiming at is consistency - once you notice you are not at your best you should take a break, doing more than 5 sets of an exercise while training for skill is pretty good.

5. FILM YOURSELF AS YOU GO ON TRAINING

Someone can assist you to take a video of your training session this isn't for fun or YouTube purpose. The video will reveal to you if at all you are not doing two different things entirely. By watching yourself you can learn a whole lot of new things and also correct your mistakes for better performances. Most especially if you are taking a break, the video can keep you busy as you watch and have a thought on doing it better next time.

6. GET A TRAINING PARTNER

Training with someone besides you would boost your morale and confidence. You may know better than that person or your partner may know more than you, so training together as partners can be helpful to both partners. If you are privileged to have friends who love calisthenics exercise it would do a lot of good for your training. You can arrange for regular meetings, attend progressive calisthenics certification workshops especially for those developing skills on this. Performing calisthenics among your friends is more than fun.

7. ALWAYS EXERCISE PATIENTS

For many people getting quick results has always been in their minds, as soon as they are not seeing any improvements at the earlier stage they seem to be discouraged not knowing that learning new skills takes a lot of time and commitment. Always bear in mind that there are difficult times in every situation, meeting difficulties are part of every skillful sport but patience and perseverance is the key to attaining your goal. When we talk of fitness training, there are no masters, as a beginner, those trying times will definitely come but with time and commitment, you will progress to the next stage of the exercise. To be on a safer side, instead of spending your energy thinking about quick results, place your attention on the process that leads to the goal; it will do you a whole lot of good if you don't set a deadline for yourself because doing so

could be dangerous, rather make your intentions right. Patients will open the gate to advance more in calisthenics.

8. BE CONSISTENT

Success in fitness exercise is not directly credited to any form of exercise or numbers of exercises. Is not the number of sets and reps you aimed at; not from the equipment used. Is not about the number of times in a week or months that you engage in these exercises or the trained muscle pattern you adopt. These things matter to no doubt but the overall secret of success in fitness exercise is consistency. If you are not consistent, no progress will be made into performing other forms of calisthenics, for you to achieve the desired result in calisthenics, you have to stay on the course and continue practicing with all commitment. Sometimes you may try news moves, some of them will work while some will fail but don't be discouraged, you will learn from it.

CHAPTER THREE: THE REAL BENEFITS OF CALISTHENICS

Calisthenics is known as an exercise that has stood the taste of time while considering engaging in other forms of exercise. The good aspect of it is that it is easy to perform, without necessarily using equipment and can be done anywhere. To derive real benefits from calisthenics it all depends on how fit are you. For beginners who can only do 8-10 repetitions at a time due to tiredness and muscle pains, the exercise will be of great help in strengthening their muscles and giving them stability during exercise. At the time you are able to withstand the stress and strain accompanied by calisthenics exercise, then you are sure of doing more repetitions to improve your muscle endurance. How long you can continue with the exercise at a time depends on your level of muscle endurance. For both beginners and those who already gained fitness, calisthenics can be beneficial in the following ways: improves muscle strength and endurance, flexibility(stamina).

1. Muscle Strength

It is common to think that exercise helps boost the strength of your muscle but calisthenics does it much better by helping to improve your bone and joint strength as well. Nearly if not all world military uses calisthenics to help build their officer's strength ahead of battles, especially the US military base.

2. Muscle Endurance

Calisthenics in the form of circuit (an exercise that involves rotating around one axis) is a powerful mechanism to building muscle endurance. A circuit done 4-6 times with little rest period will increase your muscle resistance to fatigue and it helps you to pump well. Doing the circuit kind of calisthenics while observing a few days of rest during your period of exercise can enable you to withstand more rounds of the exercise before muscle exhaustion sets in. The endurance gained from calisthenics exercise can be of great help to your

heart because constant engagement in calisthenics will help your heart to respond well to all kinds of sports and physical training.

3. Flexibility

Calisthenics requires more flexible activities. For instance, swinging which involves bending at the waist and grabbing the kettlebell with both hands. Your palms facing your body, and your torso nearly parallel to the ground, which is the first step, while step 2 involves pulling your shoulders down and backward and brace your core before you start the exercise. This tip should be maintained all through the exercise. Flexibility is very essential to be able to perform a successful swing.

CALISTHENICS AND WEIGHT TRAINING:

Calisthenics exercises such as push-ups are more than just a beginner's workout.

Weight training such as weight lifting is the main deal in terms of training your strength. Calisthenics is largely considered an important training especially for beginners who are not yet ready for heavy weights. A common view of these two concepts is that weight training is for muscular strength while calisthenics is for muscular endurance, or for preparation towards more tasking sports such as boxing or martial arts.

It is very common especially for those hoping to engage in calisthenics exercise as beginners to compare it with other forms of exercises they are already familiar with. Majorly, experiencing the difficulty in calisthenics against weight training as one of the most popular exercise methods worldwide will aid you in making the right choice on which of them to choose. As to give each side of the coin a fair treatment, I shall state the benefits and limitations of both. The benefits of calisthenics exercise are already explained at the beginning of this chapter above, but to refresh our minds let's look at the ones below:

- No emphasis on the use of equipment in performing calisthenics workout
- They promote muscle strength
- They make your joints to be flexible
- It can be performed anyplace you wish and at anytime
- They improve your movement pattern and alertness in real-life events.

LIMITATION OF CALISTHENICS

Below are the limitations of calisthenics which we have not discussed before in this guide:

- Their effectiveness on pilling muscle fat is slow
- Some feel that calisthenics is limited to an extent
- Performing some forms of calisthenics without professional supervision can be very dangerous
- Accessing calisthenics as a beginner could be, this depends on your body composition mostly when you are about starting.

If chosen calisthenics is to increase your muscle as quickly as possible, then you have made the wrong choice, that is what most will not tell you. By this end it is good to go for weight training like heavy weight lifting; this activity seems more effective when you want a speedy change in your physique. As soon as you succeed in building your strength and you are finding it easy to lift your own body weight, it will be difficult for you to more muscle. However, in weight training, it is difficult to reach a peak in this area.

For beginners who want to take part in calisthenics exercise will have to consider his or her body composition. Those whose weights are light, tend to be advantageous as their adaptation will be faster. Difficulty in performing some of the bodyweights is not unusual as it is expected of a beginner to experience such.

BENEFITS OF WEIGHT TRAINING

Just like I stated the benefits of calisthenics, it will be totally unfair if the benefits of Weight training are ignored, then it shows a very level of bias and favoritism on my part. Even though I would prefer the former but let's look at the benefits of weight training:

- It is a method which permits the opposing force to be high or low.

There are two choices to be made, either to go for a weight machine or a free weight, which are two different exercises altogether. It involves training your muscles in harmony

- It helps in the fast building of muscles

Weight training is a powerful tool that aids in switching up opposing forces of workouts. To some, it is a very important option to go for but as for others, choice determines the option. Weight training (weight lifting) is also great in ensuring you customize your workout by separate training, and so helps to change your look greatly. Many weight trainers have been making these arguments for a long time, maybe as a result of their own target end.

DISADVANTAGES OF WEIGHT TRAINING

As for what has the advantage also has a disadvantage, to this end let's glance through the disadvantages of weight training:

- To separate some particular muscles in training is not an everyday event, however, muscles trained during calisthenics exercise are stabilized.
- The risk of lifting free weights tends to result in likely risk of those that happen during calisthenics exercise especially in terms of bad positioning.
- You can't achieve anything success in this area except you go to a gym or better still buy costly equipment that will aid you.
- Obtaining a perfect physique requires constant supervision by a professional coach.

FINAL NOTE:

If you are opting for a portable and easy going but an undoubtedly impressive workout which will improve your stamina and flexibility like no other, calisthenics will be the right choice you would make. Whereas if you want to get a quicker result in developing particular muscles within a short period of time and the right option is to go for a weight training exercise. With the information given based on the comparison between Calisthenics exercise and weight training, it is not clear enough to make a quick decision on which is the best option. The choice is all yours as an individual it depends on your preference.

CHAPTER FOUR: EXPERT ADVICE ON REPS, SETS, AND FORM

Before going into advice from experts I shall explain to us what the three concepts are. First, a rep is the number of times a particular exercise was performed. Secondly, a set is the number of rounds of reps that were completed. And lastly, a form is an order in which things are performed especially in sporting activities. For instance, Push-ups can be repeated over and over within a short period of time, while counting how many sets of the push-ups that were performed, meanwhile carrying out this exercise requires a particular pattern or order referred to as form.

ADVICE FROM EXPERTS:

Different experts have come up with these general views on reps and sets. Meanwhile, it is good to remember that reps mean the number of times a particular exercise was repeated or better still you can call it repetitions. Below are specific experts' advice on sets, reps, and forms.

Squats:

Have no limit to how many squats you wish to perform per workout but 3 sets of 12-15 reps are good for beginners.

Tricep Dips:

In the beginning, especially the first 3-5 weeks of your training, concentrate on your form. As soon as your form is in shape, target 3 sets of 10-15 reps per workout. As time goes on, you will climb higher.

Wall Sits:

For beginners, holding wall Sits for 3 sets of 15-30 reps wouldn't be a bad ideal

Push-ups:

Ensure you push yourself to the limit you can carry, focusing on your form and higher body strength. As soon as you have achieved this, target 3 sets of 10 reps for each workout per day and begin from there.

Leg Raises:

Leg raises from the bar usually makes use of the core and arm muscles, and are essential for improving strength in both areas. Go for 5 sets of 5-10 reps.

Pull-ups

In considering pull-ups, you should opt for 3 sets of 5-10 reps depending on your present stage in the exercise.

Pistol Squat:

Before you think of engaging in pistol squat, you should be capable to perform 3 sets of 15 reps with the assisted version.

Tricep Push-ups:

At this time get ready for muscle-ups! For each tricep Dip workout, you should target at least 3 sets of 10-15 reps.

Wall Sits - The Single Leg Variation:

Aiming for 3 sets of 30 seconds originally is better.

Push-ups - While Switching Pressure to the Triceps:

Target 3 sets of 10-15 reps.

Hanging Straight Leg Raises-Hits the Bar:

Target 3 sets of 5-10 reps.

Pause-Pull-Ups:

Target 3 sets of 4 reps, which is the highest limit in this exercise.

For Strength take 1-5 repetitions per set

For Muscle mass take 6-10 repetitions per set.

In calisthenics exercise, it is believed training progressively while raising the difficulty level of an exercise to keep the volume to a normal range and observing some rests for a long period to give room for better performance and great results. People have the opinion that doing this will improve their desired strength to its highest potential. Achieving the desired results in this exercise requires hard work on the part of the athlete over a long period of committed training sessions. I decided to train myself doing hundreds of reps in every training I did while forcing my body to adapt and grow under a series of stress but I over worked myself and achieved little. This mechanism is mostly referred to as a High-volume workout. As for others, this mechanism is known to improve only endurance, for known athletes like Lazar Novovic, Lord Vital, Matthew Schifferle, Zef Zakaveli, Hannibal for King. It has been a nice mechanism to develop a ripped and strong physique that promotes muscular and athletic. This method that depends on high sets and reps is considered very useful for building muscle and strength while making use of basic bodyweights exercises to raise the potential of a person.

Ensure you increase the volume for each training session; raise your frequency high; observe some little rests along the line between reps and sets.

1. Volume:

We recommend 2-5 days of total rest. Reps and sets require 7-10 reps and 4-7 sets for wall handstand push-ups and pull-ups, and about 15-30 for push-ups relativity. Most times we employ our energy and efforts while performing each exercise. At the end of the training, we discovered we are completely worn out

and our bodies start to react to the exhaustion by showing the result in yawns, muscle strains, trembles, glycemia breakdown. Deciding when the volume of the exercise should be enough, is when you start experiencing the above-mentioned signs. To put things in the right direction, I should give you a practical example of a typical high volume workout below: At least add 4 basic variations in 4-7 sets.

- Dips - 5 sets
- Handstand push-ups - 4 sets
- Chin-ups - 5 sets
- Wide pull-ups - 5 sets
- Regular pull-ups - 5 sets
- Horizontal pull-ups - 4 sets
- Push-ups - 5 sets

Deciding how many reps (repetitions) you should do depends on your level of fitness. However, for every pull movement 6-10 reps and each push movement 15-30 reps is my recommendation excluding handstand push-ups which 5-10 reps should be more than excellent.

2. Interval of Training:

You can train as often as your time permits. Training 3 times a week is not a bad ideal at all while making use of the high volume workout techniques. In my suggestion, 4-6 times training a week will be okay.

