

Bodyweight Exercises.

Why? What for?

Benefits.

Introduction

During today's lesson, we want you to get to know exercises that don't require any equipment or going to the gym. They have a great impact on sleep, metabolism, and additionally, they will help you sculpt your body. Are you ready?

Slide 1

Exercises using your own body weight, because that's what we're talking about, are a way to build muscle mass, develop muscles, endurance, and also improve well-being and health.

Slide 2

Now, no excuse should be a barrier!

Slide 3

Exercises using your own body weight have a great impact on the muscles that maintain you in an upright position, known as postural muscles. Additionally, thanks to them, you can sculpt your silhouette. They help in motor coordination, improve stability and mobility. They build strength in a balanced way and over time lead to strengthening the whole body.

Slide 4

Why not with weights? Exercises using your own body weight are more effective because they do not affect the proper development of your bones and joints. They allow you to exercise all parts of your body, through appropriately selected exercises, positively affecting heart function.

Slide 5

A big advantage of such exercises is that you can do them whenever and wherever you want, even in the comfort of your own room.

Slide 6

How can you do it? The most important thing is to make the decision that you want to take care of your health, body, and well-being.

A bit like the hero of the movie "Too Fat for Cartoons".

Slide 7

And now let's get to work.

Slide 8

During the previous lessons, you learned about the important role warm-up plays. To ensure that exercises are safe, spend about 5 minutes warming up your entire body. If you don't remember, take a look at the warm-up lesson and remind yourself why it's important before training.

Slide 9

(points displayed one by one)

What exercises are you able to perform with your own body weight?

- Push-ups
- Squats
- Sit-ups
- Bridges
- Handstands
- Pull-ups
- Muscle up
- Jumps
- Lunges
- Leg lifts
- Skipping
- Plank

Slide 10

For the workout to be valuable, you shouldn't focus on just one selected body part, like the abdomen. Remember, the body is a whole, so to achieve the best results, the workout should be structured so that you exercise all parts of the body.

In bodyweight training, technique plays the most important role.

Slide 11

Avoid mistakes:

- Never do push-ups with elbows wide apart!
- Don't arch the lumbar spine!
- Remember to breathe correctly - inhale as you lift your body, exhale as you lower it.

- Keep your back straight and stand on your entire feet during squats! Make sure not to lift them or peel them off the floor!
- Initially, perform exercises in front of a mirror to control correct body posture!
- During squats, watch the position of your knees, which should be in line with your feet!
- When doing the plank, remember to keep your back straight and your abdominal muscles tight!
- Don't rush - perform exercises slowly and precisely!
- Remember to drink water!

Slides 12-16

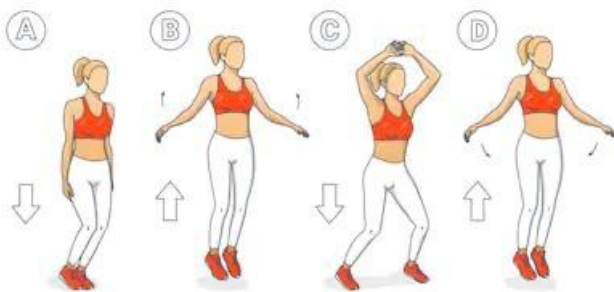
Sample full-body workout in Tabata format. Tabata is a short workout consisting of a series of exercises interrupted by a 10-second rest. It's a highly intensive training that affects the whole body.

Remember this word! Tabata is...

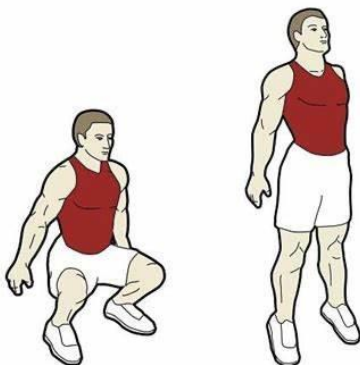
20 seconds of exercises plus 10 seconds of rest for each exercise.

Let's begin!

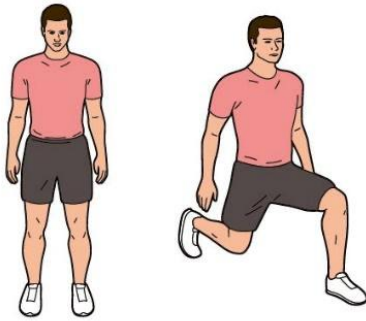
1. Jumping jacks



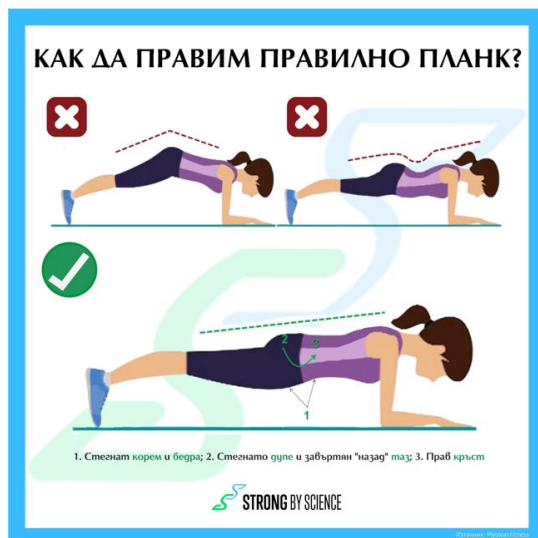
2. Jump squats



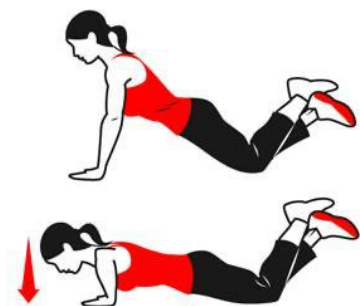
3. Lunges



4. Plank



5. "Women's" push-ups



6. Twists (Russian twist)

RUSSIAN TWIST

PRO VERSION

(A)



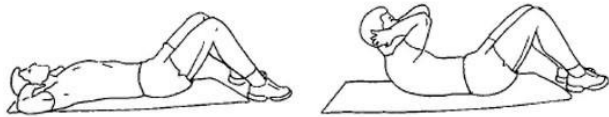
(B)



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7. Crunches



8. "fall - get up"



The training includes 4 sets with a 1-minute break between sets.

Slide 17

Fun Facts

The 3x30x130 Rule

According to medical recommendations, the minimum amount of weekly physical activity required for proper development is 3 workouts of at least 30 minutes each with a heart rate of 130 beats per minute.

Slide 18

What is Calisthenics?

Calisthenics is exercises involving the use of one's own body weight, without the use of equipment or additional weights. Exercises consist of elements such as jumping, pulling, pushing, bending, and squatting. This type of training aims to increase body fitness and flexibility, improve muscle condition, and thus coordination, balance, and agility.

Slide 19

Listening to music during workouts affects their intensity because the body adjusts to the rhythm. Try to find music that motivates you to exercise at least 3 times a week and train to the rhythm of the music.

Slide 20

The gluteus maximus is the largest muscle in the human body.

Slide 21

During exercise, endorphins are produced, which provide energy and joy in life.

Slide 22

Engaging in sports affects the production of serotonin, which improves mood and reduces the level of cortisol responsible for stress. If you exercise during the day, you give yourself the chance to relieve all the stress of school and be in a good mood. So think about whether it's worth giving up PE or starting your own workouts additionally, which will help you maintain a good mood and healthy appearance.

Slide 23

It's the body that decides where to burn fat, not exercises targeted at specific parts.

So exercise and trust your body!