

# English Tutorial Classes Week 2



## Calisthenics

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# THE WORLD'S OLDEST FORM OF RESISTANCE TRAINING

What is **RESISTANCE TRAINING** (trening sa opterećenjem)?

Resistance training is a form of exercise that involves working against a force or resistance to induce **muscle contractions (mišićne kontrakcije)** and build **strength (snaga)**, **endurance (izdržljivost)**, and **muscle mass (mišićna masa)**.

This resistance can come from various sources, such as **weights (tegovi)**, **resistance bands (elastične trake)**, or even the body's own weight.

# Calisthenics

It is derived from the Greek words "**kalos**," meaning beauty + "**sthenos**," meaning strength.

Together, **calisthenics (kalistenika)** refers to exercises aimed at achieving strength, fitness, and beauty using one's body weight.



	Resistance Training	Calisthenics
Uses equipment?	Weights, bands, machines	No (just body weight)
Accessibility	Requires a gym or tools	Can be done anywhere
Focus	Often on isolated muscles	Often on full-body moves
Progression	Add weight to increase difficulty	Increase <b>reps (ponavljaji)</b> or use harder variations (e.g., one-arm push-ups)

# Calisthenics

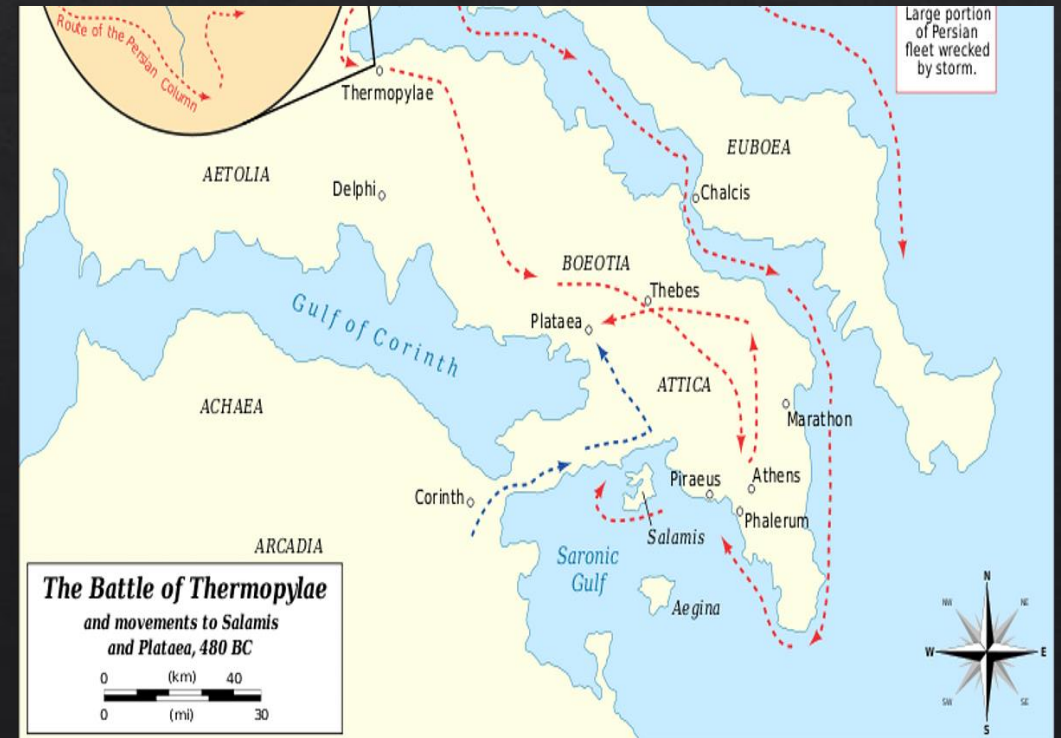
From the earliest humans in caves, through the powerful armies of the Greco-Roman empires, to the present-day **gymnasiums (fiskulturne sale)** in American high schools, calisthenics has persisted and flourished due to its simplicity and effectiveness. In contrast to strength training that incorporates weights, machines, or resistance bands, **calisthenics relies solely on the body's own weight for physical conditioning.**





# Calisthenics

Calisthenics enters the historical record at around 480 BCE, with Herodotus' account of the Battle of Thermopylae.