3. Break and Recovery Time:

Many believe that excess training will hinder your chance of reaching final fitness goals. As you continue exercising from time to time, the body can breakdown but don't panic, just do this: take enough sleep and eat good food for better performance. During your time of recovery, you may experience muscular soreness accompanied with some tendon pain. This happens mostly to beginners because at this stage their physique is still undergoing adjustment. When I started

mine 4 years ago it took me one year and six months to adjust and overcome the pains associated with this exercise to meet my targeted goal.

To be stronger, add more reps and sets, train more frequently, and to crown it all you should have enough rest:

- 30-60 seconds between sets
- 2-4 minutes between workouts
- 2 days for recovery each week
- 1-2 Weeks recovery on the interval of 2-3 months

As for me and those in my gym class, this plan worked perfectly well. But for others, you can make adjustments to suit your ability which should finally lead to your goal.

CHAPTER FIVE: TIPS AND TRICKS FOR BEGINNERS TO AVOID MISTAKES

As a beginner in calisthenics, you need to be armed to the tooth on the tips and tricks involved to erase all fears in your mind. Once you have done that it will sound all interesting when you hear the name calisthenics exercise. Below are some tips to see you through in course of your exercises while I shall list the tricks later:

1. Squats

- To start, stand straight ensuring your both legs and shoulder-width are separated.
- Your core should be engaged and positioning your arms in front of you.
- As you squat, maintain your position and place your body weight around your heels.
- Your knees should be set behind your toes.
- You can do as many squats as you can in a particular workout, but for beginners, 3 sets of 12-15 reps will go a long way.

2. Triceps Dips

- To start with, use a set of bench.
- Hold on to the bench tightly with your hands while ensuring your legs are straight, placing your balance on your heels.
- As you keep improving, place your feet at the same range with your upper body (placing them on another bench).
- For beginners targeting 3 sets of 10-15 reps per workout is okay.

3. Wall Sits

- To start, go to a concrete wall and place your back very close to it, begin to press down ensuring your knees bend at an angle 90°
- Make sure your back laps to the wall.
- Your hands should be placed by your sides for a good position.
- Employ your core on the process of the hold to ensure effectiveness.
- For beginners, you should target 3 sets of 15-30 seconds.

4. Push-ups

- Raise yourself up to the planks while ensuring your back is always straight.
- Your elbows should be by your side at an angle 45° instead of 90°.
- Fold your gluteal and abdominal muscles.
- Move at a slow pace while maintaining quality (by reshaping your form).
- If you are in a difficult situation, why not try a raised or knee push-ups.
- Keep pushing until you get to your limit while transferring your concentrations to ensuring upper body strength.
- For beginners go for 3 sets of 10 reps on each workout and begin from there.

5. Leg Raises

- Make sure you have built the required strength before engaging in this exercise.
- Practicing the toes-to-bar pattern before entering straight leg lifts.
- Ensure the most important aspects of the exercise are employed when raising your legs.
- Try different grips on various distances on the crossbar.
- When your legs touch the bar, ensure you don't release yourself at once.
- Control the number of reps in your workouts, quality is far better than quantity.

6. Pull-ups

- Look for a strong and smooth bar to hold on to as you practice (they are available at the gym or possibly you can get one online for yourself).
- Raise your two palms to get to the bar and make a strong grip on it while still standing with your two legs
- Your two elbows should take an angle 45° each while using your chest to assist in pushing up.
- Your shoulders should be back ensuring that your strength is concentrated on your upper arms instead of the shoulder blades.
- Keep your head in a straight position concentrating your attention at a particular spot.
- Maintain a straight back position, slightly bend your knees, you can as well cross your feet over another to retain a stable position.
- For pull-ups target 3 sets of 5-10 reps based on how strong you are.

As you make progress in this exercise you are expected to do tougher jobs to increase your chances of getting the desired goal. I shall be giving some tips and tricks of the harder part of the exercises above:

1. The Pistol Squat

Once you are very confident you have mastered squats you will find the pistol squat more of like a fun, mostly when you feel bored.

- Start by putting your legs in a closed position.
- Carefully raise one leg and place it in a straight forward position.
- Ensure the raised leg remains up and straight.
- Stretch forth your arms keeping them horizontal from you the shoulder level.

- Your hips should protrude backward.
- Maintain the tension in your raised arms and legs and you squat.
- Raised arms and leg should be parallel to each other.
- For pistol squat target 3 sets of 15 reps with the assisted version.

2. Tricep Dips - Preparing for muscle up!

- Two separately joint bars are needed, each resembling the hand of a walking stick.
- Hold each of the bars with your hands very tight.
- Cross your feet together while raising your body upward, gradually your crossed feet will leave the ground.
- Carefully, push down ensuring your elbows are still and your head straight in line with your spinal cord.
- Your elbow should go below the one at the down position.
- Ensure there is enough tension at the triceps.
- For triceps dip variations, target 3 sets of 10-15 reps.

3. Wall Sits - The lone leg pattern

- Take the normal wall sit position.
- Press your back against the wall and make sure it is flat.
- Your hands should be sideways all pointing down.
- Your target should be kept in mind.
- Your left leg should stand straight on the ground while raising your right leg to a horizontal position.
- While you remain in that position, employ down and up movements while retaining your original position.
- For wall Sits - The lone leg pattern, you should target 3 sets of 30 reps.

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4. Tricep Push-ups

- Join your hands together while placing them on the floor, meanwhile, you are already lying down and your face on the floor.
- Use your closed joint hands and your closed joint feet to support your body weight.
- At first your elbows should press in but later press out this happens during lifting.
- As you press down, ensure your chest touches the floor.
- For Triceps Push-ups target 3 sets of 10-15 reps.

5. Raised Straight Legs Hitting the Bar

- The bar should be taller in such a situation that you could hardly touch it.
- Hold on to the bar tightly with your raised two hands in separate positions.
- Involve your core always.
- Ensure there is no momentum applied at any time.
- Make sure your legs are very straight pointing the floor.
- While going downwards ensure your reps are in order.
- Gently raise your two legs to meet the gripped bar, up! down! up! down! continuously in that manner.
- For raised straight legs hitting the bar target 3 sets of 5-10 reps.

6. The Pause Pull-ups

- Take a normal pull-up position but this time around as your pull-up ensure you remain up for at least 5

seconds.

- Pull-down, and again pull-up and remain for 5 seconds at an angle 60°c.
- Change the procedure to angle 20°c and 180°c which is the regular hanging position for this particular exercise.
- Ensure your shoulder blades are closed for good positioning.

You can only be good at this exercise if you have normalized yourself with the regular pull-ups and at this time you can target 3 sets of 15 reps.

The Tricks are as follows:

1. Handstand with Two Fingers



This exercise is also known as the 2 finger Zenist Kungfu. Not many can even think of trying this trick.

2. One Finger Wall Assisted Handstand



The question that may be running through your mind at this time would be is this trick possible and I will give this answer to you definitely yes, but it takes years, more hardworking and great concentration to achieve this. If you see any Calisthenics expert, you will tell you more about it how it goes with him arrive here then you can determine if really you can.

3. Single Arm Pull-ups to Handstand



For beginners, this is not for you, but those that have been into calisthenics for a long time can especially experts in this field.

4. Single Arm Handstand Push-ups



For you to succeed in Calisthenics, one arm handstand push-up is an obstacle you must overcome. It is among the hardest calisthenics ever performed and takes a lot of time to learn. Only a few experts in calisthenics can achieve this.

5. Single-handed Planche



This trick involves hand balancing and it is not an easy task.

6. Single Arm Handstand with Stick



This calisthenics trick will definitely surprise you because it involves placing one arm handstand on a stick. The major complications here are the ability to maintain focus and balance.

7. The Reversed Iron Cross



Performing this trick, you need to gather a whole lot of strength around your shoulder as you reversely hold the rings with your arms and your legs all face-up.

8. Handstand Clap Push-ups



Are you looking for a hard trick to perform? I think handstand clap push-up is the answer it is worth a try. To succeed, you need enough strength, balance, and coordination.

9. Straddle Planche Clap Push-ups



You can start this trick by taking the normal Planche position, using your muscle strength to lift yourself high in the air, and making a clap with your hands.

10. @ 90°C Push-ups

At ninety-degree push-ups, your legs are raised while your hands hold the floor and your head almost kissing the floor. This trick is very good for those who have chosen skill in calisthenics.

11. Walking Planches

The unique thing about this trick is that the muscles that give balance are used as the athlete makes the moves. What is greatly required is more strength, balance, and coordination to achieve success.

12. Windmill Planche Push-ups

This can be seen as the hardest trick. While you have taken your normal Planche position with the hands and legs spread out, you spin your body in form of a breakdance.

13. One Finger Pull-ups

This trick can only be made possible if you have gotten to an expert level and not for beginners. As a beginner, doing this can cost you your finger. As in other tricks, skill and strength are Paramount.

14. Wall Assisted Handstand with Two Fingers

Balancing of your entire body depends on the two fingers placed on the floor by your two separate hands, supported by the wall using your back to rest on it.

15. Single Arm Evil Wheel

It is among the hardest tricks ever know, that can only be performed by experts in calisthenics.

CHAPTER SIX: NUTRITIONAL GUIDE TO MAXIMIZE YOUR RESULTS

LOSS WEIGHT, GAIN MUSCLE

First and foremost, let us consider the meaning of nutrition: It is the Organic process by which an organism assimilates food and uses it for growth and maintenance. So when we talk of nutrition we are referring to the intake of food into the body. You should note that nutrition is synonymous with diet so if you hear me say diet instead of nutrition know that they mean the same thing. A good diet will meet your body's needs, speeds up your skills progress, and maximize results. If you are lacking in energy, it can be easily replenished through the nutrients in your diets. For less weight and fat, reducing your fats and carbohydrates and controlling your appetite will yield a great result. It is generally known that the lighter and lean one becomes, the easier it is for them to perform bodyweight exercises, so at this point in time is good as to cut down the carbs they take more protein, as this will enable you to build worn out tissues in the muscle and also promotes growth in the muscles. The protein you shall be taking depends on your body's needs. A stimulant diet like caffeine or method like having a fast can promote your overall performance in calisthenics exercise.

What Should be the Contents of Your Diet as to Give You the Needed Nutrients?

There are many conflicting theories on exercise and taking the right diet. As we progress I shall be stating 3 methods I have judged to be successful in aiding weight loss and building muscle, and also some general guidelines on the kind of food you should eat for proper nutrients.

DIET PLANS FOR CALISTHENICS ATHLETES

1. Breakfast

Option 1: Banana, mangoes, strawberries, blueberries, etc. One bowl of these gives about 65 calories, which is 12 grams of carb and 3 grams of protein.

Blueberries are so important in the sense that they are very good at controlling blood sugar, by producing less glucose, which is a major player in regulating appetite by promoting mental and physical performances.

Option 2: Blueberries, strawberries, and banana. Banana is very good for the production of potassium.

Option 3: There are sweet and salty options here:

For a salty option:

- Strawberries + honey
- Banana + peanut butter

For sweet option:

- Spinach
- Onion
- Eggplant
- Cheese
- Avocado

Post-Workout Snack

Calisthenics is a very wide type of training which needs you to break and build muscles continuously. At the end of the training, you are required to take diets that will help in rebuilding your muscles and help keep you bulked up.

Option 1: For weight loss and Muscle Gain

For your desired physique, this is the right time to take a protein diet and a common one you can find around is the protein shake.

Option 2: Maintaining balance and cutting down

Take a Fruit shake and some proteins

2. Lunch

It is good to take something nice for lunch especially those that will help keep your blood sugar levels at normal, avoid processed for lunch as much as you can. Below are some diets that work well with calisthenics exercise:

Option 1: Fish (Tuna or Salmon) bowl

This gives you omega 3 and 6 for quick recovery and optimum performance. For those who hardly eat fish, I recommend fish oil supplements.

Option 2: Low carb Vegetables

- Eggplant
- Avocado
- Cauliflower
- Spinach
- Zucchini
- Dinner

Option 1: Steak and Sweet Potatoes Fries

This option is very good for muscle build-up, but weight loss is not a good ideal. So many contrary views have it that sweet potato fries don't have fewer calories than normal fries but they are all the same. They contain even more nutrients and vitamins than you think and they are very vital for recovery. Steaks are very good in protein, mostly when you eat from wild animals and non-common parts like guts and organs rich in nutrients.

