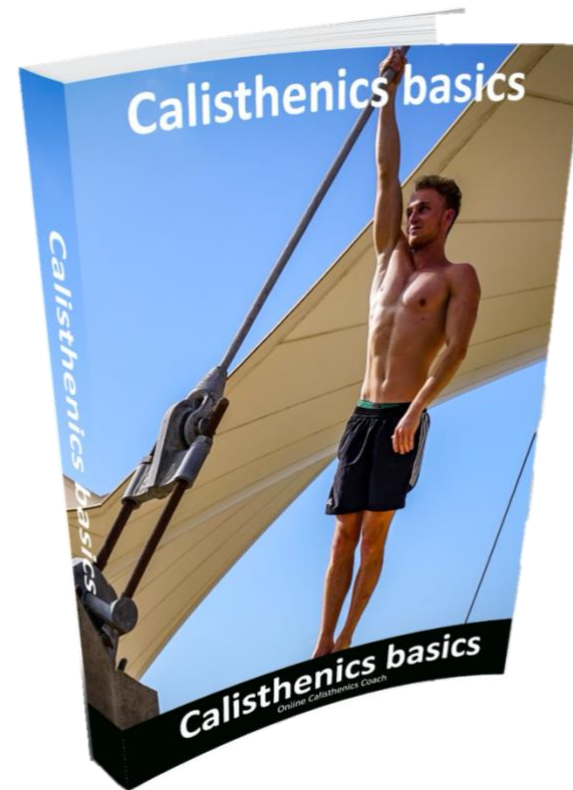




Calisthenics basics





Meet the coach



In my opinion as a coach, I think having a good posture while doing your exercises is the most important. That's why I, Hendri Vermeer, started Online Calisthenics Coach. With my knowledge and skills, I want to help others achieve their goals.

In this e-book I focus on the basics. For some people it's challenging, for other people super simple, but it is very important for both. Skipping the basics is like eating chicken without cooking it. Yes, you can eat it, but there is a chance that you will get sick. That is also the case the basics of Calisthenics. Yes, you can skip them, but there is a chance that you will get injured.

I think the basics are important and that they should be mandatory in your routine. The basics will be useful throughout calisthenics. Both in the easy and in the harder forms of calisthenics.

If you know how to activate and use the right muscles with the right movement, your progression will go faster.

Let's be honest, that sounds great doesn't it?!



Training, nutrition and sleep

The reason I made this e-book is to make you aware of how important the basics are, but also how applicable they are for everyone. If you skip the basics, you may be more likely to get an injury earlier.

The advantage of training correctly is that it is good for your body and mind.

What do you have to think about when you start training?

- Better posture
- Muscle building
- Improve stamina
- Healthier circulation and a healthier heart
- Stronger bones
- Maybe just exercise all your thoughts “away”
- Better sleep
- Preventing or reducing complaints
- Improved cognitive functioning

Is that possible with the basics?

Yes, this is possible! However, you should look for a stimulus in which your body has to adapt, because if you keep doing the same thing every day, it will become too easy for your body and it will not have much effect in the long run. Today's stimulus is no longer tomorrow's stimulus. It is important to realize that you must go for a good balance between training and nutrition.



What do you have to think about in nutrition?

- Eat healthy and non-processed products such as whole grain cereals, nuts and seeds, vegetables, fruit and fish / legumes / meat substitutes or meat.
- Drink about 1.5 to 2 liters of liquid (preferably water)
- Variation in your diet so that you consume fats, carbohydrates, proteins, minerals and vitamins

How can you best apply your nutrition?

- Use 3-5 nutritional moments, divide your proteins, carbohydrates and fats over the day
- Do not eat too much just before you start exercising (preferably 2 hours in advance), at least make sure it contains proteins
- Drink another glass of water half an hour before your workout

Why is sleep so important?

Your body is recovering during sleep. Both body and mind. It is therefore important that you sleep enough. For 95% of people, the principle applies that they need 6-8 hours of sleep a day. you can't catch up on sleep, so take good care of yourself.

