

reddit bodyweight exercises

reddit bodyweight exercises have exploded in popularity as a practical and accessible way to achieve fitness goals. From r/bodyweightfitness to various fitness subreddits, the community offers a wealth of knowledge, routines, and support for individuals looking to train effectively without specialized equipment. This guide will delve deep into the world of Reddit-driven bodyweight training, exploring its core principles, popular programs, and how to integrate these exercises into a sustainable fitness journey. We will cover fundamental movements, progression strategies, and common pitfalls to avoid, ensuring you have a comprehensive understanding of how to leverage the collective wisdom of Reddit for your personal fitness transformation.

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Understanding the Appeal of Reddit Bodyweight Exercises

The allure of Reddit bodyweight exercises stems from their inherent accessibility and cost-effectiveness. Unlike traditional gym memberships or expensive home equipment, bodyweight training requires nothing more than your own body and a small amount of space. This democratizes fitness, making it attainable for almost anyone, regardless of their financial situation or geographical location. Furthermore, the structured yet flexible nature of many bodyweight routines allows for a highly personalized approach to fitness.

The collaborative nature of Reddit communities fosters an environment of shared learning and mutual encouragement. Users can ask questions, share their progress, and receive advice from experienced individuals who have navigated similar fitness journeys. This constant flow of information and support is invaluable for beginners who might otherwise feel overwhelmed or discouraged. The emphasis on progressive overload through mastering fundamental movements also ensures that results are not only achievable but sustainable.

The Foundational Principles of Bodyweight Training

At its core, bodyweight training relies on the principle of using your own body's resistance to build strength, endurance, and flexibility. This involves performing movements that challenge your muscles through various planes of motion. The key to effective bodyweight training lies in understanding and applying the concept of progressive overload, which is the gradual increase of stress placed upon the neuromuscular system. This doesn't necessarily mean adding external weight, but rather increasing the difficulty of the exercises themselves.

Fundamental principles include mastering basic movement patterns such as pushing, pulling, squatting, and hinging. These patterns form the basis of almost all physical activity and are crucial for developing a well-rounded physique and functional strength. Proper form is paramount to prevent injuries and maximize muscle engagement. Focusing on controlled movements, full range of motion, and mind-muscle connection are critical components that contribute to long-term success.

Leveraging Progressive Overload

Progressive overload is the cornerstone of any effective training program, and bodyweight training is no exception. For bodyweight exercises, this can be achieved through several methods. One common approach is increasing repetitions or sets. As you become stronger, you can perform more reps of an exercise within a set, or add more sets to your workout. Another effective method is to decrease rest times between sets, thereby increasing the overall intensity of the workout.

More advanced progressions involve altering the exercise itself to make it more challenging. This could mean increasing the range of motion, changing the tempo (slower negatives or pauses), or moving to a more difficult variation of the exercise. For instance, progressing from knee push-ups to standard push-ups, then to decline push-ups, or even one-arm push-ups, demonstrates a clear increase in difficulty without adding external weight. Understanding these progression paths is vital for continuous improvement.

The Importance of Form and Technique

Perfecting form is non-negotiable when engaging in reddit bodyweight exercises. Incorrect technique not only limits the effectiveness of an exercise by failing to properly engage the target muscles but also significantly increases the risk of injury. Beginners are often advised to focus on mastering the basic variations of exercises with impeccable form before attempting more complex movements or increasing repetitions. This dedication to technique ensures that the stimulus is applied effectively to the muscles, leading to better strength gains and hypertrophy.

Resources within bodyweight communities often provide detailed form guides, video demonstrations, and opportunities for feedback. Paying close attention to cues such as maintaining a neutral spine, engaging the core, and controlling the descent and ascent of each movement will yield far superior results than simply trying to do as many repetitions as possible with poor form. Consistency in practicing correct form builds neuromuscular pathways that enhance both strength and coordination.

Popular Reddit Bodyweight Exercise Programs and Routines

The r/bodyweightfitness subreddit is a treasure trove of information, with its cornerstone being the "Recommended Routine." This program is meticulously designed for beginners and intermediates, offering a structured approach to full-body training. It emphasizes compound movements that target major muscle groups and provides clear guidance on progression. The routine is typically divided into four subsets: warm-up, strength training, skill work, and cool-down.