Option 2: Keto/Healthy meal

The diets under here cover Atkins and Gobble, they are of high quality and standard in the following ways:

- Unprocessed ingredients
- Highly nutrient dense nutrient food
- Low carbs
- Lean and edible meats including fats

Snacks

On reality ground, eating snacks is not a good idea but from time to time we are all guilty of this habit. Having said that, you owe yourself a duty to keep your blood sugar and calories as low as possible during this period of time. How to go about it is stated below:

Option 1: Keto Based Snacks

The most favorite snacks that can influence your diet yielding high protein, low carb, and moderate fat are listed below:

Real Ketones Keto Chips

Fast bar: This is a great nutritional snack quench your hunger without resulting to many calories.

Atkins Bar: (Be informed that these foods contain additives, but to be honest they are not as bad as speculated, they come with enticing flavors such as peanut caramel and chocolate brownie)

Bodybuilding cinnamon roll crunch bar: This is the real thing that promotes your desired physique.

Nutritional Guide to Maximize Your Result at a Glance:

1. Control on Your Calorie Intake

Performing calisthenics will prompt you to think lean and less fat. For this cause, I recommend you go for a low-calorie diet high in proteins like fish, eggs, chicken, red meat, and fiber, even vegetables. In my own opinion, these 3 diets will impact you leading to the desired fat loss.

- Lower your carb intake.
- Low intake of meals with added sugar.
- Avoid the 3 “whites”: white rice, white sugar, and white flour.
- A better way to fix this diet deficit is to replace the high carb diets (white rice, fries, and pasta) with vegetables like sweet potatoes.

A good example of a Calisthenics diet for athletes at a glance is stated below:

- Breakfast: Oatmeal or egg yolk;
- Launch: Sweet Potatoes combined with Chicken breast
- Post-Workout snack: Protein shake or Avocado
- Dinner: Salmon
- Post Dinner Snack: Seeds and Nuts

2. Normal or Periodic Fasting

One great way to control your insulin and in return appetite is to engage in fasting constantly or periodically. This enables you to burn more fat. If you can eat less and master it, then you can be a beneficiary of the status called Ketosis, at this stage, your body burns fat, instead of carbohydrates gotten from the food you eat to gain energy.

Those athletes who attained this state testified of good mental performance and added muscle strength. This diet has

reported an explosion of muscle strength. The best approach to arriving at this state is to deny yourself foods like carbohydrates. There are two main methods to attain this: 1. “Periodic fasting” this involves intentionally refusing to eat for some certain hours of the day for instance refusing to eat from 10 am-3 pm and eating for the remaining time or 2. “Normal fasting” is a situation where you eat at most once a day after breaking the fast.

For those on fasting, one of the best snacks for you is canned fish, such as sardines, they are lean and will help maintain your ketosis. Other foods include red meat and fish.

3. Be Mindful of Nutritional and Calorie Density

The last and final thought I shall bring to you is called the concept of ” Calorie Density” based on various foods. This term means the ratio of calories to “density” which is the number of calories it can give against how the food meets the nutritional demand. With this concept, it allows you to consume fewer calories but always feeling filled. Foods with added sugar and processed carbs are high in calorie in relation to their density, the calorie is coming from the added ingredients such as sugar and sweetener.

“Empty Calorie” is what this situation is referred to because they are loaded with calories but less nutrient.

As an athlete you would wish to have low-calorie density foods as presented below:

- Whole grains, Oats, Beans, Sweet Potatoes, Squash, Corn.
- Bananas, Blueberries, Strawberries
- Lettuce, Spinach, Asparagus, Carrot.
- Tuna, Chicken Breast.

As one that is aiming for skills on calisthenics, you have to be conscious of the nutritional composition of your diet.

When Do You Eat?

If you want to make it to the top in calisthenics exercise then you must take cognizance of when to eat, how to eat, and what to eat, you adhere to one of the plans mentioned above “periodic fasting”. Exercise immediately after a meal is a very bad idea; allow up to 2-3 hours after a meal before embarking on your regular workout. At the end of the exercise to ensure you take some to help you to recover fully.

I recommend you visit your nutritionist on further advice on how to lose weight and add muscle strength.

CHAPTER SEVEN: GUIDES TO WARMING UP IN PREPARATION FOR CALISTHENICS

PREAMBLE:

Before embarking on your calisthenics training, warming up is one of the essential components of the workout plan. Warming up prepares your body and mind for the task ahead by freeing the joints and improving blood flow to the muscles. By stretching the muscles, it gets prepared for the next physical activity which prevents them from being injured. I have been experimenting tirelessly on calisthenics warm-up exercises for more than 3 years now and finally came up with the perfect warm-up plan for calisthenics. If you pass through all these plans strictly, then performing calisthenics exercises will be a bit easier for you.

WARMING UP IN CALISTHENICS - THE VERY ESSENTIAL EXERCISES

Exercise 1: Running Around

The first and important part of calisthenics warm-up involves 4-6 minutes of running around your training arena as to charge your entire body. Ensure that each time you want to start a calisthenics workout you begin with this exercise first.

Exercise 2: Swinging of Arms

You can decide to swing both arms at the same time or swing separately but in a form of a circle. You can swing forward; left 10 times and right 15 times. Then swing backward; left 15 times and right 20 times.

Exercise 3: Scapula Pulses

Take a T-Position with your arms spread out. Try retracting your scapula. Repeat this process first and for the next stage, move your hands up and down. For Scapula pulses, perform 10 times backstretch and 10 times front stretch and again 10 times up move and 10 times down move.

Exercise 4: Swing Scapula

Your elbows should be placed in your front while your hands touch your shoulders. Gently create circles and try retracting your Scapula in a forward and backward movement. Swing Scapula forward 5 times, backward 5 times.

Exercise 5: Dismantle Your Shoulder

Use an elastic band if you one to enable you to reposition your shoulders. Straighten your hands with the band held tightly in your arms. The held band should pass over your head and move down while ensuring your hands remains up-straight. Perform Shoulder dismantling 10 times at a roll.

Exercise 6: Pulling Bands Apart

Hold the end portion of the elastic band in the separate hands. Position your chest forward to retract your Scapula. At this time, place your hands in your front and stretch the band with your hands at both ends towards your chest. Pull Bands Apart for 10 times.

Exercise 7: Forming Circles with Wrist

Straighten your hands in front of you. While hands remain straight separate them out and fold each hand. Then with this position and your hands remaining folded, turn your wrist to create circles. Only your wrist should be used in forming the circle and not your whole arms. Turning inside 20 times, turnip outside 20 times.

Exercise 8: Open Hand Palm

Fold your hands separate while placed at your front and open them. Concentrate your attention on the folded hand and ensure the opening is as quick as possible. Open hand palm is done 20 times.

Exercise 9: Stretched Wrist

Take a balance on the floor using your knee as a wage supported by your hands placed separately in front of you. Try turning your wrist towards you and make them face you in such a way that it will point directly to each of your bent knees. The position can be intertwined three ways: first is when the is palm placed on the floor while the fingers face you, the second the palm placed on the floor and fingers facing forward, and third is a reversed state of the first where the palm is placed upside down but the fingers facing the body.

Exercise 10: Scapula Pull-ups and Push-ups

As part of the warm-up exercises, you can decide to embark on pull-ups or Push-ups. If what you really want to embark on is pull-ups, then ensure you engage in scapula pull-ups exercise. Or you are to embark on Push-ups to ensure you practice on Scapula Push-ups. Assume a pull-up or push-ups position. Place your hands straight in each case only allow your Scapula to retract.

- Scapula Pull-ups for 10 times
- Scapula Push-ups for 10 times

Exercise 11: Body Dynamics and Hollow Hold

Lie supine on the ground allowing your scapula and legs to be in the air. Endure in this position for a minimum of 20 seconds. At this twist, your legs inward and outward as to allow the hips to be free, do this at least 8 times. As soon as you have done that, stay in your normal starting position and invert your knees inward bringing your nose close towards your both knees, repeat for at least 8 times also.

- Hollow Body Hold for 20 seconds
- Dynamic exercise legs inward and outward for 8 times
- Dynamic exercise nose close to knees for 8 times

Exercise 12: Dynamic and the Superman Hold

Lie prone to on the ground allowing your hands, feet, and face to be in the air. Maintain in this position for a minimum of 20 seconds. Then twist your legs inwards and outwards for 8 times.

- Superman hold for 20 seconds
- Dynamic exercise leg twist for 8 times

CHAPTER EIGHT: PHYSICAL AND MENTAL PREPARATIONS AHEAD OF CALISTHENICS

This chapter covers preparation for basic training: Calisthenics and other tips. Preparing for basic calisthenics is something you need to take very seriously. Few months before the actual training, you should begin preparing yourself - physically, mentally, and emotionally. One important of basic Calisthenics training is that it gets you more prepared for harder military training of virtually all forces in the globe, no wonder is it so tough. Proper preparation can keep you at your best during the training. You may wish to prepare 3-5 months before the training itself. These few tips I shall be sharing will help you to prepare physically, mentally, and emotionally ahead of the calisthenics exercise.

1. Take Care of Your Bills

While in basic training you wouldn't be able to attend to your personal bills. To be on a safer side, you make arrangements for the following: rent, banking, laundry, shopping, and other bills. In most instances, you can sit out with a friend or relative and discuss with them the way they can help in Taking care of some of your business schedules at least for some months. You can pay some certain bills in advance or better still give it to a friend or family member to help you out on or after you have gone for the training.

2. Start Practicing Some Calisthenics Basics

Preparing yourself physically for basic calisthenics may include daily exercises as part of your routine. This may involve some basic military calisthenics, daily run, and weight lifting. There should also be a period for warm-up and cool-down as part of your routine. Look at for workout that could be of help in your preparation and add to your routine at the gym or at home.

If you notice you are not physically fit, you could start at a slower pace to raise your stamina. Physical preparation will

increase your chances of success through the basic training session and will help worn-out. You can consult a local trainer in your area for proper guidance.

3. Form the Habit of Taking Lots of Water

Depending on soda and energy drinks to quench your taste will not be enough until you form a habit of taking much water because this training will lead to dehydration. For many who refused to take enough water during the training session and opted for energy drinks and sodas end up falling sick. Try reducing your sugary drinks intake and take more water instead. Taking enough water will help keep you hydrated and free from most diseases and you physically prepare for basic training.

4. Have a Proper Nutrition

In line with forming a habit of drinking lots of water, you should also eat nutritious and balanced diets some weeks to the basic calisthenics training. Don't make the mistake of buying from fast foods to go along with. Most recruits always make the mistake of eating only foods or taking a whole lot of sugary foods before going on training, which is detrimental to your health.

Ensure you eat a balanced diet containing all major classes of food. This includes more vegetables, lean meat, and other proteins. As you prepare to go, avoid lots of fatty, sugary, or fried foods.

5. Pack Based on Needs

Pack only those things you need and most especially the important ones. You can't go along with some items into the training arena, which includes books, food, cigarettes, pornographic materials, home theatre.

When packing, you don't need so many things to go with; doing paperwork there wouldn't be necessary. You will be guided on this before training by your trainer. You can collect extra money, toiletries, and clothes to change. You don't have to wear or need many clothes at this time as it will amount to excess load.

6. Confirm from Your Trainer

In the case of any questions bordering on preparing for basic Calisthenics training, you can consult your trainer. They are ever ready to give you proper guidance on how you can prepare. Some trainers can even go to the far length of giving you detailed instructions on preparing for basic calisthenics exercise. Don't joke with these instructions.

Final Note

Preparing for basic calisthenics exercise is really a challenging one, but the end of the effort, your input is worth it. If you don't want to be in a state of under-preparation for this particular workout, then begin now to develop a workout routine for yourself by drinking adequate water, eating nutritious diets, doing some run-ups, push-ups, pull-ups, and some weight lifting. Don't be in the dark and follow those theories that say "when we get the bridge we shall cross it" but familiarize yourself with the basics of the training so can have a knowledge of what you may be expecting.

CHAPTER NINE: CORE LESSONS IN FLEXIBILITY

We shall be considering 18 stretching exercises for better flexibility; For tight hamstrings, stiff hips, and other flexibility challenges, and at end of these lessons all challenges will be a thing of the past:

INTRODUCTION

Stretching for the purpose of flexibility is as good as a well-rounded fitness routine as strength and cardio work. Adding some stretching exercises into your training plan can help increase your flexibility levels and in turn lower tightness and probably promote efficiency and safe practicing. Professor Sasha C., Director Department of clinical and Physical Therapy in Sicklerville, New Jersey once said “Tight muscles can cause undue strain on the surrounding joints during normal daily functions, or they themselves can become injured”. As we get older, our muscles begin to shorten and become less elastic. Sasha went further to say “We need to take an active role in maintaining and improving the length of our muscles so we can continue enjoying our strength without pains.