The sleep that allows your body to recover is between 22:00 and 02:00 and from that time on your body will focus on the recovery of your brain.

When looking at the best position to sleep, your left side is the best for your body and brain. It is important that you have a good bed, mattress and pillow.



Let's start

Notice!

Online Calisthenics Coach and / or Hendri Vermeer do not accept any liability for material or non-material damage as a result of accident or injury of the participant and / or third parties, arising in any way.

Calisthenics basics is made for everyone. Starter, advanced and professionals still needs to do the basics. They improve form, strength, mobility and prevents from injury. At first, I want to make sure u do a warming-up before you start. Mindset, raise your heart rate, activate the muscles, mobilize and potentiate them for workout. The common mistake is feeling warm because of 5 minutes high intensity warming up, but the problem is your muscles are not that warm. Click on warming up and let's warm up together.



Training



TILTING PELVIC

A movement coming from the pelvis. It's important to control your body. You'll need to control these movement for a lot of calisthenics exercises.

- Lay down on the floor on your back, belly, or do it in a standing position
- Do an anterior and posterior pelvic tilt (hollow to an arched spine)

8-12 reps

Intermediate: do this in a handstand position against the wall

Advanced: do this in your front lever, back lever and planche

HIP BRIDGE

- Feet as close as possible to your butt
- Push your lower back into the ground
- Squeeze the glutes and tighten your core
- Lift your pelvis till you're in one line from feet to shoulders

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



SCAPULA PULL UP

- Grab the bar shoulder width apart
- Activate the core (make your belly hard)
- Squeeze the glutes
- Focus on keeping your arms straight during the movement
- Pull your shoulder blades together
- From inactive (ears are covered with your shoulders) to active (ears are not covered)

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



SCAPULA PUSH UP

- Activate the core (make your belly hard)
- Tilt your pelvis forward and squeeze the glutes
- One line from feet to shoulders
- Straight arms during the whole exercise
- Sink with your shoulders down with straight arms and get back up

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



SCAPULAR DIP

- Jump up and lean on the bar with straight arms during the whole exercise
- Tilt your pelvis forward and squeeze the glutes
- Core activated (make your belly hard)
- One line from feet to shoulders (or when you are too long from knee to shoulders)
- Push your shoulders down (active scapula) and bring them back to your ears (inactive)

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



BODY ROW

- The higher the bar the easier it will be (the more horizontal your body will be, the harder it will be)
- Grab the bar shoulder width apart
- Walk down with your feet and make sure you have a straight line from feet to shoulders
- Activate the scapula, core and glutes
- Pull your chest to the bar and bend your elbows backwards
- When going down keep the scapula activated

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



SQUAT

- Toes forwards or a bit outwards (when the knees fall inside)
- Go down while pushing your glutes backwards and activate the core
- Straight lower back and knees forward or a bit outwards
- Go down until you are around 90 degrees with your knees, if you are able you may go deeper, but watch the butt wink (when your pelvis is tilting to far u have a rounding back in the bottom)
- Then push the ground away with your feet and come back up

Beginner: 15-20 reps

Intermediate: 20-25 reps

Advanced: 25-30



LUNGES

- Big step forward (a bit outwards for more stability)
- Go down with a straight upper body (don't bend forward)
- When you are down you have both knees in an angle of 90 degrees
- You can touch the floor softly when the floor is not too hard
- Push the ground away and come back in starting position
- Switch legs
- Never let your front knee fall inwards

Beginner: 8-12 reps

Intermediate: 12-16 reps

Advanced: 16-20 reps



Great job!

You've finished the e-book.

Looking for a new challenge!? Go for personal assistance!

You will receive a personal training schedule that you can follow with the app, in addition, I will assess your exercises via self-recorded videos and give you advice on how to improve.

Receive a monthly 10% discount on an online coaching package.

Contact me on onlinecalisthenicscoach@outlook.com