Beyond the Recommended Routine, many users share their personalized programs and progress logs, offering diverse perspectives and training methodologies. These can range from hypertrophy-

focused splits to endurance-building circuits. The adaptability of bodyweight exercises allows individuals to tailor their routines to specific goals, such as improving pull-up strength, mastering handstands, or developing aesthetic muscle definition. Exploring these varied approaches can provide inspiration and innovative ways to train.

The r/bodyweightfitness Recommended Routine

The r/bodyweightfitness Recommended Routine is a comprehensive, progressive program suitable for all levels, particularly beginners. It is structured to build a solid foundation of strength and skill through fundamental bodyweight movements. The routine typically includes exercises for upper body pushing (e.g., push-ups, dips), upper body pulling (e.g., rows, pull-ups), lower body (e.g., squats, lunges), and core (e.g., planks, leg raises).

Each exercise has several progression levels, allowing users to gradually increase the difficulty as they get stronger. For instance, a beginner might start with assisted pull-ups or Australian pull-ups and work their way up to full pull-ups. The routine also emphasizes the importance of proper form and provides links to resources for learning correct technique. It's designed to be performed 2-3 times per week with rest days in between, promoting recovery and muscle growth.

Other Notable Reddit Routines and Approaches

While the Recommended Routine is a widely acclaimed starting point, the Reddit fitness sphere offers a multitude of other approaches that cater to varied preferences and goals. For instance, some users advocate for more advanced calisthenics-focused routines that prioritize skills like the muscle-up, planche, or front lever. These routines often involve higher volume and intensity, with a greater emphasis on strength and power development.

Other popular methods include skill-based training where individuals dedicate specific sessions to mastering a particular calisthenics skill, breaking it down into smaller, manageable progressions. There are also routines that lean towards hypertrophy, incorporating techniques like higher repetitions, specific tempo work, and advanced variations to maximize muscle growth. The beauty of these shared routines is their adaptability and the willingness of the community to offer advice on customization.

Mastering Key Bodyweight Exercises

To effectively utilize reddit bodyweight exercises, it's crucial to understand the form and progression of foundational movements. These exercises, when performed correctly and progressively overloaded, can build significant strength and muscle. They form the building blocks of any comprehensive bodyweight fitness program and are adaptable to varying levels of fitness.

Each exercise offers multiple variations, allowing individuals to scale the difficulty to their current strength level while working towards more advanced versions. The focus should always be on quality of movement and proper muscle activation rather than simply completing a high number of repetitions. This deliberate approach ensures safe and effective training, laying the groundwork for long-term progress.

Pushing Movements: Push-ups and Dips

Push-ups are a fundamental upper-body pushing exercise that primarily targets the chest, shoulders, and triceps. Beginners can start with incline push-ups (hands elevated on a surface) or knee push-ups. As strength increases, they can progress to standard push-ups, decline push-ups (feet elevated), diamond push-ups (hands close together), or clapping push-ups for increased explosiveness. Maintaining a rigid body and controlling the descent are key to proper form.

Dips are another excellent pushing exercise, particularly targeting the chest, triceps, and shoulders. They can be performed on parallel bars, sturdy chairs, or even the edge of a table. Beginners can start with bench dips (hands on a bench, feet on the floor), which place less stress on the shoulders. Progression involves moving to parallel bars and eventually to deeper dips or variations like ring dips. Keeping the body upright emphasizes the triceps, while leaning forward targets the chest more.

Pulling Movements: Rows and Pull-ups

Pulling exercises are essential for a balanced physique and often require some form of apparatus. Australian rows, also known as inverted rows, are a great starting point. They can be performed using a low bar, a sturdy table, or even a suspension trainer. The angle of your body determines the difficulty; a more horizontal body position makes the exercise harder. Focus on pulling with your back muscles, squeezing your shoulder blades together at the top of the movement.