It is obvious that stretching isn't a stylist nor tough exercise, and it certainly can't provide the effect that a run gives. According to Cyrelson, “Stretching is uncomfortable to perform and it consumes a lot of time; because of this, people don't love doing it”. However, strength training and cardio workout can't be performed without placing yourself at risk of pain and injury. Doing a lot of work that presses hard on your muscles and never stretching them, your muscles will finally become unstable. Unstableness in your body can raise your chances of acquiring injuries because they can make most muscles and joints to overwork for the sake of others that are very tight to be involved regularly. This can amount to discomfort and strain.

When your muscles are in loosed and stretchy conditions, they become less restricted. This enables you to move them very easily. Having much range of motion around your knees and hips will enable you to do great exercises - and in a greater manner.

1. Handspring Standing Stretch

- Stand with your feet with hip-width separated, knees bent a bit, placing your arms by your sides.
- Breath out while bending forward through your hips, bringing your head down towards the floor.
- Tie your hands around the back of your legs grip and position within 30 seconds - 5 minutes
- Completely bend your knees and make a roll when you are through.

The advantage of this lesson is that your neck, back, glutes, calves, and hamstrings are stretched.

2. Piriformis Stretch



Piriformis Stretch is a deep inner hip rotator, positioned at the outer part of the butt. Its basic function is to rotate externally. Piriformis muscle stretch can prevent upcoming sciatica or can help in its treatment.

- Have a sit on the floor and widening your legs in front of you.
- Your right leg should cross over your left leg, while your right foot takes a flat position on the floor.
- Send your right arm which is positioned on the floor to your back.
- Your left elbow should be placed on your right knee and twist your torso as you press your right leg towards the left.

The function of this stretch is that your hips, back, and glutes are stretched.

3. Lunge with Spinal Twist



In the views of Atkins, the instructor, “this stretch is mostly known as the World’s Greatest Stretch (WGS) in the fitness environs”. Dan G., Cofounder of Bestspoke Treatments Physical Therapy in New York City and Seattle his opinion said that ” This lesson is essential to help with posture-associated pains or for people who in a sedentary position for a long time”. And also assist to free your hips and enhances thoracic movements”.

- Stand with your both feet closed.
- Move a big step forward using your left foot, in such a way that you look staggering.
- Now bend your left knee and keep it in a lunge, while your right leg remains straight at your back placing your toes on the ground and such a manner that you

have a stretched feeling in the front of your right thigh.

- Drop your right arm on the floor and turn your upper body towards the left and extend your left hand to the ceiling.
- Remain in this position for about 20 seconds - 4 minutes.
- Turn the other side and repeat this process.

The function of this exercise that at the end of squats, back, hip flexors are Stretched.

4. Triceps Stretch



- Stand very tall keeping your hip-width separate, your hands raised above your head.
- Your right elbow should be bent to touch your right arm which should extend to the top middle of your back.
- Extend your left arm above and hold just after your right elbow.
- Slowly bring your right elbow downwards, heading towards your head.
- Switch hands repeatedly.

The functions of this exercise are that your shoulders, triceps, back, neck are Stretched.

5. Shape 4 Stretch



- Lie Supine placing your feet in a flat position on the floor.
- Make a cross of your left foot over the right.
- Raise your right leg above the floor. Hold onto the back of your right leg slowly extend it towards your chest.
- At the time you have a feeling of enough stretch, then remain so.
- Keep onto it for about 20 seconds - 4 minutes.
- Make a switch of sides repeatedly.

The function of this exercise is that your hips, lower back glutes, hamstrings are Stretched.

6. 90 @ 90°C Stretch



- Sit with your right knee bent at 90°C in front of you, calf perpendicular to your body, and the sole of your foot facing to the left. Keep your right foot flexed.
- Keep your leg resting flat on the floor.
- Position your left knee to the left side of your body and bend the knee with your foot faces behind you.
- Position your right butt cheek on the floor while you try to move the left cheek as near to the floor as possible you can. It may not be possible if you are super tight.
- Hold onto it for about 20 seconds - 4 minutes.
- Repeat on the other side and again the other side as many as you can.
- The function of this exercise helps to reduce stress and your hips are Stretched.

7. Frog Stretch



Later Lazoff a personal trainer and instructor at The Fhitting Room in New York City, said frog stretch is very beneficial for athletes because targets tight points in the hips/groin.

- Start on fours.
- Extend your knees wider than your shoulder-width separate.
- Try turning your toes upward and relax the inner corners of your feet flat on the floor.
- Move your hips backward to your heels.
- Make a move from of your hands towards your forearms as to obtain a deeper Stretch, if this is possible.
- Remain in this position for about 20 seconds - 4 minutes.

The function of this exercise is that the hips, groins are Stretched.

8. Butterfly Stretch



- Have a sit on the floor put the soles of your feet in the same position, while you bend your knees outward.
- Grip your ankles, involve your hand, and gently lower your body towards your feet as much as you can extend, pressing your knees against the floor.
- Remain in this position for about 20 seconds - 4 minutes.

The functions of this exercise are that your hips, back, thighs, glutes are Stretched.

9. Shoulder Seated Squeeze

- Your feet should be flat on the floor while you stand with bended knees on the floor.
- Wrap your arms behind your lower back.
- Your arms Should be straightened while you compress your shoulder blades together.
- Perform for 5 seconds, and then refrain. Repeat this for about 4 - 8 times.

10. Side Bend Stretch



- Your knee should be on the floor, your legs joined together, back straight and core tight.
- Stretch your left leg out in a sideways manner. It should neither be in the front or at the back but by the side as extended.
- Your right arm should be extended overhead, your left arm resting on your left leg, and slowly bend your torso and your right arm to the side.
- Your hips should extend backward
- Remain in this position for about 20 seconds - 4 minutes.
- Alternate on the side after the 4 minutes.

The functions of this exercise are that your hips, inner thigh, groin area Stretched.

11. Lunging Hip Flexor Stretch

- Use your left knee to kneel, your right foot should be placed in front of your bent knee.
- Make a forward lean stretching your left hip toward the floor.
- Compress your butt, by this, your hip flexor is stretched even more.
- Make sides alternation and repeat the process again.

The functions of this exercise is that your quads, hips, glutes are stretched.

12. Pectoral Stretch While Lying

- Lie prone with the aid of your stomach, stretching your hands sideways forming a T-shape.
- With the aid of your left hand make a push off the ground and your left knee bent for proper positioning as you commence right way roll. It should be felt in your right pectoral muscles.
- Once your motion increases, your stretching your body further will be possible.
- Make a side alternation

The function of this exercise is to ensure the chest and shoulders are Stretched.

13. Knee to Chest Stretch



- Lie supine stretching out both legs.

- Bring your right knee into your chest, while maintaining a straight left leg position, then your lower back should make contact with the floor.
- Remain in this position for about 20 seconds - 4 minutes.
- After 4 minutes, alternate with the other leg.

The function of this exercise is to ensure your lower back, hips, hamstrings are Stretched.

14. Standing Neck Release



- Stand on your feet with shoulder-width apart or sit with your back upright and chest lifted.
- Rest your left ear towards the left shoulder.
- To deepen the stretch, slowly press down on your head with your left hand.
- Remain in this position for about 20 seconds - 4 minutes.

The function of this exercise is that your neck is Stretched.

15. Lying Quad Stretch



- Lie on any of the sides.
- Your leg in the bottom position should be straight and bend your top knee so your foot is by your butt.
- Your hand should hold the top of your foot while pulling it towards your butt.
- You should keep your hips stable so that you don't rock back as you pull.
- Remain in this position for about 20 seconds - 4 minutes.
- Make side alternatives and repeat the process.

16. Extended Puppy Pose



- Start on all fours
- Extend your hands forward a little bit and wrap your toes under.
- Place your hips upward and back half towards your heels.
- Push with the aid of your palms to keep your hands engaged and straight.
- Remain in this position for about 20 seconds - 4 minutes.

The function of this exercise is that your back, shoulders, glutes are Stretched.

17. Reclining Bound Angle Pose

- Lie supine.
- The soles of your feet should be pulled together while opening your knee and moving closer to the floor.
- Remain in this position for about 20 seconds - 4 minutes.

The function of this exercise is that your inner thighs, groin, hips are stretched.

18. Standing Quad Stretch

- Stand with the help of your feet joined together.
- Your knees should be together, at this time bend your left knee and use your left hand to pull your left foot toward your butt.
- It is necessary for balance you put one hand on the wall.
- Fold your glutes to increase the stretch in the front of your legs.
- Remain for 20 seconds - 4 minutes.
- Alternate with the other leg at the end of the 4 minutes.

The function of this exercise is that your quad is stretched.

CHAPTER TEN: 70 + PRACTICAL BODYWEIGHT EXERCISES YOU CAN LEARN + PHOTO DEMONSTRATIONS

UPPER BODY

PUSH-UPS VARIATIONS

We shall be looking at 7 types of push-ups here for easy comprehension, though there are more than 20 push-ups all together as a calisthenics exercise. A powerful push-up variation begins with a strong plank. Ensure you widen your hands properly, with your elbows, arms, and shoulders aligning; the distance between your two feet should not be more than 10 inches from each other. If they are too close, the push-up exercise will be more difficult, this is because you need more core in action to obtain balance. All through the push-up motion, your spinal cord should be straight such that your body, feet, and the base of your head are in the same line. Involve your core and thighs positioning your hips leveled and flat.

As soon as you have mastered your form, push-ups are your favorite warm-up exercises, they are powerful when combined along with workouts for overall body condition. You can tirelessly shape them to your own desired purpose. Below are 7 push-ups with preferred variations from ascending order of toughness.

(i). Straight Push-ups (The military kind)



How to Perform:

Begin by taking a normal push-up position, as shown above, bring your feet together but not too close about 10 inches apart, while placing your hands on the floor from your shoulder level and maintain two arms straight. As you push-down take some breathe in while bending your elbows outward. Bring your chest down below the bent elbow's position, take some breath out as you begin to return back to your push-up position again which amounts to 1 rep or 1 repetition. All these should be done within 1 or 2 seconds to complete one rep.

Functions of this push-up

The following parts of the body are Stretched and straightened: the core, back muscles, and the upper body comprising of the shoulders, triceps, and the chest.

(ii). Push-up with Widened Hands



How to Perform:

Perform the straight push-up, as shown above, this time your hands should be farther apart from each other for about 3-4 feet, this is because the farther the hands, the more difficult the push-up. Your feet should be brought together with no noticeable distance apart. Your elbows should be pushing outside all through the exercise.

Functions of this push-up

The following parts of the body are Stretched and straightened: the core, upper body while more concentrations are on the pectoral muscles.

(iii). Diamond Push-up



How to Perform:

Start by positioning in a plank pattern, put your arms joined, and in an inward angle form at 45° in such that your thumbs and index fingers meet forming a triangular shape. Your elbows should be as rigid as it can very close to your body, they should be bent low around your chest heading to the triangle. Alternate your position for 1 repetition. Ensure that your feet are brought together too with no distance apart. The triangle formed should be placed directly under your chest all through the exercise.

Functions of this Push-up

The following parts of the body are Stretched and Straightened: Upper body, triceps, and core.

(iv). Pike Push-up



How to Perform:

Start by positioning your hands and feet on the floor while raising your body up-hip with your shoulders in a lower level, your head should be bent low as if you are looking through your legs. The raise you formed with your body should look like an inverted V-shape. Alternate the moves to the first position before you started for one repetition.

Functions this Push-up

The following parts of the body are Stretched and Straightened: Upper body, core, and more benefits to the shoulders.

(v). Staggering Arms Push-up



How to Perform:

Begin from the normal push-up position, place one arm forward, and the remaining arm back so that they would be apart for up to 10 inches.

The more distant they are from each other, the greater will be the difficulty of the push-up. As soon as you bend your elbows outwardly, it will enable your chest to be lowered too, lower to an extent of getting below the bent elbows.

Then return your elbows back to the starting position. Your elbows should be rigidly attached to your body all through the exercise. At the end of 1 or 2 reps, alternate the forearm and the aft positions of your arm to perform each side uniformly.

Functions of this Push-up

The following body parts are Stretched and Straightened: thighs and arms including the core.

(vi). Sphinx Push-up (Extending the Triceps)



How to Perform:

Start by positioning in a plank pattern, with your forearms forming an L-shape towards the front on the floor, shoulder-width separately placed and in a parallel form. Make a push with your arms muscles to enable your elbows to lift above the floor; keep on pushing up until your hands are extended, bring your elbows down just close to the floor for one repetition. The more you extend your hands forward, the more difficult the exercise.

