

Weightlifting and Calisthenics



Confidential

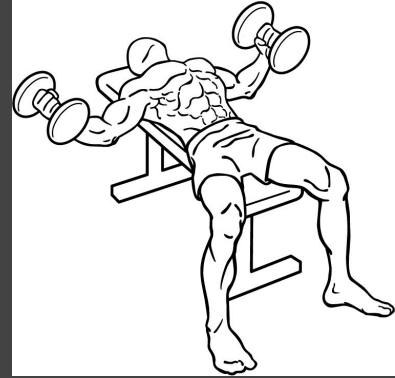
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Weightlifting

- ★ 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 can't support you 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.



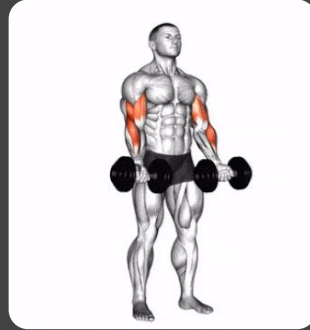
Bicep Exercises



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](#)