Pull-ups are considered a benchmark exercise in bodyweight training, targeting the back muscles (lats), biceps, and forearms. If you cannot perform a full pull-up, assisted pull-ups using resistance bands or an assisted pull-up machine are excellent stepping stones. Negative pull-ups (jumping to the top position and slowly lowering yourself down) also help build the necessary strength. Once you can perform several clean pull-ups, you can explore variations like chin-ups (palms facing you, more bicep emphasis) or weighted pull-ups.

Lower Body Exercises: Squats and Lunges

Squats are a foundational movement for lower body strength, engaging the quadriceps, hamstrings, and glutes. Basic bodyweight squats involve standing with feet shoulder-width apart and lowering your hips as if sitting into a chair, ensuring your back remains straight and your chest up. Progressions include increasing depth, pausing at the bottom, or performing variations like pistol squats (one-legged squats), which require significant balance and strength.

Lunges are excellent for unilateral leg strength and stability, working the quads, hamstrings, and glutes of the front leg, as well as engaging the core for balance. Forward lunges, reverse lunges, and walking lunges are common variations. To increase difficulty, one can increase the range of motion, hold weights (if available), or perform jump lunges for a plyometric challenge. Proper form involves a controlled descent, ensuring the front knee doesn't go past the toes and maintaining an upright torso.

Core Strength: Planks and Leg Raises

A strong core is vital for stability, posture, and the execution of all other bodyweight exercises. Planks are a static exercise that strengthens the entire core, including the abdominals, obliques, and

lower back. The standard plank involves holding a push-up like position on your forearms, keeping your body in a straight line from head to heels. Progressions include side planks, plank jacks, or planks with limb raises.

Leg raises are an effective exercise for targeting the lower abdominal muscles. Lie on your back with your legs extended and lift them towards the ceiling, keeping your core engaged and lower back pressed into the floor. For beginners, bending the knees can make the exercise easier. As you get stronger, you can progress to hanging leg raises, performed while hanging from a pull-up bar, which significantly increases the challenge and engagement of the abdominal muscles.

Progression Strategies for Continuous Improvement

Sustained progress in bodyweight training hinges on the consistent application of progressive overload. Simply repeating the same exercises with the same rep ranges indefinitely will lead to plateaus. Therefore, understanding and implementing various progression strategies is paramount for continued gains in strength, endurance, and muscle mass. The beauty of bodyweight training lies in its infinite scalability, allowing you to continually challenge yourself.

These strategies are not mutually exclusive; often, a combination is used to ensure a well-rounded approach to fitness. The key is to listen to your body, track your progress, and adjust your training as needed. Experimenting with different methods will keep your workouts engaging and effective, preventing boredom and ensuring you continue to see results.

Increasing Repetitions and Sets

The most straightforward method of progression is to gradually increase the number of repetitions you can perform within a set, or to add more sets to your workout. For example, if you can comfortably complete 10 push-ups, aim for 11 or 12 in your next session. Once you can consistently perform a higher number of reps (e.g., 15-20 for most exercises), you might consider adding an extra set. This strategy directly increases the total volume of work performed, stimulating muscle adaptation.

It's important to maintain good form even as you increase reps or sets. Pushing for too many reps with sloppy technique negates the benefits and increases injury risk. This method is particularly effective for building muscular endurance and a solid foundation of strength. As you approach the upper limits of repetitions for an exercise, it may be time to consider a more advanced variation.

Decreasing Rest Times

Reducing the rest periods between sets is another effective way to increase workout intensity and challenge your cardiovascular system along with your muscles. If you initially rest for 90 seconds between sets, try shortening it to 75 seconds, then 60 seconds, and so on. This forces your muscles to recover more quickly and can lead to improved work capacity and anaerobic conditioning.

This strategy is particularly useful for maintaining a higher heart rate throughout your workout, contributing to both strength and fat loss goals. Be mindful not to reduce rest times to the point where your form suffers significantly on subsequent sets. The goal is to increase the metabolic stress on the muscles and improve their efficiency, not to simply rush through the workout.

Introducing More Challenging Exercise Variations

The most impactful method of progression in bodyweight training often involves transitioning to more difficult variations of exercises. This principle is central to many Reddit-developed programs. For example, moving from standard push-ups to decline push-ups, archer push-ups, or even pseudo planche push-ups significantly increases the load on the muscles. Similarly, progressing from assisted pull-ups to full pull-ups, then to weighted pull-ups or one-arm pull-ups, represents a substantial leap in difficulty.