Functions of this Push-up

The following body parts are Stretched and Straightened: The core, Upper body, and more benefits to the triceps.

(vii). One-Hand Push-up



How to Perform:

Keep a stand with your feet and one hand holding your upper body while the other hand is crossed to the back. With this it gives a little balance; your feet should be kept wider apart, your back should be placed flat, and hips in a level position all through the exercise. If you want to go tougher, sign-in for a 2point push-up position with feet placed very wide apart, then alternate with the other hand and foot to make a 2-point plank. Maintain a tight plank, carry out the push-up. While maintaining a high hip and a flat back throughout the exercise.

Functions of this Push-up

The following body parts are Stretched and Straightened: more weight added to each of the single-arm pushed, the core is balanced.

DIPS VARIATIONS:

As a beginner, you can select one of the below-listed dip variations and work on it until you have gained enough momentum to undertake a number of repetitions of independent bodyweight dips. If possible you can begin with band-assisted dips - they help you in gaining quick and strong muscles.

(i). Band-Assisted Dips:



How to Perform

- Tie each end of an elastic band on each dip bar handle.
- Take a starting position for a dip, with your hands stretched and your knees placed against the band.
- Press your body towards the elastic band until your elbows form angles at 90° .
- Hold the band tied with the bar and push upward as to extend the bent elbows forming straight arms.

- It will be good to use weaker bands as you begin to master this dip and gradually transition to full bodyweight dips.

(ii). Bench Dips:



How to Perform

- place your body in a perpendicular position to the bench, using your palms in holding the edge of the bench and elbows stretched, holding the body up.
- Pin your heels on the floor, bent your knees a little.
- Bring your body down while still holding on to the edge of the bench until you form an angle of 90°C with your elbows.
- Then raise up by straightening your arms until your elbows are completely straight.

(iii). Machine Assisted Dip:



How to Perform

- The weight stack should be set at the desired level; the more weight consumed, the more assistance released.
- Grip the handles, stretch your hands, and bend your knees on the sloping platform.
- Press your body down while your hands bend to form an angle 90° before reversing back to the starting position.

(iv). Weighted Dips:



How to Perform

- Carry out the usual dip pattern while increasing in your body.
- Using a dip belt to add extra weight will be appropriate.
- You can prefer to hold a dumbbell between your ankles, put on a weighted vest, fill a backpack with loads, or better still put on a weighty chain.

(v). Weighted-Double-Bench Dips:



How to Perform

- Use two benches (or a bench and an average height wooden chair).
- Use them to form a parallel position about 4 feet apart.
- Place your feet on one and your palms holding the edge of the other.
- You can tell someone to assist you in placing the extra weight on your straight legs or you make use of Olympic weight plates.
- Your knees should be placed close but don't allow it to lockout, mostly when faced with a heavyweight.
- Use your buttocks to dip down while your elbows form angle 90° , then push back upward and repeat for as long as your strength can carry you.

(vi). Ring Dips:



How to Perform

- Make a pair of gymnastic rings available and hook them up on something solid and strong (e.g. ceiling beams).
- Grip the handles with an almost neutral hold (palms facing each other).
- Lift your body off the floor to the starting point while stretching your arms.
- Dip down while your arms bend at elbows forming a 90° angle.
- Press yourself back up to the starting point and repeat as more time as you can.

(vii). Bulgarian Dips:



How to Perform

This dip is a form of ring dips.

This dip involves rotating your wrist as you go back and front between the top and bottom of the movements.

Use your underhand in a supinated form while gripping the top, and pronate (overhand) as you grip the bottom.

PULL-UP/CHIN-UP VARIATIONS:

The few fundamentals found in this topic will help increase your capacity to perform any and almost all types of pull-up/chin-up variations. In this exercise, there will be body positioning, control, and proper levels of tension and will also be an overlap of used muscles: the traps, lats, and biceps are all involved.

(i). Standard Pull-up:



How to Perform

- You hold the crossing bar with your arms While pulling up your head should be slightly higher than the bar crossing.
- Your palms wrapped around the bar such that they face away from you in a pronated position.
- Cross your feet together as you lift up.

To show you are performing the exercise correctly, you will be making use of the front muscles, obliques, core, lower back, glutes, including your chest muscles. The benefits of this exercise are, it strengthens and develops the traps, lats,

rhomboids, serratus, biceps, deltoids shoulders especially the rear delts, and the forearm muscles.

(ii). Neutral Grip Pull-up (Performed with Rings):

Neutral Grip Pull Up



How to Perform

- In this exercise, your palms should face each other; your arms rigidly separated should-width.
- Grip the suspended rings with your arms as you pull upward while coming back to your normal position, your head should be a bit lower than the ring level.

Repeat as much as you can and observing as rest when necessary. The benefit of this exercise is that people who are suffering from shoulder problems can be relieved at the end of the exercise. This type is easier to perform more than the standard pull-ups.

(iii). Wide-Hold Pull-up:



How to Perform

- Take a usual pull-up position.
- Your arms properly spaced out from each other around the shoulder level, while your palms face away from you in a pronated position.
- Ensure your feet are crossed together to maintain a balance.

As a result of the wider hand position, this pull-up requires more lats than the pull-up (standard).

(iv). Narrow-Hold Pull-up:



How to Perform

- Your hands should hold the crossbar in close proximity, even touching each other.
- Your palms paced in a pronated position. The forearms are greatly involved in this exercise more than in standard.

(v). Standard Chin-up:



How to Perform

- In Standard Chin-up like the pull-up, your hands placed in an approximate position to your shoulder width separately.
- Palms facing towards you in a supinated form.
- Chin-up involves more of biceps and pectoral major muscles than the pull-up form.

(vi). Narrow-Hold Chin-up:



How to Perform

- Just like the narrow-hold pull-up, in Chin-up form, your hands should be joined together.
- Your palms facing you in a supinated position.
- More biceps are involved in this exercise.

MUSCLE-UPS VARIATIONS:

No particular move has the credit ascribed to muscle-up in stretching and building the upper body. In fact, with time muscle-up will take the place of pull-ups as the favorite exercise for many athletes. Performing different forms of training pushes the body to make necessary changes and adaptations, so what I'm doing on my own is to look for possible ways of learning new skills and widening my exercise horizon.

For beginners, transiting from pulling to pushing is the most difficult phase of their muscle-up. For some people using a false grip (covering your wrist over the bar) can be of help to them, it eliminates the need to roll your arms over the bar on

the process of transition. A false grip is very vital mostly when attempting to Perform at slower, guided muscle-ups. In such a situation, it can help to employ an over placed false grip with the help of your closed fists fully at the top of the bar.

(i). Wide/ Narrow Hold:



How to Perform

- Like the usual pull-ups, the muscle-up is performed with a wide or narrow hold. Each one of them comes with their peculiar difficulty while exercising, however, the narrow hold is mostly hard.
- Ensure you slowly pull your hands together as times progresses, and getting to a point where the hands meet.

(ii). X-Muscle-up:



How to Perform

- Just as the name goes, this muscle-up has to do with you forming a cross with your arms in an X pattern, each hand touching the other side's shoulder. As you carry out an X-Muscle-up, the hand that is under the crossing will handle most of the work, to be on a safer side, begin to practice with the inactive side underneath. As for me, I have to put more time and practice to get a hang on these and I think I still have some more work to do to be perfect. Even though you are an expert in muscle-up but your first time performing this could be a bit embracing as you may fumble at one point or the other.

(iii). Clapping Muscle-up or Plyometric:



How to Perform

- As soon as you perform muscle-up and you are able to create much force to derive airborne, you are performing plyometric, apparently, you could try to go beyond the usual level of movement and then push yourself entirely out of the bar.
- As soon as you get to the air, you can prefer to make a clap and better still perform any freestyle move as you wish. As you train with muscle-ups, employ your hips to “throw off” the bar for increased height.

(iv). Switchblade Muscle-up:



How to Perform

- Switchblade muscle-up is among the tougher plyometric types.
- The switchblade is performed as you start in a hangout position below the bar in an underhand hold.
- From this point, push yourself up quickly, alternating your hold while in transit.
- You need to create much of quick force to move high enough over the bar to hold yourself and as to push through the dip phase as finish the exercise.

HANDSTANDS VARIATIONS

There are many variations of handstands. As for beginners when they hear about handstand their minds go straight to the one and general handstand but there is more to this than just performing a mere handstand. Some of the variations you will come across could be simple or complex which will pose some challenges to you in various forms. Each of them comes with their various forms of stress to your body whose end result is to help develop your strength and stamina in special ways. In this topic, we shall be looking at variations forms of variations

as you prepare to face the challenge it presents, so that you can be inspired by the various forms and patterns you are to train in the series.

(i). Simple Handstand:

There are other sub-handstands under simple handstand shapes which include; straddle handstand, front split handstand, tuck handstand. When you first start practicing handstand variations these three mentioned shapes are a necessity for you to master which will aid you to learn various forms of balancing.

Straddle Handstand:



The straddle handstand is the easiest and simplest variations of the handstand. Performing this stand involves you separating your legs while in the air as wide as you can but still maintaining your balance.

How to Perform

- While starting this variation it is suitable for you to begin from a straight handstand and slowly

move out this is because a little shift in hip position will make it difficult to pick from again.

- Begin to separate your legs and you stick your bum out gently to aid your hips to attain balance again with your legs. If not your legs will begin to extend above your head and pull you over onto your back.

Front Split Handstand:



Next to the straddle handstand as part of a simple handstand is the front split handstand which is commonly performed by many especially girls.

- The front split is almost like the straddle handstand but with a slight difference and that is stretching one leg forward over the head and the other leg back towards the down position heading to the ground. The front split I undertake is pretty terrible unlike the pole girls and gymnastics I usually train my students with because I do not subscribe to the front split. What I'm more concerned about is one hand and

more strength buildup variations and progress in the handstand push-ups and the plank press.

Tuck Handstand:



Among the three simple handstands, the tuck handstand is the most difficult of all, it compels you to use your thoracic and shoulder motions which are closely related. For the straddle and front split, you have to begin at once at tuck and not necessarily progressing from straight.

How to Perform

- A lot of parts are in motion during the transition which requires more practice to perfect it, kicking your legs straight up into the tuck is even much easier.
- To arrive at the tuck you need to make use of an exercise called a bunny hop, first of all, you start at a squatted down position on the floor and then hopping directly up into the tuck handstand.
- Getting into a hold you need to have imagined sticking your bum off your head, as to counterbalance your knees, and going into a fully stretching shoulder position.

(ii). Single-Leg Handstand:

The single-leg handstands are simply to perform but a general note a little bit harder than they actually appear. Holding a single leg requires you to counterbalance one full leg which poses a little bit of challenge for your upright vertical handstand.

How to Perform

- You need to equip your shoulder a bit and rest your head a little above your hands, this position is similar to what is done in a Pike handstand.
- Use the leg in the air to make a kick upward while the other leg is brought close to the ground as close as possible. This is going to form a rigid 90° shape that will help you in the single-leg handstand position.
- Remain rigid when you do this and focus on keeping your body and the vertically positioned leg as straight as possible so they don't fold over into a front split.
- It is going to try your body tension more than a front split and straddle, but as soon as you get used to it, it becomes an ABC warm up in the handstand which comes with many possible opportunities for progression and for more changing handstand motions.

(iii). Complex Handstand:

At this point in time, you are expected to have mastered the beginner handstands and this is the right time to make progress into something more complex. This is going to a tougher task for you if you are not conversant with the basics as explained above. My advice for you is to go back to them and ensure you master them very well before proceeding to this complex level.

For complex variations, more motion and control are needed, unlike the simpler variations, especially at the spine and shoulders. Here is more strength powered variations that will pose a challenge to your strength and balance.

Stag Handstand:



Stag Handstand is more of a standard handstand variation among the hand stability arena, it involves more movement and control of the handstand and it's interesting too. Because it is among the complex, performing it is difficult and though as your hollow back is required to retain stability.

How to Perform

- Position straight.
- One foot placed opposite the knee while producing a triangle on one leg.
- While at this position, lean your head and open your shoulders as you bend backward.
- To achieve this, try pushing your chest backward to counterbalance the leg position that already leaning on your head.

Double Stag Handstand:



The double is almost the same with the stag, the later involves bending both legs as raised. You may prefer starting in a tuck or upright and later move to a stag.

