eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

A Comparative Study of the Effects of Military Calisthenics on the Health of Youth and Older Adults

Dr. Pushpender Singh[1]
[1]Assistant Professor Physical Education, Government College Lateef Nagar, Sarojini Nagar, Lucknow

Received: 21 June 2026 Accepted & Reviewed: 25 September 2026, Published: 30 Septemper 2026

Abstract

Military calisthenics refers to a type of physical training where one uses one's body weight. From as early as history remembers military calisthenics has been applied as a form of training military soldiers. In modern days, the exercises have also been included in ordinary fitness programs. The effectiveness of the training for youngsters is high since calisthenics training works on development of their muscular strength, cardiovascular system, body efficiency as well as mental strength. The older generations can benefit from the adapted training and achieve some improvement in daily life activities. Though the benefits of the training for both young and old generations are based on the same principles, it should be noted that the intensity and volume of exercises differ. The young people may follow more intensive and progressive training, while the elderly can participate in training of low-impact, balance-related nature and make it according to their capabilities. The purpose of this paper is to conduct research on military calisthenics and examine the similarities and differences of its effects on people of different ages.

Keywords: Military calisthenics, youth, senior citizens, physical health, strength, endurance, balance, functional fitness.

Introduction

Health is a huge problem in our daily lives now. Inactivity is a serious health problem today. Long hours of sitting while studying or working, too much use of digital devices, and a lack of physical activity affect the physical health of a person. In such a situation, exercise is a matter of minimal equipment and in a relatively small space with little equipment to do so. There are some of the most useful exercise systems that can be performed with little equipment and small spaces. The word "calisthenics" is thought to originate from Greek words of beauty and strength. It involves push-ups, squats, lunges, pull-ups, planks, sit-ups, and various dynamic exercises. These types of exercises from military training are performed in a more structured and functional manner, known as military calisthenics. Military calisthenics is not only to increase muscle size but also to train the body for different physical activities. Military training requires capabilities such as running, lifting, pushing, pulling, climbing, and sustaining activity over long periods of time, so calisthenics is about coordination, mobility, strength, stamina, and mental discipline. Although military training seems more appropriate for young people, many of its basic principles can also be adapted to older people. Muscle strength and balance are very important for seniors, so a comparison of calisthenics training for both groups is needed.

2. Need for the Study:

During the youth stage, physical abilities are generally at a peak level. The outcome of exercise at this stage is proper development of speed, coordination, balance, and endurance. However, with aging come the changes, such as the loss of muscle strength, decline of bone density, struggles with balance, and mobility. Therefore, at this age, the aim of physical workout is not only obtaining the optimum performance level, but also leading a more independent way of life.

eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

The exercises done in the frame of military calisthenics can be changed depending on the user's age and skills. For example, a young individual can do standard push-ups, while an older person can start performing push-ups on a wall or some other high surface. The same situation is with the body squats: while a younger person can be doing squats, an older person can be doing sit-to-stand motions using a special chair.

Thus, the same principle of exercises can be applied regardless of one's age and abilities.

3. Objectives of the Study:

The primary objectives of this research paper are as follows:

1. To understand the concept and key characteristics of military calisthenics.

2. To study the effects of military calisthenics on the health of the youth.

3. To study its potential effects on the health of older adults.

4. Comparing its effects across both age groups.

5. Highlighting the need to tailor training for different age groups.

6. Explaining the importance of safe and progressive calisthenics training.

4. Research Methodology:

The current research is of descriptive and comparative character. It is contingent upon scientific literature and studies published before, which dealt with physical fitness, calisthenics, strength training, and physical activity of old people, and health. Mainly the research consists of comparisons of what kinds of exercises people do, what benefits are associated with this form of training, and what precautions are needed by younger and older people.

In the study, which cannot be attributed to the experimental studies, one finds no results of direct experiments on a specific group. Findings from different works have been understood taking into account general scientific principles while understanding exercise science.

5. Concept of Military Calisthenics:

Military Calisthenics is a system of exercises that is associated with military training. Engaging several muscle groups done by means of one's own body weight is the essence of this activity. It may include separate exercises, circuit systems of exercises, and group forms of training.