This approach ensures that you are continuously overloading your muscles in new and challenging ways. It also develops a broader range of strength and skill. Researching and understanding the progression paths for each fundamental movement is key to effectively applying this strategy. It requires patience and dedication, but the strength and control gained are immense.

Tempo and Range of Motion Adjustments

Manipulating the tempo (speed) at which you perform an exercise and increasing the range of motion (ROM) can also be potent tools for progression. For instance, performing the eccentric (lowering) phase of a movement very slowly (e.g., 3-5 seconds) can increase time under tension and muscle damage, promoting hypertrophy. Adding pauses at the most challenging point of an exercise, such as at the bottom of a squat or the top of a pull-up, increases muscular engagement and control.

Expanding the range of motion, where safely possible, can also lead to greater muscle activation and strength development. For example, performing push-ups with hands on elevated blocks to allow for a deeper chest stretch can be more challenging than standard push-ups. Similarly, deepening your squat below parallel (if mobility allows) can increase glute and hamstring activation. These adjustments require focus and control, ensuring that the increased difficulty is managed safely and effectively.

Building a Sustainable Bodyweight Workout Plan

Creating a sustainable bodyweight workout plan involves more than just selecting exercises. It requires understanding your personal goals, available time, and recovery needs. The principles of consistency, progressive overload, and proper recovery are paramount. A well-structured plan ensures that you continue to make progress over the long term without burnout or injury.

The key to sustainability is creating a routine that you can realistically adhere to. This means being honest about your schedule, energy levels, and preferences. A plan that is too demanding or too rigid is likely to be abandoned. By incorporating smart progression, adequate rest, and a focus on enjoying the process, you can build a fitness habit that lasts a lifetime.

Assessing Your Fitness Level and Goals

Before embarking on any bodyweight training program, it's essential to honestly assess your current fitness level. Are you a complete beginner, or do you have some experience with exercise? Identifying this will help you choose the appropriate starting point for exercises and progressions. Equally important is defining your fitness goals. Are you aiming to build general strength, increase muscle mass (hypertrophy), improve endurance, or enhance athletic performance? Your goals will shape the type of exercises, rep ranges, and training frequency you adopt.

For instance, someone focused on building significant muscle mass might prioritize exercises with more challenging variations and slightly lower rep ranges (e.g., 8-12 reps), while someone focused on endurance might perform higher reps (e.g., 15-25+) with shorter rest periods. Setting realistic, measurable, achievable, relevant, and time-bound (SMART) goals can provide direction and motivation.

Structuring Your Weekly Training Schedule

A common and effective structure for bodyweight training, especially for beginners and intermediates, is a full-body routine performed 2-3 times per week with at least one rest day between sessions. This allows for ample recovery, which is crucial for muscle repair and growth. For example, a typical week might look like Monday (Workout), Tuesday (Rest), Wednesday (Workout), Thursday (Rest), Friday (Workout), Saturday/Sunday (Rest or active recovery).

As you advance, you might consider splitting your routine. This could involve an upper/lower body split, or even a push/pull/legs split, allowing for more targeted training and potentially higher frequency for certain muscle groups. The key is to ensure you are giving your body adequate time to recover. Listen to your body; if you feel consistently fatigued or sore, you may need to adjust your training frequency or volume.

The Role of Warm-up and Cool-down

Never underestimate the importance of a proper warm-up and cool-down. A warm-up prepares your body for exercise by increasing blood flow, raising your body temperature, and activating your muscles and joints. This can include light cardio like jogging in place or jumping jacks, followed by dynamic stretches such as arm circles, leg swings, and torso twists. The goal is to mobilize your body without causing fatigue.

A cool-down, on the other hand, helps your body gradually return to its resting state. This typically involves static stretching, holding each stretch for 20-30 seconds, focusing on the major muscle groups worked during the session. This can help improve flexibility, reduce muscle soreness, and promote recovery. A consistent warm-up and cool-down routine not only enhances performance but also significantly reduces the risk of injury.

