

# JOURNEY TO CALISTHENICS

Bronco Wellness Center | Anthony Gomez

## Intro

Calisthenics, in simple terms, are body weight exercises. The term Calisthenics comes from the Greek word “Kalos” that means beauty and “Sthenos” meaning strength (Thomas et al., 2017). They are exercises in which you use the weight of your body to build muscle. Calisthenics workouts can be done anytime, anywhere; whether it be on your lunch break, right before bed, or even in the park. Beginners, intermediates, and even those who have advanced experience with strength training can do calisthenics. The great thing about Calisthenics is that most every exercise has an alternative or progression.

Within this booklet are sample workout routines that show pictures of exercises and descriptions on how to do those exercises. The number of sets and reps that you should try to complete depends on what your base skill level is. Also, to add motivation there are quotes within this book. The main purpose of this book is not to get “ripped” or “shredded” but to build a routine and understand there is always time to fit in a workout during your day.

\*Disclaimer: This booklet was not created to instruct on how to gain a specific body type, it was created solely to increase physical activity. Workouts can be done anywhere, anytime, with no weights or equipment needed, only yourself. All sets and reps do not have to be completed in their entirety, do what you can and build upon it. For any workout where no progression is provided, it is recommended that you research the workout online and add the term “progression” to the end of it. For example, to increase/decrease difficulty doing a push up, look up “push up progression,” as it will show you many examples to build upon. \*

There are workouts outlined below for persons who are Beginners, Intermediates, and Advanced. Choose the category that is right for you and then follow the workouts suggested for Legs, Back/Triceps/Deltoids, Chest/Biceps, and Abs. You can mix the exercises up, do all the suggested body part on one day, or do more than one body part. Ideally, you should do each of the exercises twice a week for maximum strength building. If the exercises seem too easy or difficult, move up or down the difficulty level until you find the one that is right for you.

Definitions for the terms used in the workouts are:

Set: The amount of cycles of reps that are done.

Rep: The number of times the specific exercise is completed.

Ex: If someone were to say, "Do three sets of 15 reps" you would do 15 reps of the same exercise 3 times totaling to 45 reps once all sets are completed

Make sure you are breathing when doing these exercises. Breathe in before you do the exercise and breathe out upon exertion.

---

## For Beginners

\*If an exercise is too difficult at first, modify or use an assisted version. (These can be found by entering the exercise name followed by "progression" or "modification").

### Legs

Squats: 3 sets, 7 reps

Wall Sits: 2 sets, 15 second hold

Box Lunges: 4 sets, 5 reps

Side Lunges: 2 sets, 3 reps

One-Legged Calf Raises: 2 sets, 7 reps

Donkey Calf Raises: 2 sets, 10 reps

Seated Calf Raises: 3 sets, 10 reps

Step Ups: 3 sets, 6 reps (Alternate legs)

### Back/Triceps/Deltoids

Pull Ups: 3 sets, 4 reps

Triceps Dips: 3 sets, 5 reps

Lying Torso Raises: 2 sets, 6 reps.

### Chest & Biceps

Flat Push-Ups: 2 sets, 7 reps

Incline Push-Ups: 2 sets, 6 reps

Decline Push-Ups: 2 sets, 6 reps

Chest Dips: 3 sets, 3 reps

Chin Ups: 4 sets, 3 reps

### Abs

\*Start with 1 round, and choose 5 different exercises. Once you are able to complete 2 rounds comfortably move on to intermediate abs\*

Crunches: 1 set 6 reps

Twisting Crunches: 1 set 6 reps

Leg Raises: 1 set, 6 reps

Flutter Kicks: 1 set, 10 reps

Heel Touches: 1 set, 10 reps

Plank: 1 set, Maximum hold

Cycling Crunches: 1 set, 10

Russian Twists: 1 set, 6 reps

Mountain Climbers: 1 set, 15 reps

Plank Crunches: 1 set, 6 reps (Alternate sides)

## For Intermediate

### Legs

Squats: 3 sets, 15 reps

Wall Sits: 3 sets, 30 second hold

Box Lunges: 4 sets, 10 reps

Side Lunges: 2 sets, 7 reps

One-Legged Calf Raises: 2 sets, 15 reps  
Donkey Calf Raises: 2 sets, 20 reps  
Seated Calf Raises: 3 sets, 20 reps  
Step Ups: 3 sets, 12 reps (Alternate sides)

### Back/Triceps/Deltoids

Pull Ups: 4 sets, 7 reps  
Triceps Dips: 3 sets, 10 reps  
Lying Torso Raises: 2 sets, 12 reps