# Calisthenics

Herodotus reported that, before to the battle, Persian king Xerxes sent scouts to spy on his Spartan enemies. The scouts informed Xerxes that **the Spartans**, under the leadership of King Leonidas, were practising some kind of bizarre, synchronised movements similar to a tribal dance.

It turned out their tribal dance was not a superstitious ritual but a form of calisthenics by which they were building physical strength and endurance.



# Calisthenics

The Greeks took calisthenics seriously not only as a form of military discipline and strength but also as an artistic expression of movement and an aesthetically ideal physique.





# Calisthenics

You may have heard people mention that someone '*has the body of a Greek god*'. This expression has travelled through centuries and continents and the source of this admiration is the calisthenics method.



# Calisthenics

Calisthenics experienced its **second golden age in the 1800s.**

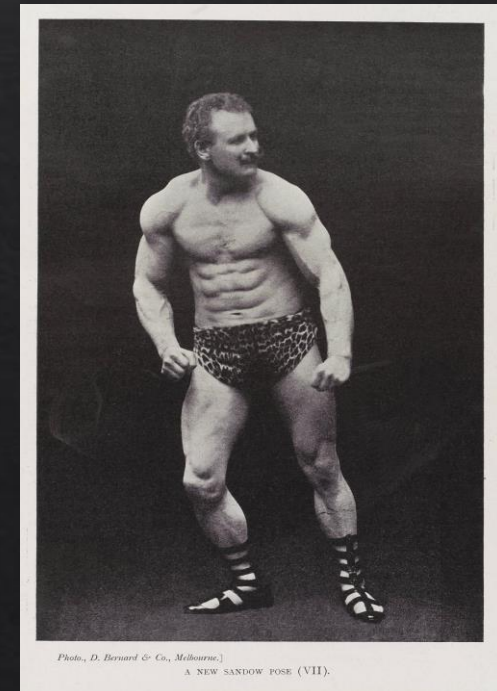
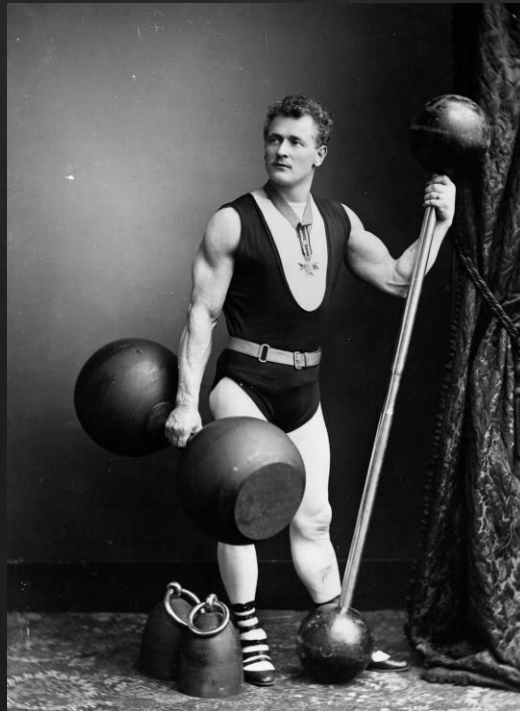
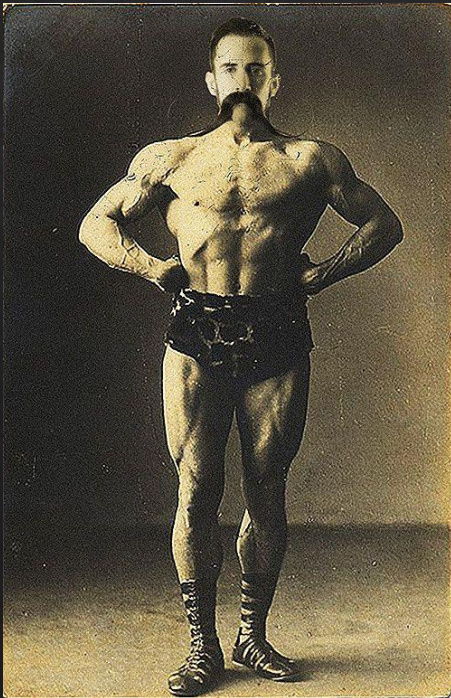
This century saw the birth **of gymnastics (gimnastika)**, and it is also when the phenomenon of **strongmen (snagatori)** developed.