Common Pitfalls and How to Avoid Them

While bodyweight exercises are highly accessible, there are common mistakes that can hinder progress or lead to injury. Being aware of these pitfalls and proactively working to avoid them is crucial for a successful and enjoyable fitness journey. Many of these are discussed extensively within online fitness communities, offering a wealth of shared experience.

By focusing on education, patience, and consistency, you can navigate these challenges and build a robust and effective bodyweight training practice. Remember that fitness is a marathon, not a sprint, and avoiding these common errors will set you up for long-term success.

Neglecting Proper Form

One of the most significant pitfalls is prioritizing quantity over quality when it comes to exercise execution. Doing hundreds of repetitions with poor form will not build strength effectively and can lead to injuries such as joint pain or muscle strains. Always strive for controlled movements and ensure you feel the target muscles working. If unsure, watch reputable instructional videos or seek guidance from experienced individuals.

To combat this, focus on mastering each exercise variation with perfect form before increasing repetitions or moving to a harder variation. It's better to do fewer perfect reps than many sloppy ones. Many online communities offer opportunities for users to post videos of their form for feedback. Utilize these resources to ensure you are on the right track.

Skipping Warm-ups and Cool-downs

As mentioned earlier, neglecting warm-ups and cool-downs is a common mistake. A proper warm-up prepares your body for the demands of exercise, reducing the risk of muscle strains and improving performance. A cool-down aids in recovery and helps prevent post-exercise stiffness. Treating these phases as optional can lead to increased injury risk and slower recovery times.

Make it a non-negotiable part of your routine. Allocate sufficient time for both a dynamic warm-up before your workout and static stretching or mobility work afterward. This small investment of time can pay significant dividends in terms of safety and long-term progress.

Lack of Progressive Overload

Another common error is failing to progressively overload your muscles. If you continually perform the same exercises with the same number of reps and sets, your body will adapt, and you will stop seeing results. Plateaus are inevitable if you don't actively seek ways to make exercises more challenging over time.

Actively track your workouts and aim to improve each session, whether it's by doing one more rep, adding a set, reducing rest time, or moving to a harder exercise variation. This consistent push for improvement is what drives adaptation and continued gains in strength and fitness.

Ignoring Rest and Recovery

Overtraining is a real risk, and it occurs when the body is not given adequate time to recover from training stress. Pushing too hard, too often, without sufficient rest can lead to fatigue, decreased performance, increased susceptibility to injury, and even hormonal imbalances. Muscle growth and strength gains actually occur during rest periods, not during the workout itself.

Ensure you schedule adequate rest days into your weekly routine. Listen to your body; if you are feeling excessively sore or fatigued, consider an extra rest day or a lighter active recovery session. Prioritize sleep, as it is a critical component of the recovery process. Proper nutrition also plays a significant role in how well your body recovers.

The Role of Community in Bodyweight Fitness

The vibrant communities found on platforms like Reddit play an indispensable role in the success and sustainability of bodyweight fitness for countless individuals. These forums transcend simple information exchange; they foster a sense of belonging, provide motivation, and offer invaluable peer support. The collective knowledge and shared experiences within these groups create a powerful learning environment.

Whether you're celebrating a personal best, seeking advice on a challenging exercise, or simply need encouragement to stay on track, the community is there. This supportive ecosystem is a significant factor in why so many people find lasting success with bodyweight training. It transforms a solitary pursuit into a shared journey, making the challenges more manageable and the victories more meaningful.

Motivation and Accountability

One of the most significant benefits of engaging with bodyweight fitness communities is the inherent motivation and accountability they provide. Seeing others share their progress, overcome obstacles, and achieve their goals can be incredibly inspiring. Reading about their struggles and triumphs can make your own journey feel less daunting and more achievable. Furthermore, publicly sharing your own goals or progress within these communities can create a sense of accountability, making you more likely to stick to your commitments.

Many subreddits feature progress threads, "What did you train today?" discussions, and challenges that foster friendly competition and mutual encouragement. This social aspect combats the isolation that can sometimes accompany solo training and keeps individuals motivated even when faced with tough workouts or slow progress.