Among the key forms of exercise may be listed the following: - Push-ups - Squats - Walking lunges - Planks - Sit-ups - Pull-ups - Mountain climbers - Burpees - Jumping jacks - Crawling – other dynamic exercises.

What is of key importance regarding military calisthenics is that it is functional.

6. Impact of military calisthenics on the health of young people:

6.1 Building muscular strength - Push-ups, pull-ups, squats, lunges all involve different muscles in the body. Regular and progressive training will provide muscle strength and quality of life. This type of training is ideal for young people as young people have a lot to gain in terms of physical performance and flexibility to training.

6.2 Cardiorespiratory Endurance

eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

In military-style circuits, multiple exercises are performed in succession. The cardiovascular system and respiratory system are then put under a lot of stress. Frequent training can increase aerobic and functional endurance of the individual. But calisthenics is not a replacement for all cardiovascular activities. And running, cycling and swimming can be included in a full fitness program.

6.3 Body Mobility and Coordination

Squats, lunges, crawls and other dynamic exercises are made to use different joints and muscle groups at once. This can help in coordination of joints and muscle groups.

6.4 Core Strength - In planks, push-ups and other bodyweight exercises the abdominal and back muscles stabilize the body. This can build core strength and stability.

6.5 Mental Health.

Regular physical activity can help with stress relief, mood and general mental health. The training is disciplined and military and self-discipline and self-confidence are cultivated through goal-setting, consistency and group activities.

7. Effects of Military Calisthenics on Older Adults:

In these situations, it is more suitable for older people to practice military calisthenics in a modified form than in a high-intensity military one.

7.1 **Preservation of Muscular Strength**

Muscular strength is decreasing as we get older. And safe strength exercises with body weight or light resistance can help to maintain it. Sit-to-stand exercises, wall push-ups and controlled squats are some simple variations.

7.2 Improving Balance

Balance and function are key to older people. For example, standing on one leg, leg lifts and sit-to-stand movements will help with balance and functional ability.

7.3 Mobility

Moderate, light exercises help maintain joint mobility and the ability to move with the day. The legs, hips and torso are especially helpful.

7.4 **Functional Ability in Daily Life**

Fitness for older people - in particular, the ability to live alone. Functional exercises help develop strength and balance when walking, climbing stairs, lifting things and so on.

7.5 Psychological Benefits

Physical activity is an excellent contributor to social participation, self-reliance, and mental health for older adults. And doing light/safe group exercises can help older adults to stay socially active.

8. Comparative Study: Youth vs. Older Adults

eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

Basis	Youth	Older Adults
Primary Objective	Enhancing strength, endurance, and physical performance	Maintaining strength, balance, mobility, and independence
Training Intensity	Moderate to high, according to individual capacity	Light to moderate, according to individual capacity
Key Exercises	Push-ups, pull-ups, squats, burpees, etc.	Chair squats, wall push-ups, supported lunges, etc.
Progression	Increasing repetitions, sets, resistance, or exercise difficulty	Gradually increasing duration, repetitions, or exercise difficulty
Balance	A component of overall physical fitness	A crucial component of functional fitness and fall prevention
Recovery	May generally require relatively less recovery time	May require longer recovery periods and adequate rest
Risk of Injury	Risk may increase with improper technique, excessive intensity, or overtraining	Greater caution may be required because of balance limitations, joint concerns, and individual functional capacity
Training Approach	Can be performance-oriented, with progressive overload and skill development	Should primarily be functional, health-oriented, and focused on maintaining independence

9. Comparative impact on physical health:

Military calisthenics is useful for improving physical performance in younger people but for the elderly, it is useful for preserving performance in daily activities and maintaining physical capabilities.

The youth must improve strength and endurance to achieve better training results which will allow them to move to more complex exercises. Older people, however, have to perform the exercises in the easier forms.

For example, a young person can do push-ups on the floor, while an older one does them against a wall. A young person can perform squats, while an older person can practice sitting down and getting up from a chair.

Thus, even though the name of the exercise is identical, its complexity and goals are distinct.

10. Comparison of mental and social effects:

High-pressure training for young people has a role to play in developing skills and values such as goal setting, discipline, self-confidence, and a sense of belonging.

