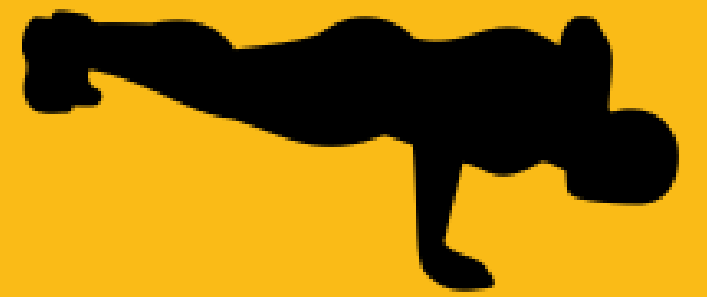


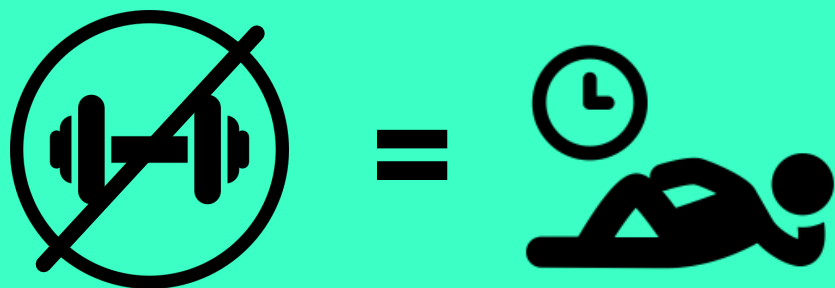
# Are Home Exercises as Beneficial as Gym Exercises?



## 1. INTRODUCTION

According to The Global Health & Fitness Association, data have shown that 15% of American gyms have closed permanently in 2020 due to the coronavirus pandemic.

Many gave up on exercising after their local gyms are closed.



Some choose to continue exercising at home using bodyweight movements. However, many seem to think that home exercises are not as effective as gym exercises. How did our ancestors, who had no access to the gym get so strong and built?

Studies have shown that human skeletons today are much weaker compared to those of our ancestors. Based on an article written by Lincoff, the reasonable explanation for that would be that they were much more physically active than us. Also, they had to hunt and gather their own food, which involves a lot of bodyweight movements such as running, climbing and jumping.

Another article on prison inmates written by Chauhan explains why prisoners look so physically fit while living in prison. It is said that they utilize high volume bodyweight training. Combined with balanced diet and optimum sleep, they were able to get into great shape even without access to gym equipment.

Can these bodyweight exercises used by prison inmates and our ancestors replace gym exercises?



Can bodyweight exercises done at home help us reach our fitness goals?

## 2. METHODS

Are home exercises as beneficial as gym exercises?

In this research, information from online fitness articles and videos will be collected and evaluated.

First, I would like to clarify that bodyweight movement is also known as calisthenics, which is usually done at home or outdoor parks. We will be using the term 'calisthenics' to replace 'bodyweight exercises' throughout this paper.

The gym exercises in this paper refer to exercises that involve usage of weights including barbell squats, deadlifts, bench press and exercises done with gym machines such as cable machines and smith machines. Calisthenics are bodyweight movements that do not involve heavy weights such as push-ups, pull-ups and squats.

I will be comparing the benefits of both calisthenics and gym exercises, as well as the effectiveness of calisthenics in developing a healthy and functional body.

## 3. FINDING

HOME EXERCISES (CALISTHENICS) ALLOW ONE TO :

- DEVELOP BODY CONTROL
- MAINTAIN HEALTH AND ATHLETICISM
- IMPROVE CONDITIONING AND FAT LOSS
- TRAIN WHOLE BODY AS A UNIT WITH COMPOUND EXERCISES



VS

GYM EXERCISES ALLOW ONE TO :

- EASILY TRACK PROGRESS BY LOWERING/INCREASING WEIGHT
- ADJUST DIFFICULTY WITH WEIGHTS
- TARGET SPECIFIC MUSCLE GROUPS WITH ISOLATION EXERCISES
- TRAIN EVEN WHILE INJURED



To summarize the benefits of both, calisthenics allows greater fat loss, improved athleticism and body control while gym exercises allows one to target specific muscle and easily track their fitness progress using weights. However, proper technique should be emphasized more in gym exercises as loading your spine with heavy barbells or lifting heavy weights in general could place stress on your joints, potentially causing serious injuries if done incorrectly.

Can home exercises replace gym exercises?  
If seeking weight loss or general fitness, then YES.

## 4. DISCUSSION

Calisthenics is a great tool to utilize if one seeks weight loss or general health improvement as their fitness goals.

Although having a steeper learning curve when it comes to progression compared to gym exercises, it is completely possible to get stronger with calisthenics. Resistance is resistance; our body does not know the difference between the resistance coming from weights or simply our bodyweight.

Calisthenics has proven beneficial for fat loss, which is most people's fitness goal as it involves multiple muscle groups which helps burn more calories compared to seated machine exercises at the gym.

Other benefits of calisthenics include :

- ✓ Less stress on joints
- ✓ Improve endurance
- ✓ Improve psychomotor skills (such as balance, agility and coordination)

However, all the information sources seem to agree that GYM EXERCISES COULD BE MORE BENEFICIAL IF one is looking for :

- Maximal muscle growth like a bodybuilder
- Maximal strength development like a powerlifter

Most people seek to achieve general fitness and improved body composition, which is completely attainable with calisthenics. Some would say that adding weights to calisthenics exercises (also known as weighted calisthenics) will allow one to get the best from both worlds; athleticism, fat loss and muscular endurance from calisthenics and strength development from gym exercises. However, at that point it would no longer be considered a bodyweight exercise, which contradicts the purpose of this study.

Even if one has full access to gym equipment, with all the studies suggesting the benefits of calisthenics I think that they should incorporate calisthenics exercises into their gym training program, as they are the foundational pieces to any fitness program.

We should strive for a healthy and functional body, not just one that looks strong but unable to perform simple tasks such as climbing a flight of stairs without getting tired.

As a conclusion, home exercises or calisthenics are as beneficial as gym exercises, or can be better depending on your fitness goals.

Referral links :

1. <https://www.healthline.com/health-news/why-you-need-to-exercise-more-than-your-ancestors-122414#1>
2. <https://www.alphamale.co/9-reasons-why-do-prisoners-look-so-much-jacked-and-muscular/>