

Beginners Guide To Calisthenics

Everything you need to know to feel confident
in your calisthenics journey

Sets: A set is a group of consecutive repetitions (reps) of an exercise. For example, if you perform 10 push-ups in a row, that's one set of push-ups.

Reps: Repetitions refer to the number of times you perform a specific exercise within a set. For instance, if you do 10 push-ups in a row, each push-up is one repetition.

Rest Periods: Rest periods are the intervals of time between sets. It's crucial to allow your muscles to recover during these periods to maximise effectiveness and prevent injury. The length of rest periods can vary based on your fitness level and the intensity of the exercises but generally you would have longer rests after an intense set.

RPE (Rate of Perceived Exertion): RPE is a subjective measure used to gauge the intensity of your exercise. It's a scale from 1 to 10, with 1 being very easy and 10 being maximal effort. You can judge where you are on the RPE scale by noticing factors such as speed of the movement, intensity or fatigue after or during the lift.

Progressive Overload: This principle involves gradually increasing the demands placed on your body during exercise to continually improve strength and fitness. You can achieve progressive overload by increasing the number of reps, sets, or difficulty (weight) of exercises over time. A simple idea that can be used, is to visualise the weights as a scale, for instance a dumbbell rack, you would want to see the end of the rack as the end goal and your aim should be to move across it. This visualisation can also be done with adding weight to barbells, or moving down the weight stack on machines.

Stronger Mindset: Calisthenics not only strengthens your body but also your mindset. It requires discipline, perseverance, and mental toughness to push through challenges and reach your fitness goals. Cultivating a stronger mindset will not only benefit your physical performance but you can become a much more confident and capable person through applying this mindset into other aspects of life.

Holistic Approach: Calisthenics emphasises a holistic approach to fitness, focusing on overall health and wellness rather than just physical appearance or strength. This includes proper nutrition, adequate rest, stress management, and mindfulness practices to support your fitness journey.



CALISTHENICS
COMPOUNDS