

# CALISTHENICS

## (MOTIONS PERFORMED WITHOUT WEIGHTS OR EQUIPMENT)

**BENT KNEE PUSH-UPS:** This exercise develops the muscles of the arms, shoulders, and chest.

**Instructions:**

1. Lie on the floor, face down with the hands at shoulder width apart or wider. Keep your body straight from the knees to the top of the head.
2. Push up until the arms are straight then slowly lower chest back down to the floor.

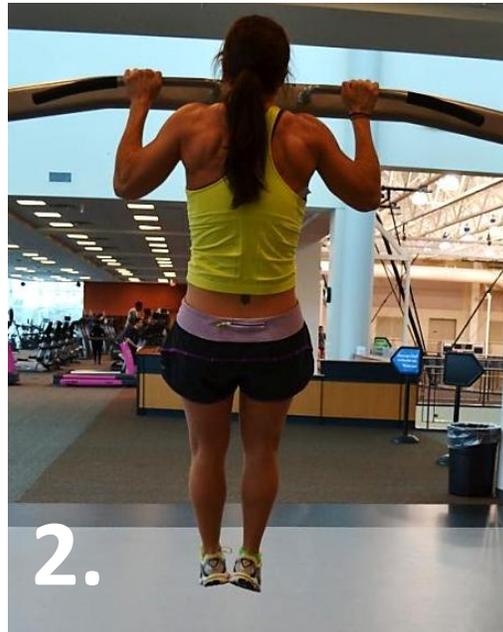
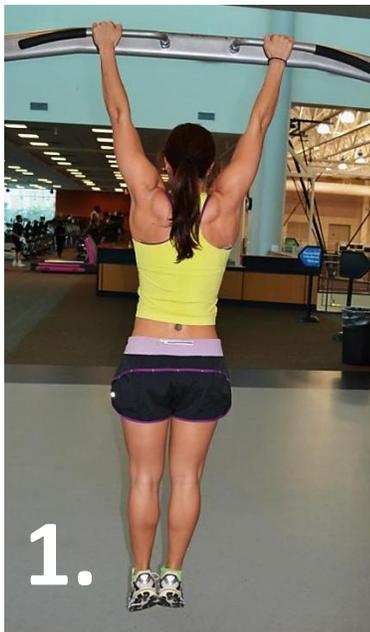


Variation: Performed the same way except body is straight from the **toes** to the top of head. Caution: Do not arch back.

**PULL-UPS:** This exercise develops the muscles of the arms and shoulders.

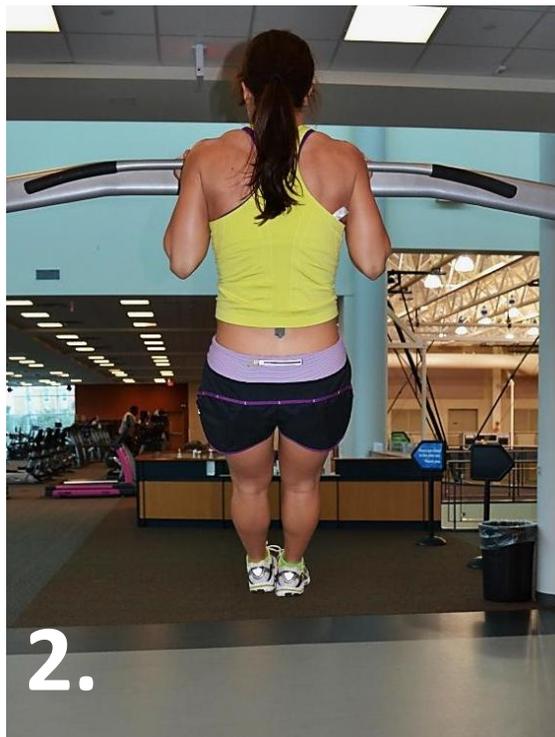
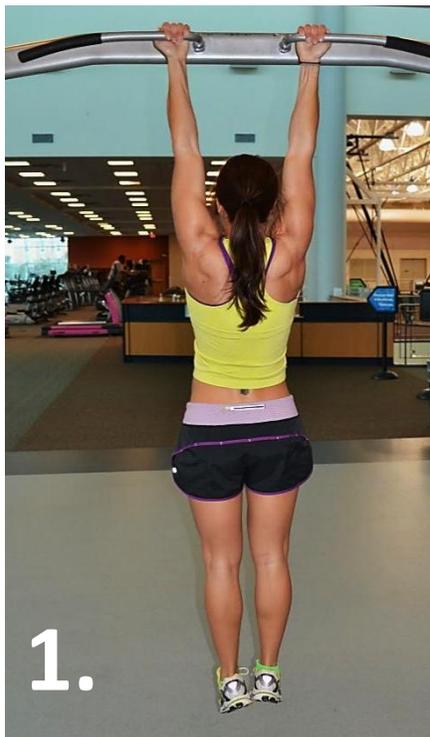
**Instructions:**

