



ISSN: 2456-0057
IJPNPE 2019; 5(1): 13-15
© 2019 IJPNPE
www.journalofsports.com
Received: 12-11-2019
Accepted: 15-12-2019

Kalavati Poti
Research Scholar, DOS in
Physical Education and Sports
Science, KSAW University,
Vijayapura, Karnataka, India

Dr. Jyoti A Upadhye
Research Guide, DOS in Physical
Education and Sports Science,
KSAW University, Vijayapura,
Karnataka, India

Effect of calisthenics workouts for weight loss and flexibility

Kalavati Poti and Dr. Jyoti A Upadhye

Abstract

Callisthenic exercise is an important component for the treatment of obesity. Little information is available about the best and safety form of physical exercise concerning the type and volume-intensity to be prescribed for individuals with morbid obesity. To investigate the effect of physical exercise programs in medical and surgical treatment for morbid obesity. Practicing calisthenics also helps increase flexibility by incorporating movements that fully extend the body. It also decreases your percentage of body fat! Bikini body here you come. A popular callisthenic exercise is the jumping jack. This elementary school class does more than just burn calories: it also works towards heart health, strength, and stress relief. Your fat – burning metabolism is most effective while you run at intensities ranging from 47% to 64%. Sprinting is the most effective means of increasing your endurance, and it increases your maximum oxygen capacity. The added benefits of sprinting are a reduction in blood pressure, and increased production of endorphins, which help to relieve stress.

Keywords: Calisthenics Workouts, Weight Loss and Flexibility

Introduction

They enhance your body's strength, endurance, coordination, flexibility and also give you this ripped look that many want to achieve. Think of movements such as push ups, pull ups, dips, squats. Little do people know how many of different variations of exercises are there to train their body. Do not worry, this guide is here to help you get started and make sense of Calisthenics. Calisthenics is also appealing for one very good reason. It combines functionality and true bodyweight strength with aesthetic shredded look. That being said, not only will you develop muscle power but also impressive physique along that. Calisthenics are exercises that don't require external resistance or weight. Exercise against gravity and your body weight will create the challenge

Squats, pushups, lunges and dips are basic calisthenics, as are jumping jacks, situps, pullups and crunches. More advanced calisthenics include jumping lunges, single-legged squats and power pushups. Pay attention to your form while you are doing calisthenics -- it is far more important to maintain correct form and posture throughout the exercises than to complete a certain amount of repetitions or sets. Keep a soft bend in your elbows and knees throughout the exercises; locking either of those joints can lead to injury.

Prisoner Squats

Squats are perhaps the most effective exercise to promote weight loss in thighs, butt and legs, tone the lower body and increase core strength without using weights. It helps in toning the quadriceps, butt, thighs, shin and increasing the strength of hamstrings and calves. You can renovate the regular squats and increase the strain of the exercise by putting your arms at the back of your head. Squats are a comparatively easy exercise to lose weight in an effective manner.

Correspondence
Kalavati Poti
Research Scholar, DOS in
Physical Education and Sports
Science, KSAW University,
Vijayapura, Karnataka, India

S

**Fig:** Sit Ups

Stand straight with your feet a little more than shoulder's width apart, put your hands behind your head with elbows pointing out, keep your back straight and chest out, lower your body till your thighs are parallel to the floor, hold the position for 5 seconds and push up to the straight position. Repeat this 30 times at a stretch.

Sit Ups

Classic sit ups are one of the best ab workouts for 6 pack without equipment. Sit ups help in strengthening the core muscles to increase flexibility and stabilize the balance of the body. It helps in toning the abdominal muscles, lower back, hips, pelvis, chest, arms and shoulders. It helps in reducing back pains, chances of spasms, muscle injury and maintaining better posture.