Meanwhile, older adults can improve their social skills, independence, and lead an active lifestyle through group exercise activities. Regular physical activity will also help them carry out their everyday routines.

However, it is important to be aware that influence on mental state varies from one individual to another depending on their personal situation and previous exercise experience.

eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

11. Training Intensity and Adaptation:

Military calisthenics training is a personalized activity. Age, physical condition, past injuries and experience must be taken into account while developing a program.

For youth, this stage consists of:

- warming up
- learning how to perform the exercises correctly
- gradually making it more complex
- allowing enough time for recuperation
- organizing the training sessions properly

For the elderly, one should:

- take health and ability to train into consideration
- stick to simple and safe exercises at first
- use aids if needed
- introduce balance and coordination exercises
- stop workout in case of feeling tired or pained
- hire a trainer.

12. Potential Risks and Precautions:

The benefits of military calisthenics can only unfold when proper technique and adequate intensity are applied. Problems arise from the use of too much intensity, bad technique, or insufficient rest, which can cause excessive load on the muscles and joints.

Older adults should pay specific attention to balance and the hazard of falling. As a result, activities involving abrupt changes of position, fast jumping, or unstable positions should be adjusted according to personal abilities.

Anyone with existing health problems must get necessary recommendations from a competent health or physical activity specialist before embarking on any new or stronger exercise regime.

13. Discussion:

Through comparative analysis, it has been proved that military calisthenics is a hard-to-implement concept. From one side, the concept can be used for the training of various parameters—strength, vigor, coordination, etc. For example, military calisthenics may be utilized in youth as a unique method of performing vigorous exercises with the aim of training various qualities. From another side, when it comes to elderly people, the concept must be revised and corrected for the purpose of improving health, movement, balance, and self-dependence of individuals.

It must be noted, however, that the term "military calisthenics" should not be considered merely as a series of exercises commonly performed by the military personnel.

eISSN 2583-6986
IDEALISTIC JOURNAL OF ADVANCED RESEARCH IN PROGRESSIVE SPECTRUMS (IJARPS)
A MONTHLY, OPEN ACCESS, PEER REVIEWED, INTERNATIONAL JOURNAL
Volume 05, Issue 09, September 2026 DOI- https://doi.org/10.5281/zenodo.23634692

14. Conclusion:

It is evident that there may be many benefits of military calisthenics regarding the overall physical fitness development. In younger people, military calisthenics may be very helpful in achieving maximum muscle volume, endurance, balance, and coordination, while in older adults, a modified approach can help them keep their strength, balance, and good mobility.

Although the same principles are used in calisthenics for both age groups, the efficiency of performance, the approach to the execution of the exercises, and the purposes of training will be different. For younger people, it is needed to focus on the aim of the exercise, while older persons would benefit from performing their training to a greater extent in terms of safety and effectiveness.

15. Suggestions:

1. Calisthenics training must take into account factors like age and personal ability.

2. It is best to carry out a proper warm-up before workout sessions.

3. Attention must be paid to proper techniques while exercising.

4. It is necessary to focus on balance and functional exercises for older adult programs.

5. Young people must be given enough rest and not overloaded with fitness training to allow for proper recovery.

6. It is necessary to use the principle of progressive training.

7. It is advisable to seek professional help for patients with specific health issues.

8. Studies with large sample sizes are necessary in order to obtain data on long-term impacts of calisthenics training on people of different ages.

References:

1. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. Wolters Kluwer.

2. World Health Organization. WHO Guidelines on Physical Activity and Sedentary Behaviour. Geneva: WHO.

3. American College of Sports Medicine. Exercise and Physical Activity for Older Adults.

4. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans.

5. McArdle, W. D., Katch, F. I., & Katch, V. L. Exercise Physiology: Nutrition, Energy, and Human Performance. Wolters Kluwer.

6. Kenney, W. L., Wilmore, J. H., & Costill, D. L. Physiology of Sport and Exercise. Human Kinetics.

7. National Institute on Aging. Exercise and Physical Activity for Older Adults.

8. World Health Organization. Physical Activity: Key Facts.