

Weightlifting and Calisthenics

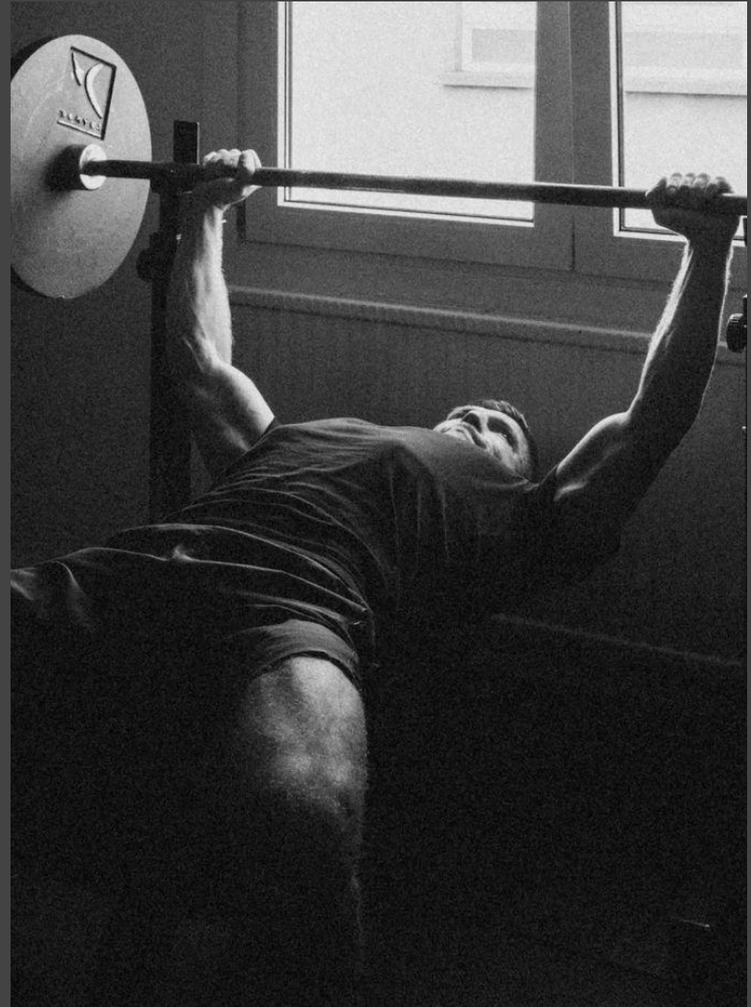


Confidential

Copyright ©

Weightlifting

- ★ Weightlifting is a common form of exercise, using heavy objects to create resistance for the muscles
- ★ Most commonly seen at gyms



Benefits of weightlifting



Simplified progression :

Weightlifting is an easy process, once you feel like you've mastered the weight you're at you can increase it.

Work Specified Muscles :

Weightlifting allows you to specify what muscles you want to train, making sure every muscle gets trained.

Easy to become stronger:

Since the progression is easy and you just have to go up in weight, that means you're getting stronger at that same rate.

Increased Bone Density:

Since you're putting your body under a lot of weight, with the right diet, your bones become stronger to compensate.

Calisthenics

- ★ The art of moving your body freely in space
- ★ Most commonly done at home and parks
- ★ Resistance with your body weight





Benefits of calisthenics

Functional movement:

Calisthenics make it so that with enough training you can move your body in all kinds of ways, aiding with your everyday life.

Target more than one muscle:

Since you can't support your body with one muscle group alone you work a wide range of muscles to pull off calisthenics.

Flexibility:

Calisthenics can require you to do some flexibility training to do that more advanced moves, thus adding on to your skill set.

Balance:

Calisthenics forces you to work on a balance to pull off advanced movements.

Muscles of the week: Back and Biceps



Pull muscles

These muscles require you to pull the weight towards you, creating rips in the muscles so that they grow stronger.



Bicep Exercises



Bicep curls



Dumbbell
Bench press



Zottman
curls



Chin ups

Back Exercises



DB Rows



**Dumbbell
Bench press**



Tricep dips



**Shoulder
press**

Weightlifting

10 things people don't tell you

Heavy vs Light weight

Fast vs Slow

Calisthenics

[Calisthenics Explained](#)

[How calisthenics transform the body](#)

[Home training](#)