How to Perform

- From a tuck position, separate your legs as to put one foot on the opposite knee.
- As soon as you take a stag position, just bend your leg that is straight ensuring both legs are bent.
- On this point, you have to widen your shoulders as you bend your back like a stag, achieving this variation enables you to scratch your head with your foot.

Scorpion Handstand:



The scorpion handstand can be performed with both tucked and straight-legged or with strangle. The best way to describe Scorpion is that when you make your legs to bend together over your head.

How to Perform

- For Scorpion, you will start straight, while you gradually from the infamous banana back and as your shoulders remain closed as you bend your legs over and above your head.
- Try touching your head with your toes in this shape.

One Arm Handstand:



The one arm Handstand is one of the legendary handstand variations of all time, although many can't perform this. You can only achieve this when you have attained enough strength and stability, but for a long training, period to able to hold on for more than 2 seconds.

How to Perform

- The best method to begin this handstand is to start with a straddle as you train one arm, this is helpful in sharing your weight to enable you to switch to a one-arm gently.
- Slowly tighten your hips for the task ahead by placing the pressure on one side of the hip until you have a feeling that your weight has shifted to the hand side.
- Gently remove the other hand off the ground to obtain stability on the standing arm, then slowly lift your fingers off the ground, 4, 3, 2, 1, and then take your hand up gently as you progress to the one arm handstand.

BODY LEVER VARIATIONS:



There are some gymnastics skills that we usually see on pictures and most times in videos and we feel they are not real but mere studio work because in our layman's thinking those skills are very far from being possible. Performing front and back levers on the rings are perfect examples of what those skills actually are, which may seem impossible for those who have never attempted it before. Meanwhile, these skills are not easy to achieve as beginners because they fall into the category of advanced calisthenics which requires more than dedicated effort to master, they in any way doesn't cancel already established laws of nature, if you aim to obtain a skill in calisthenics, and it is a goal you want to achieve that your present level, you possibly get there, all it takes is time, dedication and endurance.

Body Lever with Rings:

A number of variations occur while practicing for the front levels against the back levers, each of the skills needs a good coordinated effort of various muscles. Despite having the variations, they still have more in common.

The Leverage Mechanism:

Levers are tough because they make your body in a position of low leverage. While practicing on the front and back levers, the rotation axis of your body is the shoulder joints, at this point in time you need to apply force in the lever, or else your body will turn around your shoulder at will at the end of the exercise, you will swear never to engage in lever again. Aside from the shoulder joint, the other parts of the body are referred to as the "lever arm". The more distance the lever arm maintains with the rotation axis, the more the distance your feet are from your shoulders, the poorer the leverage produced by your body the more tough the workout will be. Some people may be tempted to ask this question "does height have any role on Leverage"? Majority of taller people I have met always complain about not being able to participate in ring levers, but it's all about misconception as this speculation are not farfetched. To be sincere, leverage for a taller person is very challenging to accomplish for the front and back levers, this is so because, the feet of a taller person is far away from their shoulder joints, but with little more dedicated practice you will arrive there.

Activating Your Muscles for the Exercise:

For the front lever, it requires a lot of strength to be exerted on the muscles during shoulder stretch, keeping your elbows locked and the arms in your front. Also necessary are the back and core strength to elevate your lower body to align with your upper body. Emphasis is placed on the posterior chain muscles of the body by the lever. The lower back and hips have more role to play here, although you still need the abs and arms strength to carry you up in a good horizontal level from your neck to your toes. For both front and back lever, hold strength is very vital too. The front and back levers help to collate various muscle groups like the biceps, triceps, lats, pectorals, abdominals, low back - which are mostly at log-ahead in other actions of the body. The lever helps you to make use of them together for a strong balance. Let's look at them both skills one after the other.

1. Front Lever:

Much progress has been made so far in regard to practicing for the front lever. The progressions have no magical formulations - but I have seen it work for many persons who practice on this skill for a number of years. I am going to split this skill into 4 steps of 2 parts each. Splitting tough skills like the lever into smaller sizes of steps will put you up to succeed and will help you acquire the skill you desire with little stress.

1(i). Tuck Front Lever comprises Negative and Pause Variations.

1(ii). Open Tuck Front Lever comprises Negative and Pause Variations.

1(iii). Straddle Front Lever comprises Negative and Pause Variations.

1(iv). Full Front Slow Lower comprises Negative and Pause Variations.

From the list above, you will see that each step contains 2 parts which comprise both Negative and Pause Variations. At

the negative progression, you pay attention to gently coming down into the position, while at the pause, you aim at Maintaining the attained position. Inpatients have always been in the minds of the people, no wonder they would want to hurriedly go through each step and force the pause to happen, but it will be good to master the negative position first. I know if you follow this pattern, you will make more success this way.

2. Back Lever

I shall be discussing the back lever here just as I did with the front lever. The steps you will follow in achieving your back lever exercise will be highlighted here. Many persons have stated that the back lever is easier going than the front lever, but anyways, all that matters is your time and devotions. The splitting of the back lever mimics that of the front lever which has 4 main steps, with two parts each made up of negative and pause variations.

2(i). Tuck Back Lever comprises Negative and Pause Variations.

2(ii). Open Tuck Back Lever comprises Negative and Pause Variations.

2(iii). Straddle Back Lever comprises Negative and Pause Variations.

2(iv). Full Back Lever comprises Negative and Pause Variations.

You need to go gently and persevere while working on each step.

CORE

Below we will be looking at 11 core exercises with a stability ball. The balls can be called exercise balls, stability balls, fitness balls, or Swiss balls. Whatever you may choose to call it, the ball is powerfully useful when you want to focus on essential muscles such as core arms, back, glutes, hamstrings. With your exercise balls, you can better perform strength exercises or cardio workout. Before you begin exercising, ensure your fitness ball is the appropriate one for you. Take a sit on it, as soon as your knees and hips create a right-angle, then that is the right one for you.

(i). Fitness Ball Plank:



How to Perform

- Your forearms should be positioned on the ball, forming an angle 90° with the elbows, fingers intertwined, legs brought close together, knees slightly bent, hips lowered and your body remaining in a long diagonal line.
- Take a deep breath, but as you stretch your knees and positions hip to a “plank” state, breath out.
- Remain in such a position for more breathing.
- Breathe out again as you begin to lower your knees once again.

(ii). Plank to Pike:



How to Perform

- Your feet should be placed on a fitness ball while you position your hands on the floor, below the shoulders.
- Your entire abs should be strongly closed as they contract, then pull the fitness ball below.
- Ensure you hold the pike position and resume the plank again. You can perform 3 sets of 10 reps for this exercise.

(iii). Pike it Up:

How to Perform

- Your feet should be Stretched on the fitness ball.
- Inhale in and then breathe out when you are pushing the ball towards you.
- You can perform with 3 sets of 10-15 reps.

(iv). Plank While Stretching the Knee:

How to Perform

- Begin from a plank position.
- The fitness ball should be positioned under the shins.
- Maintain your body in a straight line position from the shoulder level to your ankles.
- Breath out as you position on the ball.
- Move around the spine as you make use of your abs.
- Slide the ball inward towards the hands, while the shins remain on the fitness ball.
- Bend your knees towards the chest, as your eyes focus on the abdominals.
- Inhale in as you keep positioned on the ball.
- Slide the ball out of your hands as it goes back to the plank position.
- Ensure you perform 3 sets of 15 to 20 reps.

(v). High Plank with Hip Stretch:

This exercise requires core strength and a great sense of stability.

How to Perform

- Start in a position of the high plank as your feet are placed on the ball while your hands are dropped on the floor. Ensure that your hands are straight positioned under your shoulders.
- Engage your core to maintain a balance with your body.
- Raise your right leg up above the fitness ball for about 15-20cm, as you make use of your right glutes muscle.
- Remain in this position for up to 15 seconds, then slowly return back to the initial starting position and alternate the motion with your other leg.
- Maintain a straight leg devoid of bending knees.
- Try to workout as many reps as you can.

(vi). Leg Rotations:



How to Perform

- Lie supine as you place the fitness ball between your legs.
- Raise your legs up as your feet face the ceiling.
- Bring your legs down a bit, be ready to start a circular motion, while holding on to the fitness ball.
- Widen the circle as much as you can any time you rotate your legs, to an extent where you almost touch the ground with your feet. Leg rotation exercise should be carried out on both sides.
- Perform 3 sets of 10 reps for beginners and 10-15 for advanced.

(vii). Corkscrews:



How to Perform

- Begin from a push-up position, placing your hands on the floor and your feet on the fitness ball.
- Rotate your body towards one side as you raise one leg up above the other and return to the starting position - completing this amounts to 1 rep.
- Try to workout 10- 15 reps on each leg.

(viii). Leg Beats:



How to Perform

- At first, lie on the fitness ball and gently push it under your stomach.
- Put your legs together and straight.
- Drop your hands on the floor, use them to make a walk until the fitness ball comes right under your thighs.
- With your fingertips, form an inward angle.
- Bring your hands down as you raise your legs to face the ceiling.
- Put your legs apart as to take a V-shape, close, and open your legs quickly.
- Join your legs together and pull them down a bit to the level of the ball.
- Make your arms straight as you use them to walk backward to bring the fitness ball below your chest. It sounds funny, right?
- Try to carry out 3 sets of 10- 20 reps.

(ix). Single-Leg Teaser with a Twist:



How to Perform

- Lie supine as you use your hands in holding the fitness ball up.
- Join and straighten your legs, fold your torso, as you move forward towards the fitness ball, then lift one leg off the floor.
- Slightly bend the knee at the lifted leg as you rotate the torso towards the direction of the bent knee.
- The other leg should remain pressed down on the floor.
- Ensure the lifted leg as straight as you lower the torso little centimeters.
- Perform 3 sets of 3 reps.

(x). Abdominal Roll to Back Stretch:



This is an advanced core exercise, very stressful but helpful in stretching the spine.

How to Perform

- Sit straight on the fitness ball, separate your feet from each other as use your hands to hold your legs straight.
- Push your novel in, stretch your arms forward straight for stability.
- Walk around the spine as you roll backward on to the fitness ball, take 1 vertebra at once.
- Ensure your abdominal muscles are rigid.
- Raise your arms over your head and resume lying on the fitness ball as demonstrated.
- Push your novel in again and alternate the motions to return back to the initial sitting point.
- Perform 3 sets of 10-20 reps.

(xi). Boat Pose

How to Perform

- Assume a sitting position, as you hold the fitness ball with your hands.
- Slide back a bit, extending your legs in a straight out manner as you spread your toes too.
- Try engaging your lower back.
- Stretch your legs farther, toning your quadriceps, and don't stress it.
- Take 3 three deep breaths as you relax.
- Perform 3 sets of 5-10 reps.

LOWER BODY

10 WORKOUT VARIATIONS FOR A STRONG HIPS

These exercises will straighten and strengthen your entire lower body muscles and core, which made them the best hips workout for a strong, injury-free hip.

(i). Balancing Squat:



How to Perform

- Stand upright with your feet a little bit wider than hip-width apart.
- Raise your chest up a bit as your spine maintains a neutral position, then move down to form a deep squat, as both arms reach towards touching the floor.
- As you begin to push up, adjust your weight to your right leg as you continue to bend your left knee, and then grip your chin with your left hand.

- Remain in this position for some seconds, free your legs and reverse back to the starting point.
- Perform 3 sets of 5 reps.

(ii). Standing One Side Kick:



How to Perform

- Stand erect with your hands at your waist, feet hip-width separated, gently stretch your right leg to the side and count 3. Maintain your inner thigh at a parallel position to the floor.
- Hold as you make 1 count, and then take 3 counts to lower your leg towards the floor.
- Make an alternate repetition to the left.
- Ensure to complete 3 sets of 5 reps on each side.

(iii). Side-Stepping Curtsy:



- Stand tall with your feet a bit wider than hip-width as separated, hands crossed at the back of your head.
- Twist your right leg behind your left and push down to form a curtsy lunge, to get to your right hand on the floor.
- Stand up quickly and resume your starting position.
- Ensure to complete 3 sets of 5 reps on each side.

(iv). Alternating Side Jump:



How to Perform

- Stand with your hand at your waist, make a 3 times hop towards your left, land with your left foot as you slightly bend your left knee.
- Then, lower your right foot towards the ground.
- Alternate to the right.
- Perform 3 sets of 5 reps for each side.

(v). Hinging Deadlift:



How to Perform

- Hold a pair of dumbbells and stand with your feet a bit wider than hip-width separated, knees a bit bent.
- Hold the weights at the front of your thighs, as your palms face inside.
- Your spine should maintain a neutral state, hinge pushing forward from your hips position, getting to the dumbbells on the floor, until you form a parallel position between the floor and your torso.
- Pay to use your glutes to push your body midway back up, and then reverse back to the full forward hinge again.
- Perform 3 sets of 5 reps.

