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Street workout program pdf

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Find sources: Ã, "street workout" Ã ¢ â,¬ "Ã ¢ â,¬ Ã â,¬ Â · Newspapers Â · Books Â · ScholarÃ ¢ Â · JStor (April 2021) (Learn how and when to remove this message) (Find out how and when removing this message message) Street workouts are a physical activity performed in outdoor parks or public facilities. The movement behind street workouts became popular in Russia, Israel , Myanmar, Morocco, Eastern Europe and the United States, especially in New York City, Los Angeles, Chicago, Philadelphia, Miami, Baltimore, Washington, DC and other urban neighborhoods of the east coast. [1] [2] [3] [4] [5] [6] [7] It is a combination of athletics, calisthance and sport. [8] "Street Workout" is a modern name for calistenics (or body weight training) in outdoor parks . There are also street training teams and organized competitions for exercises such as pull-ups, chin-ups, push-ups, dives, files, muscles -up, sit-up and squat. A street workout also involves static (isometric) such as the human flag, the front lever, the rear lever, the L-SIT and the table. [9] Road workouts are divided into two main branches, strength and dynamic training. Force training includes isometric containing such as table, front lever and rear lever. This form of exercise also includes single-arm pull-ups, muscle-ups, single-arm push-ups and more. Dynamic exercises including switching can be connected with other moves to create routines or sets. Some of the benefits of street workouts according to those who do it: it is completely free; [10] [11] can be performed anywhere [10] no training or gym equipment is required; [12] Promotes healthy life, and a desirable physique can be achieved with it; [13] It is a social event. [10] History See also: History of physical education and fitness The history of calisthenics and general physical training and fitness is separated from that of contemporary street workouts. Some attribute the modern popular movement to have its roots in American prisons. [14] This theory derives from the idea that the removal of the weights of American prisons throughout the 1980s and the 1980s ultimately brought prisoners to practice the calistene as a means of survival, general health and rehabilitation. The theory continues to explain that once these ex-prisoners have been released, they continued to practice the circumstance and brought the calendar to their neighborhoods to promote processing and live a healthy lifestyle. [14] For this reason that in the United States, especially in urban communities, the currency of the term road training instead of the calistenutent is often considered a light and offensive. [14] The history of street workouts can essentially be divided into three periods of history: pre-youtube (1980s-2005), was golden (2008-2012) and was of identity € crimin (2013 - present present). [15] [Unreliable source?] The groups of New York City O Street Workout are widely accepted and considered pioneers and has made the modern movement widespread. [14] Different groups and crews developed their processing style by combining classic calistenics with exercises from sneakers, breakdance, hip hop and freerunning, or developed new movements themselves. These groups presented videos of the new form of On the Internet and triggered a regular boom all over the world, especially in eastern Europe. Pre-YouTube (1980-2005) The ritmic gymnastics group before registered or the crew Ruff Ryders [Disambiguation required] was founded in 2002 and is widely accredited to inspire other CALISTHENICS groups and disclose gymnastics through their Thug DVD workout . [15] [16] [17] [18] The most famous members from Ruff Ryders are I-Born and Big G. [Disambiguation required] The group of pre-youtube second registered gymnastics and probably more influential was Bartendaz who was Founded in 2003 by Giant Bartendaz was the first gymnastics crew to be present on television and mass offer an exhibition towards Calisthenics. Golden was (2008-2012) with the Invention of YouTube in 2005, groups and individuals began to load videos and collectively obtain dozens of millions of views. Many Calisthenics Athletes were able to climb to fame and inspire others within the respective communities and all over the world for training. [19] [15] [20] [21] Rhythmic gymnastics Groups such as Bartendaz, all is beastmode, bar-barbarians, team-Wingate and other motivated, innovated and open road to Calisthenics Other groups spread and made popular calisthenics through I Social media as and from barstarzz and strictly bar chat. Many competitions arose and raised to new heights during this period of time due to mass exposure from YouTube. [22] [23] [20] [15] Identity Crisis was (2013-today) similar to the current hip-hop state that originated also in New York City, gymnastics is in the middle of an identity crisis . [14] [15] During training, initial and golden phases was of rhythmic gymnastics, it was very clear that the movement was. Street gymnastics and training were interchangeable by all means. Anyone who trained free with free body exercises has been part of the community. Focus and training capacity were not necessarily important aspects of inclusion for the broadest community. Currently, this division and split is the maximum important question to move forward for the community and its overall growth. It is interesting to note that the terms are now flip-flops or moved. Those that once or yet consider themselves being practitioners rhythmic gymnastics now would be part of the road training category despite having problems with the term and those that once or still believe they are from road training professionals now fall into the rhythmic gymnastics category. Training via concentrates on the static straight arm, dynamic, power, strength, competition and do not emphasize minimum oscillation, acrobatics, gymnastics or herky-shots movements, such as pull-up crossfit. Significant YouTube channels such as that is a good price and Sean G upload, publish, and have athletes who would now be considered street training operators. [24] [25] [unreliable source?] Basic notions of training a typical road training routine [26] is composed of: athletic provides a system of exercises with various levels of effort provided for strength and strength development, as well as © to shape an athletic constitution. The exercise is used to increase the level of resistance, to develop fitness and rehabilitation. Isometric exercises, a type of training for the strength with which a static position is held. Gymnastics (Kalestenos) Ã ¢ is a complex of many simple exercises that perform by purely body weight. The purpose of these exercises is to form muscle strength and evolve complete fitness. Street workouts are usually performed outdoors or in specially designed street training parks. A typical Street Park workout looks like a playground and yes Of different bars, poles and other objects used for body weight exercises. [27] Road training in Slovenia in street training, people often create teams. Streetlifting Streetlifting is a sports force that combines gymnastics and weightlifting. Streetlifting make up of three high weight attempts on two pull-up or chin-up elevators and dip. [28] [29] Some competitions Competitions Include Muscle-up and back squats. [30] Streetlifting competitions also include a maximum repetition class in which competitors make only the elevators for the body, but for the maximum repetitions instead of the maximum weight. See also outdoor fitness Gym Gym Parkour References ^ "NY.C. is your urban gym | Movers and Shaker". MyproteinÃ ¢ "â ¢. 2019-07-24. Recovered 2021-04-29. ^ Clare Fischer, Mary (2019-04-16)." This philly native was shot at age 16. Now bringing a new type of movement in the city ". Magazine Philly. Recovered 2021-04-29. ^" The angle of athlete: the advanced calistens are pushing athletes to the extreme ". Los Angeles Sentinel. 2013-07-14 . Recovered 2021-04-29. ^ Ogle, Connie (2018-03-05). "These Buff athletes show us how to use the new equipment at the muscular beach". Recovered 2021-04-29. ^ "The bar workout Baltimore's monkey is not a joke ". Towson, MD Patch. 2011-08-23. Recovered 2021-04-29. ^" About PUPJ ". Pullparkjam. 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