# Strongmen

These were people of immense physical strength and development who travelled across the country to demonstrate their strength to populations. Most of these men trained using **hand balancing (ravnotežu na rukama)** and **horizontal bars (razboj)**, as modern weight machines had not yet been invented.

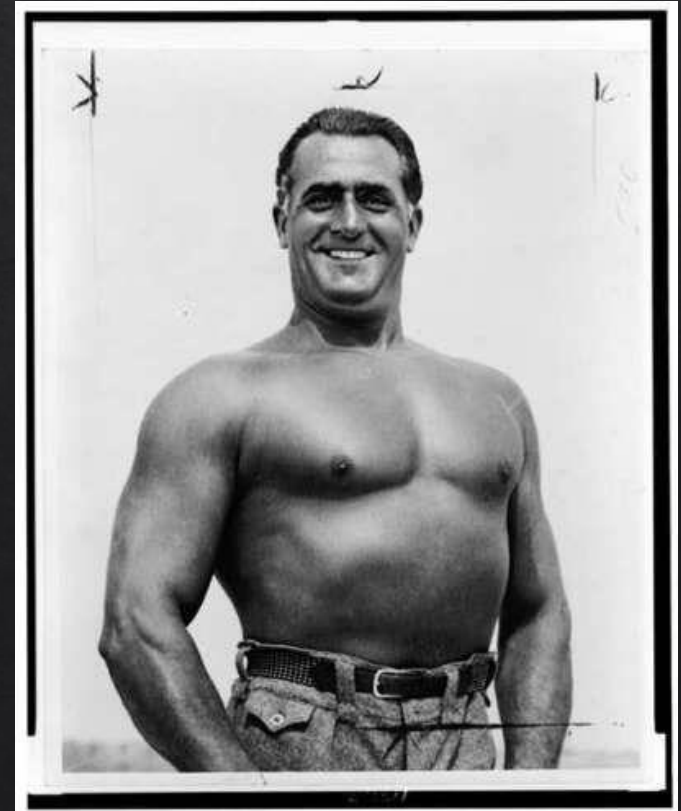




# Angelo Siciliano

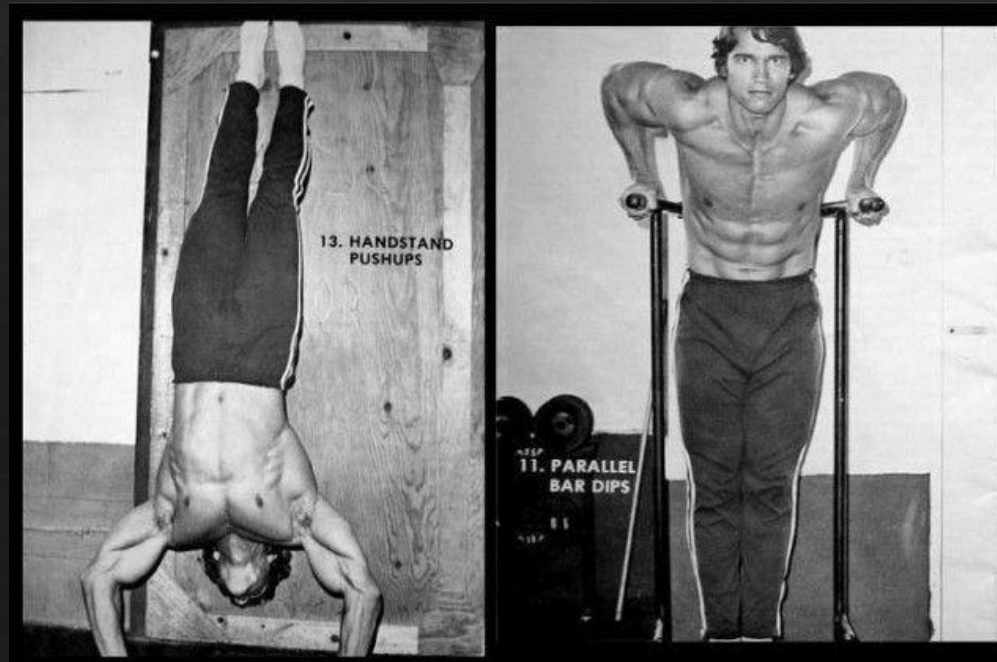
In the 1950s, Angelo Siciliano – who went by the stage name **Charles Atlas** – was crowned “**The World’s Most Perfectly Developed Man**” (Najsavršenije razvijen čovek na svetu)