(vi). Hip Raise:



How to Perform

- Lie supine looking up to the ceiling and your knees bent with feet on a flat position on the floor.
- Gently raise your hips and stretch towards left, toes pointing to the wall at your front.
- Remain as you count 1, then shift your left leg away to your left-hand side making an angle 90°.
- Hold as you count again 1, and return to the center before pulling down.
- Perform 3 sets of 4 reps for each side.

(vii). Shifting Side Lunge:



How to Perform

- Stand as you bring your feet together, dumbbells held by your sides.
- Move a distance to your right as you pull down to a side lunge, getting to the dumbbells on either of your body.
- Bend with left knee and adjust your weight to rest on both legs, while forming a wider squat, getting to the dumbbells at your front, then your right leg should be stretched as your weight moves to the left, progressing into a side lunge using your left leg.
- Lift up your left foot as to join your legs together, then reverse to the starting point.
- Perform 3 sets of 5 reps as you alternate the sides.

(viii). Traveling Squat-Kick:



How to Perform

- Stand on your feet as you place your hands at your waist, and kick with your right leg in an arc from around the front of your body before squatting with your foot on the floor.
- Move your left foot up to the right and resume your stand position again.
- Perform 3 sets of 4 reps on each side.

(ix). Outside Hip Raise:



How to Perform

- Tie a semi-elastic rubber band within your ankles.
- Lie down using your right side, as you support your upper body with help of your right hand and forearm.
- Stretch both legs out, maintain flexibility with your feet. Firmly hold your abdominal muscles and raise the up leg to the same height with the hips, as you begin to rotate your leg turning your toes down towards the floor, maintaining tension on the band.
- Raise your leg a bit higher than the hip height, pulling against the tide band, as your heels are rotating up the ceiling.
- Return the leg back to hip elevation.
- Try to complete 3 sets of 5 reps on each side.

(x). Single-Leg Raise:



How to Perform

- Get on all fours, weight evenly stable between your arms and knees.
- Raise your leg up to the side, maintaining the knee at a bent position of 90° C while the inside thigh is facing the floor.
- Kick your leg quickly behind you in a diagonal pattern, your heel moving towards the ceiling.
- Bring your leg knee back to the floor.
- Perform 3 sets of 3 reps for each side.

HIGH KNEE EXERCISES AND VARIATIONS:

Before we talk about the variations in the high knee, let's take a look at some benefits of high knee exercises which are stated below:

1. Constant engagement in the high knee could make you a better runner.
2. The high knee can play a significant role in increasing your rate of metabolic activities by promoting weight loss.
3. High knee exercises stretch and straighten your hip flexors including leg muscles. However, the core is not left out of this benefit.

Now let's look at this few high knee exercises:

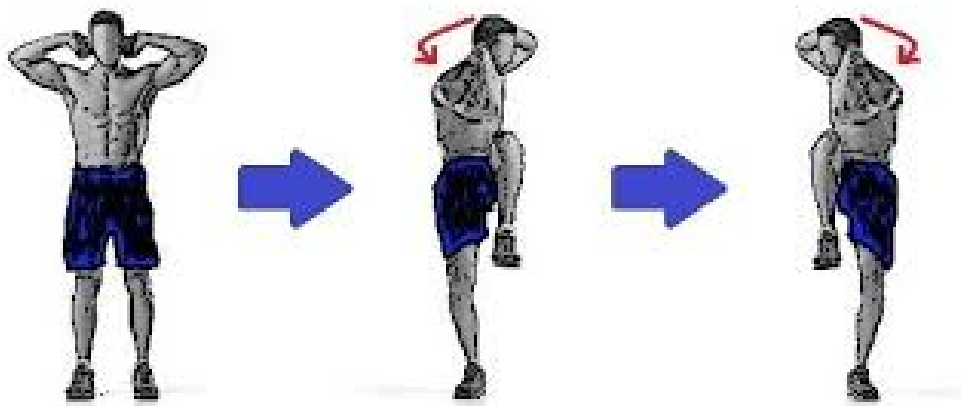
(i) . Basic High Knees:



How to Perform

- Doing basic high Knees involves, standing with your body upright and feet hip-width separated.
- Your arms should be placed on your side.
- Take one knee to your chest and at the same time take it to the floor.
- Repeat step 3 above using the second knee.
- Keep repeating by alternating your knees at intervals.

(ii). Steam Engine:



How to Perform

- Doing a steam engine involves putting the palms of your hands behind your head, as you intertwine your fingers.
- The next step is to move one knee up.
- At the same time let one elbow from the side of the standing leg touch your knee.
- Gently return back to the starting point.
- Alternate with the other side and repeat this exercise as often as you can.

(iii). High Knee Skips:



How to Perform

- This exercise involves, hopping with one leg while raising the other leg up.
- Use your hands to push yourself body up as high as you can.
- Try to maintain your new position for at least 2 minutes.

PREVENTING INJURY WITH STRONG ANKLES AND VARIATIONS:

As you prepare for an extensive lower body exercise, ensure you are stable with your feet. Fragile and unstable ankles are an easy risk to various kinds of injuries. As to avoid many of these kinds of injuries that take place while practicing, try maintaining a strong ankle as it will help you keep balance with your feet.

There are a number of muscles that surround the ankle joint, which include soleus, gastrocnemius, flexor hallucis, longus, posterior tibialis, Brevis, and peroneal longis. You can strengthen these muscles in various ways. Each muscle helps in moving your ankle and to stabilize your ankle joint. We are going to check on this list below which discusses various ankle exercises that focus both on the muscles surrounding the

joints, as well as the mechanism that promotes their activities when needed.

(i). Standing Heel Raises (22):



How to Perform

- Position on a table such that you can slowly touch the surface for balance.
- Stand normal, with separated feet hip-width. Gently raise your heels as you go up by your toes.
- Gently drop yourself down in a controlled manner.
- Make sure you are in control of this movement as you go all the way onto your toes as long as no pain is felt during the movements. Try as

much as you can not to allow your ankles to roll as you move.

- Perform 2-3 sets of 10 reps.
- Your calves should be Stretched after you are done.

(ii). Standing Heel Raises (21):

This variation is a bit difficult.

How to Perform

- Start the same way with (i) above, by raising up with your toes.
- This time you will not lower both heels at the same time as above, but remove one foot for you to stand on the toes of one foot and only lower that same foot.
- Repeat this process as you up using both feet, then bring down with one again.
- Perform 10 reps on each side.

(iii). Unstable Surface with Single-Leg Balance:

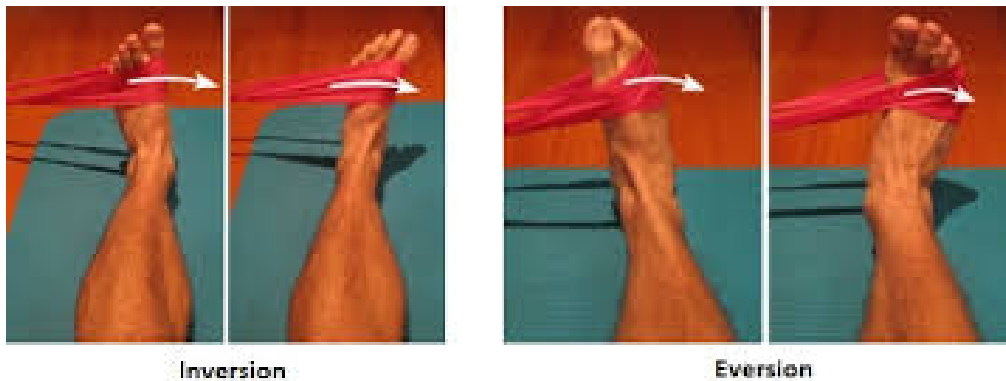


Challenging the ankle's stability is one great way of improving ankle stability. Make use of dense foam or partial soft surface.

How to Perform

- Stand with one foot as you try keeping the balance for up to 30 seconds, if your ankle is shaking or if you cannot retain the balance for more than 10 seconds, then you are not yet fit for this exercise.
- If you notice that 30 seconds foot stand is very easy, then try a softer surface by playing throw and catch with a friend; if still easy!
- Use a weighted ball as you ask your friend to throw for you on each side of your position so that you can give off your center of gravity.

(iv). Resisted Ankle Eversion and Inversion:



This workout needs an elastic band. Tie a little loop at the end of a 3-foot elastic resistance band. Tie your foot into the hole.

How to Perform

- Start by pinning the foot on the ground through the small toe.
- Gradually pull your foot out towards the large toe against the elastic without necessarily shaking your knee.
- Slowly bring the foot back to the starting point with much control - don't allow the elastic band shoots back.
- Remove the band and set it up in the opposite direction - still maintaining the loop within the base of the small toe while the band is a hook to the side opposite.
- Try to complete 3 sets of 10-15 reps for each.

(v). Star Exercise:



How to Perform

- Stand in a position and place cones in form of “star”, using five cones to form a circle round you.
- Use one foot to maintain a balance, quietly tap the cones one after the other as you move within the “star”.
- You will notice that one cone requires you to get diagonally in front of the leg which helps you to maintain balance.
- Perform this circle for five consecutive times.
- Once you find it easy to perform, try to stand on a soft or shaking platform such as a BOSU.

(vi). Squat Jump:



How to Perform

- Start from a standing position with separated feet hip-width.
- Gently pull down to the floor, then make a straight-up jump.
- Return back to the squat position and take another straight-up jump again.
- Perform this workout as much as you can.

(vii). Balancing on a Squat Board:



How to Perform

- Stand with your feet on a balance board, observing one fulcrum of motion.
- Bend your knees gradually as you try finding balance.
- Perform 10 squats as both sides of the board's edge are not allowed to reach the floor.

(viii). Soleus Presses:



How to Perform

Sit as you bend your knees, your toes placed on a Smith machine bar, while the weight rests on your knees.

As your toes touch the floor, gently raise your heels while making a little press up through your toes.

Then gradually and steadily pull-down in a controlled manner.

Perform this exercise until you are exhausted.

LEG MUSCLE-BUILDING EXERCISES AND VARIATIONS:

Multi-joint exercises produce high muscle-building hormones testosterone and growth hormones somatotropin.

(i). Squat:



Squats are superb because they are the most difficult leg exercise you can ever think of, especially when followed strictly. The squat for leg building exercise has been subdivided into two viz: low bar squat; mostly done by powerlifters, which the bar sits further down at top of the rear delts because this variation shifts a bit the body's center of gravity in such a situation that the glutes carry more of the burden, which at once permits the lifter to utilize more weight. The second squat is a high bar; although it is slightly different from the low bar, this variation is majorly used by bodybuilders, which the bar leans at top of the traps, that hits all the leg muscular groups generally.

In either squat, the depth of the squat is ascertained by your capacity to retain normal spine position, as well as rigidity in your hip flexors and your calves. For instance, you got to 90° in your hips after rounding your back, you may stop there and change direction. Your discs can be injured as you round your lower back, mostly when you are lifting a heavyweight.

How to Perform

- Perform this movement with various sets of warm-up exercises like pyramiding up in weight, before thinking of performing your heavyweight for various sets.

(ii). Front Squat:



This exercise requires some good agile upper-back and core strength to retain a normal spine and prevents you from missing weights. Performing a front squat also helps to maintain a much vertical position, which reduces the risk of low-back injury.

How to Perform

- Use this exercise to replace your squat workout; is good you perform it first, especially when your energy levels are still very high.
- You should hold the bar in the front in a clean grip position or with crossed arms.
- Perform numerous sets of 8-12 reps, as you benefit the lower extremities, that is if you are looking forward to building your strength.

(iii). Olympic Lifts:



How to Perform

- Make moves like power cleans and snatches which requires some serious techniques to master, but can be unveiled more when you are trying to increase jumping power or squat strength.
- Olympic based program comes with a greater percent of improved squat than a traditionally powered program.
- To do this exercise very well, you need an absolute concentration level and a good body position.
- Target on having a good triple stretch for ankles, knees, and hips, just as if you are making a jump while holding the bar.
- Perform 3-6 sets of 5 reps.

(iv). Deadlift:

How to Perform

- Deadlifts are mostly practiced on a program that is built within the bench press one day.
- Squatting for this level.
- Deadlift proper as the last.
- Keep moderate reps, and minimize failure.

(v). Bulgarian Split Squat:



This exercise is partly deceptive, because of the balance and partly because you will be practicing one side at once.