### Chest & Biceps

Flat Push-Ups: 2 sets, 20 reps  
Incline Push-Ups: 2 sets, 12 reps  
Decline Push-Ups: 2 sets, 12 reps  
Chest Dips: 3 sets, 10 reps  
Chin Ups: 4 sets, 7 reps

### Abs

\*Start with 1 round, and choose 5 different exercises. Once you are able to complete 2 rounds comfortably move on to advanced abs\*

Crunches: 1 set 12 reps  
Twisting Crunches: 1 set 14 reps  
Leg Raises: 1 set, 12 reps  
Flutter Kicks: 1 set, 20 reps  
Heel Touches: 1 set, 20 reps  
Plank: 1 set, Maximum hold  
Cycling Crunches: 1 set, 30 reps  
Russian Twists: 1 set, 15 reps  
Mountain Climbers: 1 set, 30 reps  
Plank Crunches: 1 set, 10 reps (Alternate sides)

## For Advanced

### Legs

Squats: 3 sets, 25 reps  
Wall Sits: 3 sets, 60 second hold  
Box Lunges: 4 sets, 15 reps  
Side Lunges: 2 sets, 14 reps  
One-Legged Calf raises: 2 sets, 30 reps  
Donkey Calf Raises: 2 sets, 40 reps  
Seated Calf Raises: 3 sets, 30 reps  
Step Ups: 3 sets, 16 reps (Alternate legs)

### Back/Triceps/Deltoids

Pull Ups: 4 sets, 12 reps  
Triceps Dips: 3 sets, 20 reps  
Lying Torso Raises: 2 sets, 30 reps

### Chest & Biceps

Flat Push-Ups: 2 sets, 35 reps  
Incline Push-Ups: 2 sets, 25 reps  
Decline Push-Ups: 2 sets, 25 reps  
Chest Dips: 3 sets, 20 reps  
Chin Ups: 4 sets, 14 reps

### Abs

\*Start with 1 round, and choose 5 different exercises. Once you are able to complete 2 rounds comfortably complete three rounds\*

Crunches: 1 set 20 reps  
Twisting Crunches: 1 set 20 reps  
Leg Raises: 1 set, 20 reps  
Flutter Kicks: 1 set, 35 reps  
Heel Touches: 1 set, 35 reps  
Plank: 1 set, Maximum hold  
Cycling Crunches: 1 set, 50 reps  
Russian Twists: 1 set, 30 reps  
Mountain Climbers: 1 set, 50 reps  
Plank Crunches: 1 set, 16 reps (Alternate sides)

# LEGS

## WALL SITS

1. Stand straight with your back rested against a wall.



2. Slide down wall to create a 90 degree angle and hold the position.

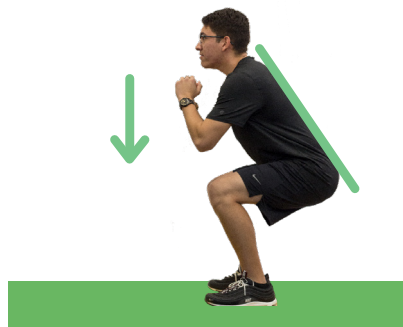


## SQUATS

1. Stand straight with your feet shoulder width apart.

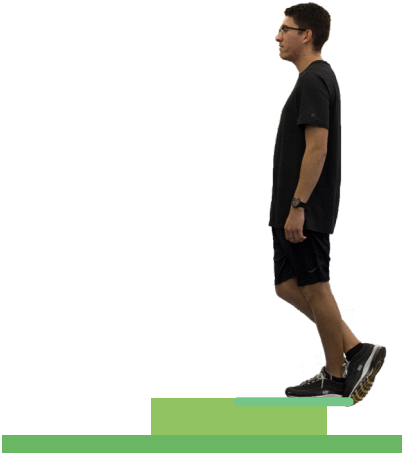


2. Push your hips back as if you were going to sit on a chair and create a 90 degree angle with your knees while keeping your back straight. Then return to the standing position.