Atlas’s approach was based on traditional calisthenics and through a series of comic books he taught these methods to hundreds of thousands of children and young adults through the 1960s and 1970s.



# The 1960s and 1970s

In the 1960s and 1970s, calisthenics and the goal of functional strength combined with physical beauty was replaced by an emphasis on huge muscles at any cost. This became the sport of **bodybuilding (bodibilding)**.



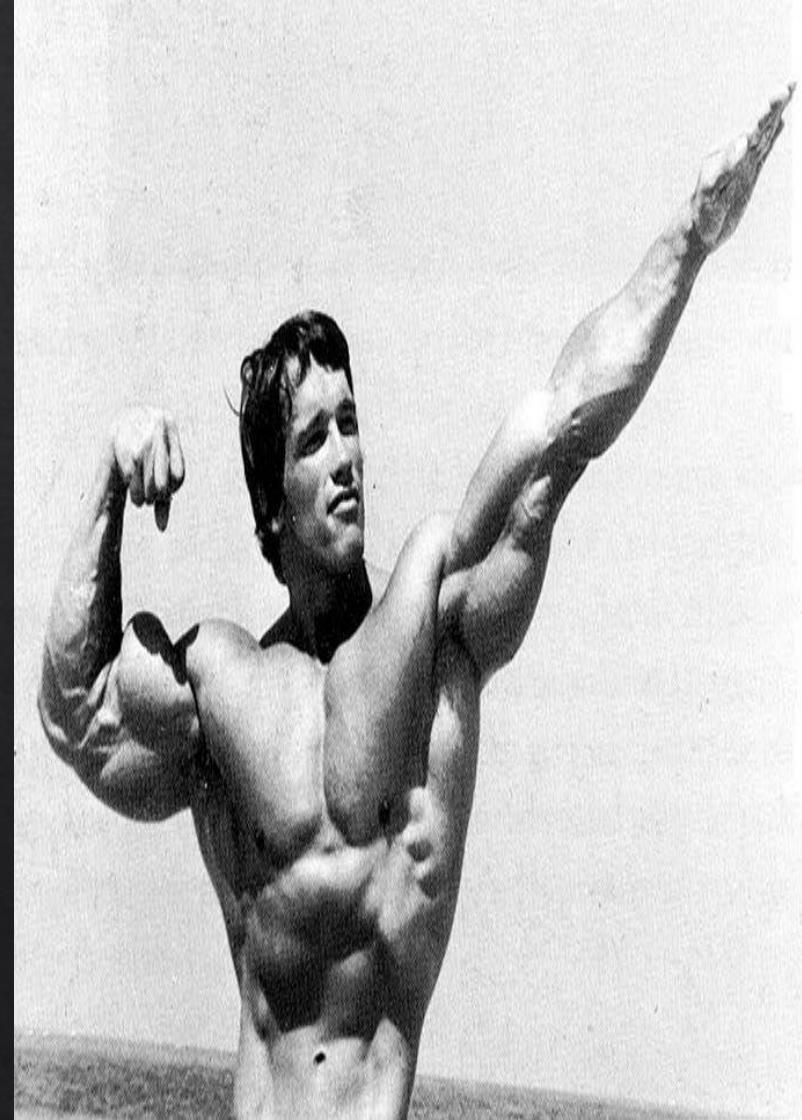


# The 1960s and 1970s

Bodybuilding icons, people such as [Arnold Schwarzenegger](#) and [Sergio Oliva](#), were called mass monsters because of their imposing physiques.

Physical development of this nature was only attainable through the use of **anabolic steroids (anabolički steroidi)**, **synthetic hormones (sintetički hormoni)**, which boosted muscle development while harming overall health.

These bodybuilders also relied on free weights and machines, which allowed them to target the size of individual muscles rather than develop a naturally proportioned body.





# “Bigger is better”

In this “bigger is better” climate, calisthenics was relegated to groups perceived to be vulnerable, such as women, people recovering from injuries and school students.



# Calisthenics in the 21<sup>st</sup> century

However, bodybuilding approaches that promote **excessive muscle development** (**prekomerni razvoj mišića**) frequently led to **joint pain** (**bolovi u zglobovima**), **injuries** (**povrede**), **unbalanced physiques** (**neproporcionalna građa tela**) and weak cardiovascular health.

Therefore, fitness trends have been shifting back toward the use of calisthenics.





# Calisthenics in the 21st century

Modern practices often combine elements from a number of similar traditions such as **yoga**, **Pilates**, **kettle-ball training (trening sa ruskim zvonom)**, **gymnastics**, and **traditional calisthenics**.



Many people want to restore the original Greek vision of physical beauty and strength and harmony of the mind-body connection.