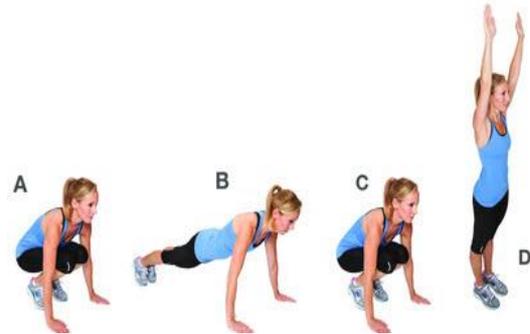
**Fig:** Sit Ups

Lie flat on an exercise mat, bend your knees and place your feet flat on the mat, put your hands behind your head, tighten your abs and curl yourself up towards your knees, put your neck in line with the spine and tilt your chin slightly down as you come up, hold the posture for 5 seconds, inhale and slowly lower yourself to the starting position. Keep your lower back and feet on the mat throughout the exercise. This is one repetition. Repeat this exercise 15-20 times at a stretch.

Burpees

Burpees are a bit tough, and you might hate to do it, but it has numerous benefits which is the reason it is gaining immense popularity in various workout routines. Burpees are one of the best indoor cardio workouts without equipment to lose weight at home that works the entire body at the same time. This

workout involves toning of all the muscles of the body and helps in burning more calories at a fast pace and the calorie burning effect stays all through the day, even when you are resting. It also increases muscle strength and raises endurance for any other high-intensity workouts.

**Fig:** Burpees

Stand straight with your hands raised over your head, lower your body to squat position with your hands in front of you on the floor, kick your feet back into push up position, drop your chest to the floor, push your chest up and bring your feet back to the squat position as fast as possible, jump into the air. This makes one repetition. Repeat this exercise 6-10 times at a stretch.

Mountain Climb

Mountain Climb is strength training workout that helps in working several joints and muscles at a time. It increases overall strength and flexibility by targeting the leg muscles, glute, hamstrings, quadriceps, core muscles like back, hips and abs along with shoulders and chest. It increases athletic performance and mobility and improves reflexes so that the body can avoid and endure injuries.

**Fig:** Mountain Climb

Lie face down on the mat; lift your body up from the mat with the support of your arms. Your hands should be directly under your chest, slightly more than shoulder's width apart. Legs should be stretched out and properly aligned with the rest of the body. Now stretch your left leg and bend your right knee and bringing it up in the direction of your right hand. Now return to the original position. Stretch your right leg and bend your left knee bringing it up in the direction of your left hand and return to the original position. This makes one repetition. Repeat this exercise 15-20 times at a stretch.

Plank

This strength training exercise increases the power of various parts of the body and tones abs, thighs, legs, shoulders, neck, biceps, chest, lower back, bottom, etc. It raises the flexibility and improves body posture. It tones down the abs and reduces belly fat to give it a flat look. It also helps in relieving stress and back pain and stiffness caused by

prolonged hours of desk work and works as good as the yoga stretches for back pain.



Fig: Plank

Begin with the push up position, lower your forearms to the ground so that both your palms and elbows rest on the mat, engage your abs by pulling in your belly button, keep the body in a straight line and hold this position as long as you can. Repeat it 20 times.

Try out these effective yet easy to do Calisthenics exercises, make it a point to do it religiously without a gap of one single day and achieve a lean, chiseled look with flat belly and toned legs within a very short period of time.

Conclusions

Callisthenic exercises and strength exercises programs proved being important components in the treatment of weight lose. Special care when establishing the volume-intensity exercise is required for adherence to treatment, and a proposal for a valid individualized exercise programs.

Reference

1. Campbell RN. The New Science: Self-Esteem Psychology, Lanham MD, University Press of America, 1984.
2. Cliippinger K. Dance Anatomy and Kinesiology, United State of America, Champaign IL, Human Kinetics Publication, 2007.
3. Devinder K, Kansal, Test and Measurement in Sport and Physical Education, New Delhi, D.V.S. Publication, 2008.
4. Sandhya Tiwari. Exercise Physiology, Mansarover Garden, Delhi, Lokesh Thani Sports Publication, Jogno Office Printers, 1999.
5. Hardy Singh, the Science of Sports Training, New Delhi, D.V.S. Publication, 1991.