



CALISTHENICS: FOR PRIMARY CONDITIONING

The Navy has large numbers of men to condition in a comparatively short time. Often, space is limited. Calisthenics have proved to be one of the best mass methods for accomplishing this end. Practically all great athletes and athletic coaches include calisthenic exercises and drills as part of their training routines. Calisthenics are used for warm-up and limbering-up purposes before many sports. In many instances calisthenic exercises also serve as a "tapering-off" period at the conclusion of a practice or drill session. In the Navy that also is the role of calisthenics. They are a part of, not the entire physical fitness program, as is evidenced by the broad scope of activities shown elsewhere in this article.

Many times men find themselves alone. Calisthenics are a means by which they can obtain exercise under such circumstances.

At Salerno, Italy, men of a U. S. cruiser get daily workout aboard ship. Calisthenics take up little room.

Drill with rifles is one form of calisthenics. Four other forms (there are dozens) are shown on the opposite page.