# Common calisthenic exercises

- Push-ups (sklekovi)
- Sit-ups (trbušnjaci)
- Squats (čučnjevi)
- Burpees (burpiji)



# Common calisthenic exercises

A full body calisthenics workout that works **abdominal muscles, chest, arms, legs, and some parts of the back.**



# Burpees (burpiji)

1. Start **standing** (stajanje)
2. **Squat down** (Čučanj), placing hands on the ground,
3. **Jump back** (Skok unazad) into a push-up position (položaj za sklek),
4. If you want perform a push-up,
5. Then **jump the feet back in** (noge privlače nazad ka grudima),
6. And **jump** (skoči) up into the air to complete the **rep** (ponavljanje).





### Squats (čučnjevi):

A lower body (donji deo tela) exercise where you bend your knees (savij kolena) and hips while keeping your back straight (prava ledja), working primarily on the quadriceps and glutes.

### Sit ups (trbušnjaci):

Lie (legni) on your back, bend your knees, engage your core (stomačne mišiće), lift your upper body towards your knees, and then slowly lower it back down in a controlled manner to complete a sit-up.

### Push-up (Sklek):

An exercise where you lower (spuštaš) and raise (podižeš) your body by bending and straightening your arms, working the chest, shoulders, and triceps.

# Chin-ups (zgibovi s nadhvatom),

**Grip (hvat):** In a chin-up, your palms face towards you (dlanovi su okrenuti ka vama), and your hands are closer together with a grip that is typically **shoulder-width (u širini ramena)** or narrower.

**Execution (Izvođenje) :** Start by hanging (visite) from a bar, then pull your body upward until your chin passes the bar.

Muscles Targeted?



# Pull-ups (zgibovi s podhvatom)

Grip: In a pull-up, **your palms face away from you (dlanovi su okrenuti od vas)**, and your hands are spaced wider apart, usually beyond shoulder-width.

Execution: Similar to chin-ups, begin by hanging from a bar, then pull yourself up until your chin is over the bar.

Muscles Targeted?