How to Perform

- In Bulgarian split squat, your rear leg is raised, by forcing the front leg to carry up more burden.
- Much weight is not required in this exercise therefore, push the weight towards the middle of your leg-practicing session.
- Perform multiple sets of 8-10 reps for each leg, and shoot for close to muscular failure on each set. If you actually want to expose the potentials of this exercise, check out bodyweight Bulgarians with blood flow restriction.

(vi). Hack Squat:



How to Perform

- Hack Squats are mostly done just after free-weight lifting exercise and before one leg-joint movement.
- It is enjoyable when you are around 3 sets of 8-10 reps.
- Ensure you control the speed on these, and prevent locking out your knees at the top to exert some serious tensions on those quads.

(vii). Dumbbell Lunge:



How to Perform

- Lunges are suitably done when your legs are fatigued before the exercise, so carrying a mild load will work like magic for this particular exercise.
- Move some few steps forward enough that it enables you to go straight down when pulling down, instead of resting forward.
- For good knee health, place the knees behind an imaginary line that emerges from your toes as you stepped forward, move the weight back up using your midfoot.
- Perform 3 sets of 10-20 reps for each side, as you keep going further higher towards the back as your routine.
- As you are about to experience muscle failure, withdraw the dumbbells, and do a few more reps again with them, as if it was on a Dorset.

(viii). Leg Press:



How to Perform

- Be careful not to lower the sled too far; however, doing that will lift your glutes high up and off the butt pad as it causes your lower spine to curl. Curling back puts you at high risk of a back injury.
- After performing a free leg-weight exercise, do about 3 sets of 8-10 reps.

(ix). Romanian Deadlift:



This exercise focus on the hip joints. Most times it is highly underutilized in some training workouts, this is the second reason we used to rate it high.

How to Perform

- Perform this exercise as a transition between your frontal and rear thigh workouts, this is because the glutes are employed here.
- Try maintaining a neutral spine and actually getting backward with your hips; for many lifters, they restrict their level of movement when carrying out this move.
- Some people will definitely experience a slight hamstring quiver when arriving back as far as possible.
- Perform 3 sets of 8-10 reps, as you pay good attention to your form.

(x). Machine Squat:



For beginners, the machine squat offers a level of safety as you practice the movement patterns. You can also try Goblet squats as a beginner. This exercise is more efficient when performed later during your workout, especially when your legs are fried and you require assistance with balancing the weight. These movements stated here are not actually suitable for advanced trainers.

- For beginners, perform 3-4 sets of 8-10 reps while using a weight that could almost lead to muscle failure.
- If you are done later in your exercise, you can let the reps drift higher in order to pump the thighs and glutes.

CHAPTER ELEVEN: CARDIO AND CONDITIONING DRILLS TO BLAST BODY FAT AND GET YOU SHREDDED

(The 6-week to Blast Body Fat Workout)

For anybody fat loss workout program to be a success, you will be going out of your comfort zone either in the kitchen or at the gym. Body fat loss workouts are mostly energy consuming and requires your physical and mental co-operation, it will be suitable if combined with some diet plans rich in healthy, whole foods and non-processed fast food crap keeping you in a minimized calorie levels that will prompt you to shred out body fat.

The maximal reduction of your body fat percent begins from the kitchen. There is a popular saying that “abs are produced in the kitchen”, and this is correct. You can burn body fat without necessarily making a run or lifting some weights but through caloric reduction. To promote weight loss, muscle build-up, high muscular strength, and improved cardio fitness more effort need to be prioritized into achieving your weight loss goals. Losing fat as soon as you can result from 3 full-body workouts in a week (making alternations from Workout A and workout B) coupled with two-day cardio and taking two days off.

A Typical Example of a Six Weeks Body Fat Loss Workout is Shown in the Table Below:

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Full Body workout A	Cardio Workout 1	Full Body workout B	Rest	Full Body workout A	Cardio Workout 2	Rest
2	Full Body workout B	Cardio Workout 1	Full Body workout A	Rest	Full Body workout B	Cardio Workout 2	Rest
3	Full Body workout A	Cardio Workout 1	Full Body workout B	Rest	Full Body workout A	Cardio Workout 2	Rest
4	Full Body workout B	Cardio Workout 1	Full Body workout A	Rest	Full Body workout B	Cardio Workout 2	Rest
5	Full Body workout A	Cardio Workout 1	Full Body workout B	Rest	Full Body workout A	Cardio Workout 2	Rest
6	Full Body workout B	Cardio Workout 1	Full Body workout A	Rest	Full Body workout B	Cardio Workout 2	Rest

THE EXPLANATION AND FULL MEANING OF “5 REPS/L/R(10RM) FOR X-MIN”

Reps means how many times you are to repeat a particular task or better still call it repetition. For example, if I say 5 reps, it means 5 repetitions. L/R stands for left and right and X-min is all about the number of minutes you are to use for each rep. Set your alarm for the number of X-min that is recommended for you and select a certain weight you can do with 10 reps. But while doing this exercise, you shall be performing only 5 reps. With the remaining 5 reps left for you in reserve, you can climb to the double workout with minimal or no rest at all.

As for the double workout, do the same as with the first. Perform the recommended procedures rep-wise or better still select a weight you can perform for 10 consecutive times, restrict yourself to only 5 reps. Move to and fro while on these double workout minimal rest. As soon as your alarm rings, you through with that particular circuit for that exercise. Ensure you glance through the table for the recommended timing for the coming week(s).

Cardio Workout 1:

Begin with 5-15 minutes the whole cardio-exercise coupled with 5-15 minutes interchanging drills preferably skipping and different stretches. The next step is to arrange a treadmill to a reasonable height and go on a race at a speed you can finish within 35 seconds. Place a mat by the side of your treadmill with a ball for exercise, a dumbbell of 50lb with an ab wheel.

- Engage in a 35 seconds hill race and gently step out of the treadmill while allowing it to keep running.
- Use the exercise ball with the aid of your elbow, plank the ball.
- For another, 35 seconds make a hill race.
- Carry out 30 reversed crunches holding the dumbbell (positioned on the floor above your head).
- Make another 35 seconds race up the hill.
- Carry out a 30 ab wheel rollouts through your knees.
- Performing this set repeatedly for 6-12 times throughout. Round up with a 5-15 cardio calm down.

Cardio Workout 2:

Begin with 5-15 minutes the whole cardio-exercise coupled with 5-15 minutes drills preferably skipping and different stretches. The next step is to arrange a treadmill to a reasonable height and go on a race at a speed you can finish within 60 seconds.

- Engage in a 60 seconds hill race and gently step out of the treadmill while allowing it to keep running.
- Carry out a 30 minutes high cable kneeling crunches.
- Carry a heavyweight (dumbbell) as if a farmer is carrying the heaviest farm produce ever. Use it to walk around for 5-10 mins before putting it down.
- Carry out another race for 60 seconds up the hill.
- Use the exercise ball and make 30 consecutive tosses on the wall.
- Carry another heavyweight (dumbbell) as if a farmer is carrying the heaviest farm produce ever. Use it to walk around for 5-10 minutes before putting it down.
- Perform this set repeatedly for 6-12 times throughout. Round up with a 5-15 cardio calm down.

Final Note

Losing Body fat and getting shredded within a short period of time is not an easy task to accomplish. You need the support of experts in Calisthenics to keep you in the right direction. Getting enough quality sleep per day for yourself can act as a catalyst to quick recovery between workouts; observing 6-8

hours of sleep a night will be sufficient. Taking plenty of water is very necessary as it helps to set your system and rehydrates your body after losing much water during the exercise period. Make good and healthy diets handy in case you are worn-out and hungry to avoid late preparation. Diet is a major in losing body fat even more than any rigorous exercise you can think of. Let me end by saying; Perform workouts and eat diets that will give you the desired physique and don't eat diets that give you a shape you don't cherish.

CHAPTER TWELVE: HOW TO TRANSITION FROM BEGINNER TO INTERMEDIATE LEVEL FAST

This topic covers the different levels of calisthenics such as beginner, intermediate, and advanced; but my emphasis is more on beginner-intermediate levels. As a beginner, there are exercises that are good for your abs and will also help you progress faster in the harder stages like the Dragon-flag and L-sit. In this topic, you get information on going from beginner to intermediate. Following will help make your abs big and strong enough for a long task ahead of you being advanced level. You need to bring your body fat low if you are aiming to progress towards the intermediate level. Another powerful point to help out is to check on your diet. I know you are itching to ask this question what is abs but I will abs is abdominals or abdominal muscles, but is good to know that Calisthenics involves training all the muscles in the body no wonder it is called bodyweight training.

From a calisthenics point of view, I think is not necessary to focus a particular muscle training like the lower and upper abs. The reason is that, if we perform our exercises with a full range of speed, we will cover both abs and the rest of them at a go. Calisthenics workout for beginners consists of both changing and constant exercises. What to note is that with the changing exercises is that, they often involve more of hip flexors and psoas, at this point, it is good to concentrate on tilting your joints to get focused on the muscles. This can also apply to constant moments.

AN EASY WAY TO TRANSITION:

You should ensure that you start out correctly. This means that you should choose the level which will best fit your form, especially as a novice. If you select the level that you can handle very well, it will reduce sudden fatigue or accidents which may lead to injuries. It is not necessarily what you may achieve in 4 weeks, but where you will be in the next one year. Starting well can lead you to a happy end. Your performance speed can guarantee your transition. For instance, the toes touching the bar. The slow performance you carry out with the exercise at the full range of movements, the harder it will become. For calisthenics workout: As I have stated above, there is three levels beginner, intermediate, and advanced. But the emphasis on beginner-intermediate levels. Carry out each workout 3-4 times per week or just ones if you have done a full-body workout routine earlier. Choose the pattern of the exercise that best suits you and move on to the next one when you have achieved your goal.

BEGINNER CALISTHENICS FOR EASY TRANSITION:

The focus here is on particular muscle strength as a case study, which is the abdominal muscles otherwise called abs. To enable you to build a good and strong foundation, you need to focus on the basic exercises as a beginner. As a beginner, it is not ideal that once you start calisthenics then you start doing everything so easily, while you train and you are meeting with difficulties or you feel tired you can rest in between exercises.

You will be completing a maximum of 4 rounds in 1 minute between exercises and 2 minutes between the rounds.

For round 1-2 perform the same exercise:

- 20 sit-ups the butterfly style.
- 20+20 Plank with an elbow to knee.
- 45 seconds Flutter kicks.

For rounds 3-4 perform the same exercises:

- Try to perform a plank hold as long as you can.
- Perform a left-hand side plank hold as long as you can.
- Perform a right-hand side plank hold as long as you can.

INTERMEDIATE CALISTHENICS WORKOUT:

While we have progressed from beginner to intermediate it is also nice to keep some of the basics, meanwhile add more advanced ones gradually. As for advanced exercises (intermediate) is vital for you to choose a version you can perform as you gradually progress.

Have at least 5 rounds of 1-minute rest between each exercise and 2 minutes' rounds in between.

For Rounds 1-2:

- 6 Inchworm - move the arms out as distant as possible but not too much.
- 15+15 Plank with an elbow to knee.
- 45 seconds of sitting Jack knife position.

For Rounds 3-4:

- High Hollow Grip
- Highest Left - side Plank Grip
- Highest Right - side Plank Grip

For Round 5:

10 times toe to bar; begin with 20 knee raises, then add 5 leg raises and lastly perform toes to bar again. As soon as you notice you can perform hollow to hold for 50 seconds and 20 square toes to bar, progress to the next level which is the advanced level.

CONCLUSION

Calisthenics is an exercise that involves moving the body freely with different levels of rhythm and energy. Calisthenics exercise has been divided into three parts which are the upper body, core, and lower body. The upper body exercises comprise various degrees of push-ups, different variations of dips, several variations of pull-ups/chin-ups, different kinds of muscle-ups, handstands in varieties, body levers in varieties. The core comprises fitness ball plank, plank to pike, pike it up, plank while stretching the knee, high plank with hip stretch, leg rotations, cockrows, leg beats, a single-leg teaser with a twist, abdominal roll to back stretch, boat pose, while the lower consist of workout variations for a strong hip, standing one side kick, side stepping curtsy, alternating side jump, hinging deadlift, hip raise, shifting side lunge, traveling squat kick, outside hip raise, single leg raise, high knee exercises, preventing injuries with strong ankles and finally, leg muscle-building exercises. All these performed successfully will lead to a ripped body, superhuman strength, strong muscle, endurance, flexibility in exercises, weight loss, and muscle gain.