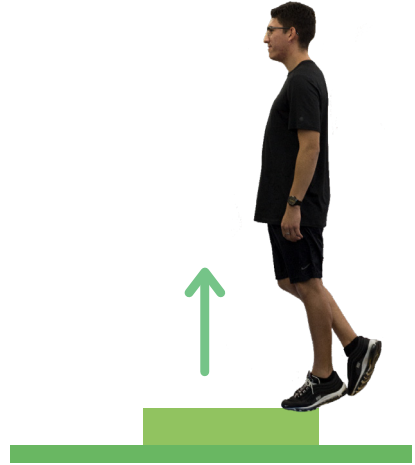


## ONE-LEGGED CALF RAISES

1. Place half your foot on a platform while your other foot hangs behind it.



2. Push up on the ball of your foot and hold it for one second at the top. Then slowly come back down.



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

-THOMAS A. EDISON

## SEATED CALF RAISES

1. While sitting, keep your back straight and your feet flat on the ground.



2. Raise your heels and push towards your toes and hold at the top for one second, then lower heels.



## DONKEY CALF RAISES

1. Lean on an elevated surface while keeping your back straight and your feet apart.



2. Raise your heels and come up on your toes. Hold for one second, then lower heels.



## BOX LUNGES

1. Stand with your feet hip-width apart. Put one leg on a stool to keep it behind you.

2. Slowly bend your front knee at a 90 degree angle until your back knee is barely above the floor then straighten your front leg to return to starting position. Repeat on other leg.



Motivation is what gets  
you started. Habit is what  
keeps you going.  
~Jim Rohn



## SIDE LUNGES

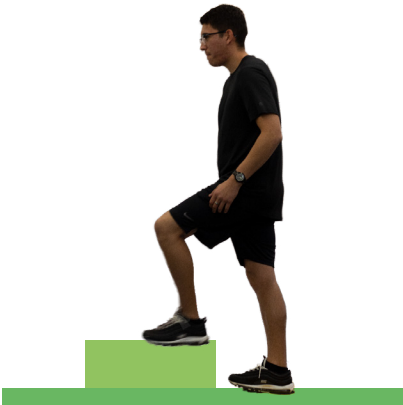


1. Stand straight with your feet hip-width apart. Step one foot out to the side and transfer your weight to that leg, while bending that knee towards 90 degrees.

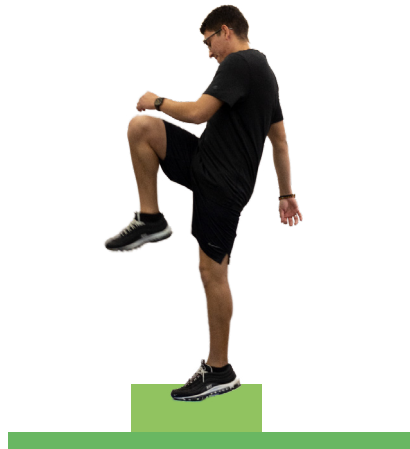


2. Use the foot you are leading with to push you back to the starting position. Repeat and switch sides.

## STEP UPS



1. Stand straight with your feet shoulder width apart. Step onto a box or bench with one foot, straighten that leg, and lift your back leg off the ground.



2. Bring your other knee towards your stomach and slowly go back to starting position. Repeat.

# BACK, TRICEPS, DELTOIDS

## TRIPCEP DIPS



1. Find 2 solid parallel objects (bars). Place hands on each one and begin with your arms straight.

2. Lower until there is a slight bend in the elbows and then push back up.

## LYING TORSO RAISES



1. Start on your stomach with your hands stretched out in front of you or on top of your head.



2. Raise your arms, chest and legs off the ground as far as you can go and hold it there for one second before returning to the original position.

## PULL UPS



1. Start with your arms shoulder width apart with your palms facing away from you.



2. While gripping the bar, pull yourself up until your chin is above the bar then lower back down.

# CHEST & BICEPS

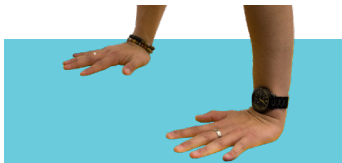
## FLAT PUSH UPS



1. Position your body with your arms straight out. Hands and arms should be positioned slightly below your shoulders, fingers pointed forwards.



2. Lower your body until your chest is an inch or two above the floor. Push your torso away from the ground until your arms lock.



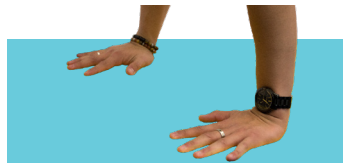
## DECLINE PUSH UP



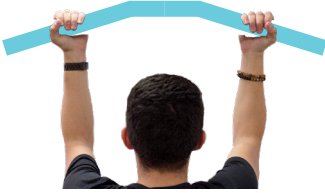
1. Begin with your feet on an elevated surface shoulder width apart.