# Dips (propadanja)



# Handstand (Stoj na šakama)





# Leg raises (podizanje nogu)

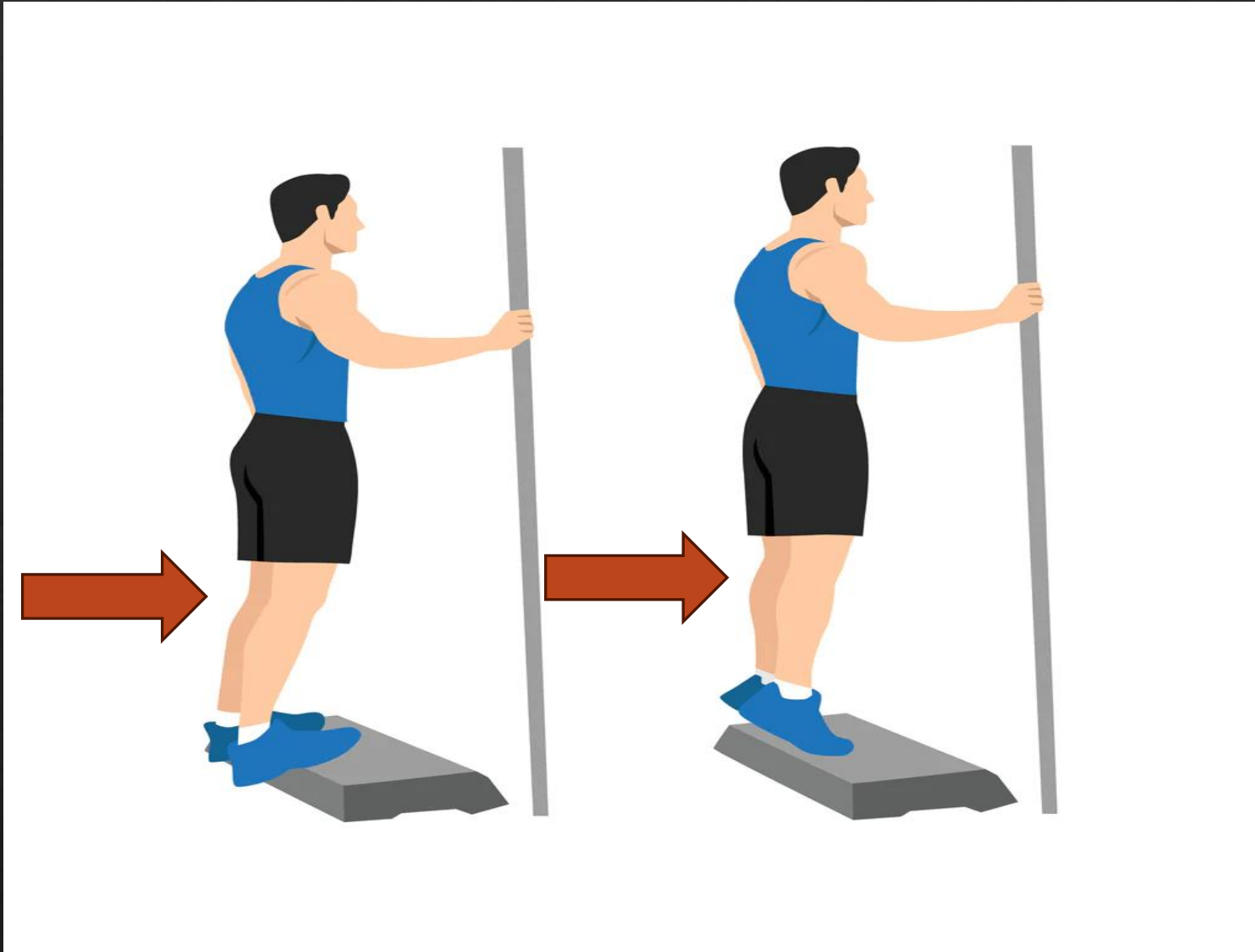


# Planks (izdržaj)





# Calf raises (podizanje na prste)



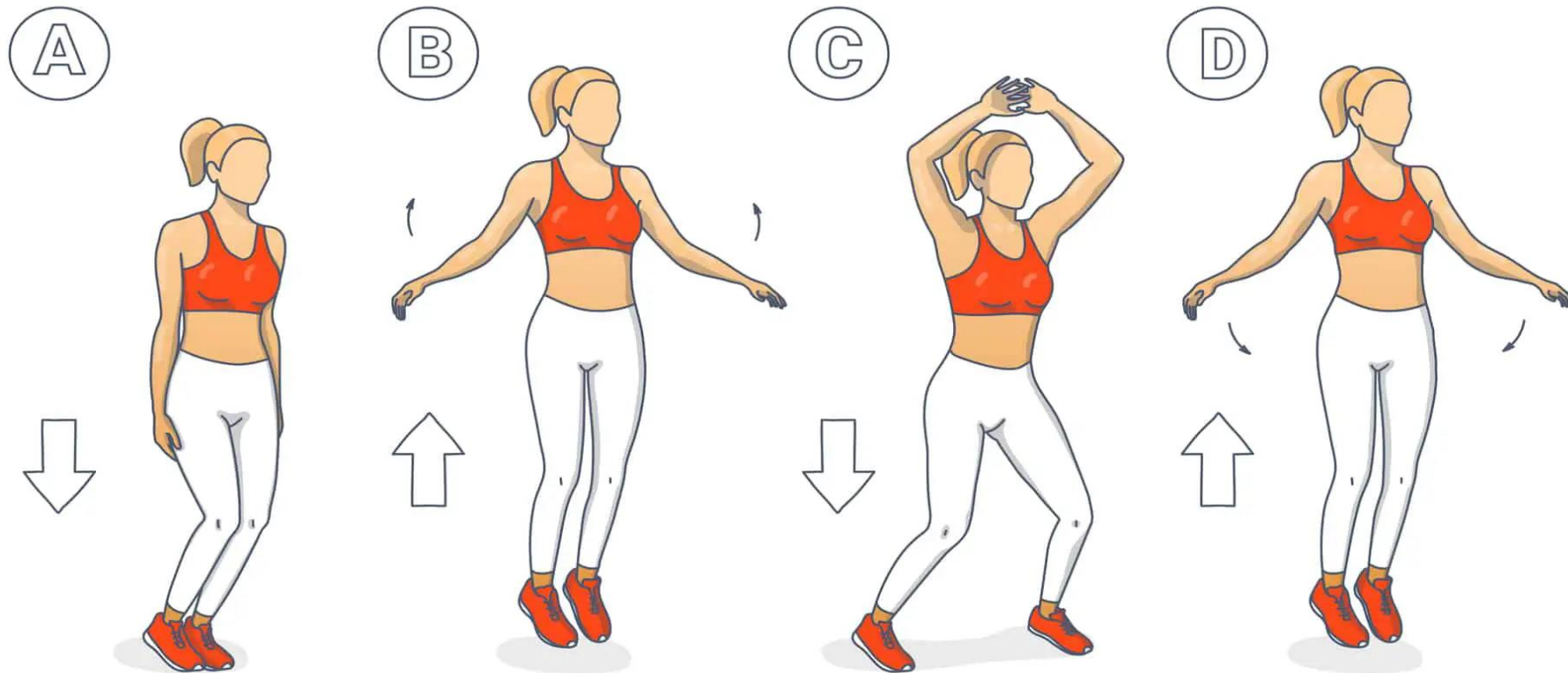
# Lunges (iskoraci)





# Jumping jack (džamping džeks)

## JUMPING JACKS



# Mountain Climbers (dinamični izdržaj s privlačenjem kolena)





# Russian Twists (ruski obrtaji – rotacije trupa u sedećem položaju)



# Wall sit (sedenje uz zid)







# CALISTHENICS FULL BODY WORKOUT



2 MIN REST BETWEEN CYCLES. MINIMUM REST BETWEEN EXERCISES

Thank you for your  
attention!