1. Hang palms forward and shoulder-width apart from a pull-up bar. This form tends to work all the elbow flexors.
2. Pull up, keeping the body straight, touch the chest to the bar, then lower to the starting position.



**Variation 1 (not shown):** These can be done by laying a bar across two chairs and placing your heels on the floor. Keep the body straight from head to toe and slowly pull yourself towards the bar, touch it with your chest, and then return to the starting position.

**Variation 2 (shown below):** Perform with palms **turned in**. With palms facing the body, the biceps are emphasized more.



**Variation 3 (shown below):** Performs with palms facing out and grab bars using the wide grip more than shoulder width apart.



**DIPS:** This exercise will develop the back and tricep muscles.

**Instructions:**

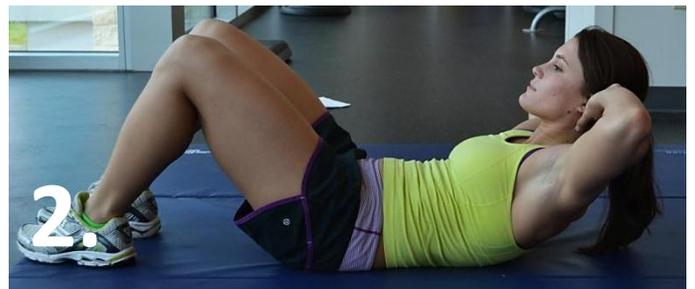
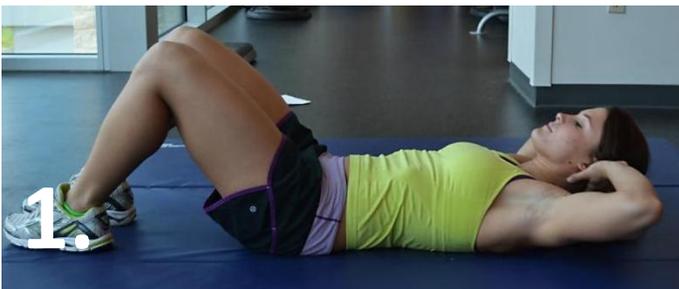
1. Start in a fully extended position with hands grasping the bar (palms facing in).
2. Slowly drop down until the upper part of the arm is horizontal or parallel with the floor. Extend the arms back up to the starting position and repeat.



**CRUNCH:** This exercise develops the upper abdominal muscles.

**Instructions:**

1. Lie on the floor with the knees bent and the hands or palms behind the neck or ears. If desired, legs may rest on bench to increase difficulty. For less resistance, place hands at side of body (do not put hands behind head or neck). For more resistance, move hands higher.
2. Curl up until shoulder blades leave floor; then roll down to the starting position. Repeat.



**TRUNK LIFT:** This exercise develops the muscles of the upper back and retracts shoulders back.

**Instructions:**

1. Lie face down with hands beside head, arms extended. Arms should not be touching the ground.
2. Slowly raise the head and chest off the floor by arching the upper back. Return to the starting position; repeat.

**Caution:** Do not arch the lower back. Lift only until the sternum (breastbone) clears the floor.

**Variations:** hands behind head with elbows out to the side (easier); arms down at sides (easiest; for less resistance, hands may be placed under thighs.)



**SIDE LEG RAISES:** This exercise develops the muscles on the outside of thighs.

**Instructions:**

1. Lie on your side. Point knees forward.
2. Raise the top leg 45 degrees; then return. Do the same number of repetitions with each leg.

**Caution:** Keep knees and toes pointing forward.

**Variation:** Ankle weights may be added for greater resistance.



**ALTERNATE LEG KNEEL (Lunge):** This exercise develops the muscles of the legs and hips.

**Instructions:**

1. Stand tall, feet together.

2. Take a step forward with the left foot, almost touching the right knee to the floor. The knees should be bent only to a 90-degree angle. Return to the starting position and step out with the other foot. Repeat alternating right and left.

**Variation:** Dumbbells may be held in the hands for greater resistance.