2. While keeping your back straight begin to go down as your elbows reach a 90 degree angle and push back up.



## CHIN UP



1. Start with your arms shoulder width apart and your palms facing you.

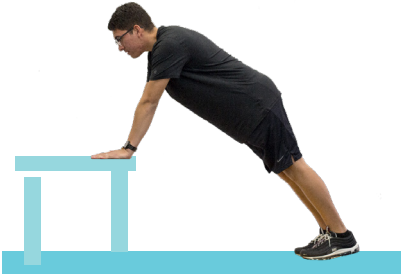


2. While gripping the bar, pull yourself up until your chin reaches the top of the bar and go back down.

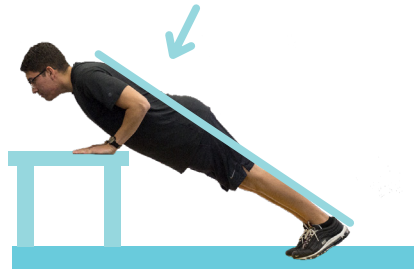
“It does not matter how slowly you go as long as you do not stop.”

-CONFUCIUS

## INCLINE PUSH-UPS



1. Plant your hands on an elevated platform shoulder width apart in a push up position.



2. Slowly go down until your elbows are 90 degrees, keeping your back straight and then push up.

“Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle.”

-CHRISTIAN D. LARSON

## CHEST DIPS



1. Hold on to bars. Keep your back straight.



2. Straighten your arm to lift your body up.



3. While you push up, slightly bring up your feet behind you.



4. Lean your chest forward and go down with a slight bend on your elbow and push back up.

# ABDOMINALS

## PLANK CRUNCHES



1. Begin in a plank position with your back straight.



2. Bring one knee to the same side of your elbow and repeat on the opposite side.

## LEG RAISES



1. Lie on your back and raise your feet a few inches off the ground.



2. Bring your legs up to make a 90 degree angle and then back down without letting them touch the floor.

## CRUNCHES



1. Lie flat on your back with your feet flat on the ground. Push the small of your back down and begin to roll your shoulders off the floor. Focus on contracting your abdominals.



2. As you do the exercise make sure to keep your core tight at all times, then release and return to starting position.

## PLANK



1. Lie face down with your forearms on the floor and your elbows directly beneath your shoulders. Keep your feet flexed with the bottoms of your toes on the floor. Lift torso away from the floor so that only your forearms and toes touch the floor.



## HEEL TOUCHES



1. Lie on your back while keeping your core engaged and slightly bend the left side of your abdominal reaching for the side of your heel.



2. Repeat for the opposite side.

## TWISTING CRUNCHES



1. Position your hands behind your head (fingers interlocking) with your elbows pointing outward.



2. Come up as high as is comfortable for you, twist your torso, directing your right elbow toward your left knee. Repeat on the other side.

## MOUNTAIN CLIMBERS



1. Start with your body in a straight line and your hands slightly wider than shoulder-width apart.



2. Bring one knee up toward the center of your stomach and then quickly alternate between legs.



3. Continue alternating until set is complete.

## FLUTTER KICKS



1. With your back flat on the ground begin with your feet elevated.



2. Raise your toes on one foot as you lower the heel of the other foot.



3. Switch feet and do the other side. Keep alternating feet.

## CYCLING CRUNCHES



1. Lie on the floor.



2. Place hands behind your head. Raise your legs and touch one elbow with your opposite knee.



3. Do the same with the opposite leg and elbow.

## RUSSIAN TWISTS



1. Start seated with knees bent and lean back slightly and lift the feet a few inches off the floor.



2. Slowly twist the torso to the right and bring your hands together beside the right hip.



3. Return to center and repeat with the other side.

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

-HENRY FORD

## SOURCES

Thomas, Ewan & Bianco, Antonino & Mancuso, Esamuela & Patti, Antonino & Tabacchi, Garden & Paoli, Antonio & Messina, Giuseppe & Palma, Antonio. (2017). The effects of a calisthenics training intervention on posture, strength and body composition. *Isokinetics and Exercise Science*. 25. 1-8. 10.3233/IES-170001.

[https://www.researchgate.net/publication/317321468\\_The\\_effects\\_of\\_a\\_calisthenics\\_training\\_intervention\\_on\\_posture\\_strength\\_and\\_body\\_composition](https://www.researchgate.net/publication/317321468_The_effects_of_a_calisthenics_training_intervention_on_posture_strength_and_body_composition)

<https://workoutlabs.com/exercise-guide/>

<https://www.lifehack.org/articles/lifestyle/10-full-body-exercises-that-get-you-the-most-bang-for-your-buck.html>

<https://www.bodybuilding.com/exercises/>

[https://www.cdc.gov/healthyweight/physical\\_activity/index.html](https://www.cdc.gov/healthyweight/physical_activity/index.html)