Knowledge Sharing and Problem Solving

These online communities are dynamic hubs for knowledge sharing. Users ask questions about exercise form, programming, nutrition, and recovery, and receive answers from individuals with diverse backgrounds and levels of experience. This collaborative approach to problem-solving is invaluable, especially for beginners who may have limited access to professional coaching. Detailed guides, video breakdowns of exercises, and comprehensive explanations of training principles are readily available.

When faced with a plateau, a nagging injury, or confusion about the next step in progression, you can tap into the collective wisdom of the community. The sheer volume of experience means that someone has likely encountered and overcome a similar challenge, and their insights can be incredibly helpful in guiding your own path forward.

Encouragement and Support

Beyond the technical aspects of training, the emotional support offered within these communities is profound. Fitness journeys can be challenging, with ups and downs, plateaus, and moments of doubt. Having a group of like-minded individuals who understand these struggles and offer consistent encouragement can be the difference between sticking with it or giving up. Compliments on progress, words of encouragement during difficult times, and congratulations on achieving

milestones all contribute to a positive and empowering environment.

This supportive atmosphere is particularly crucial for individuals who may not have a strong support system in their personal lives. The anonymity of online platforms can also allow some individuals to be more open about their challenges and seek help without judgment. This sense of camaraderie transforms bodyweight training from a solitary endeavor into a shared and supportive experience.

FAQ

Q: What are the best beginner bodyweight exercises recommended on Reddit?

A: On Reddit, particularly r/bodyweightfitness, the cornerstone for beginners is the "Recommended Routine." It typically includes fundamental exercises like push-ups (progressing from incline or knee push-ups), Australian pull-ups (using a bar or table), squats, lunges, planks, and dips (progressing from bench dips). The emphasis is on mastering proper form for each before moving to more difficult variations.

Q: How do I progress with bodyweight exercises if I can't do a pull-up yet?

A: Reddit communities offer several effective strategies for pull-up progression. These include using resistance bands for assistance, performing negative pull-ups (jumping to the top position and slowly lowering yourself), and consistently working on inverted rows to build back and bicep strength. Many users also recommend using an assisted pull-up machine if available.

Q: Is it possible to build significant muscle mass with only bodyweight exercises?

A: Yes, it is absolutely possible to build significant muscle mass (hypertrophy) with bodyweight exercises, as frequently discussed on Reddit. The key is applying progressive overload by increasing repetitions, sets, decreasing rest times, and most importantly, progressing to more challenging variations of exercises (e.g., pistol squats, decline push-ups, archer push-ups). Time under tension and consistent effort are crucial.

Q: How often should I train bodyweight exercises according to Reddit advice?

A: For most beginners and intermediates, Reddit communities like r/bodyweightfitness recommend training full-body routines 2-3 times per week with at least one rest day in between each session. This allows for adequate muscle recovery and growth. More advanced individuals might explore split routines (e.g., upper/lower body) or higher frequencies for specific skills.

Q: What are the most common mistakes beginners make with bodyweight exercises on Reddit?

A: Common mistakes highlighted on Reddit include neglecting proper form, not implementing progressive overload, skipping warm-ups and cool-downs, and ignoring rest and recovery. Many users emphasize that quality of movement is far more important than quantity of repetitions and that patience is key to long-term success.

Q: Can I do bodyweight exercises at home without any equipment?

A: Absolutely. The beauty of Reddit bodyweight exercises is their accessibility. Most fundamental exercises like push-ups, squats, lunges, planks, and crunches require no equipment at all. For pulling exercises like pull-ups and rows, finding a sturdy table, chairs, or a playground bar can suffice for many progressions.

Q: How important is nutrition when doing bodyweight exercises?

A: Nutrition is critically important, regardless of the training method. Reddit communities often stress that building muscle and recovering effectively relies heavily on a balanced diet. Adequate protein intake is essential for muscle repair and growth, while sufficient carbohydrates provide energy for workouts. Staying hydrated is also a key component for overall performance and recovery.

Q: What is the "Recommended Routine" on r/bodyweightfitness?

A: The "Recommended Routine" on r/bodyweightfitness is a structured, progressive workout program designed for beginners and intermediates. It covers fundamental full-body movements and outlines clear progression paths for each exercise, aiming to build a solid foundation of strength, flexibility, and muscle endurance without requiring equipment.

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- Training tool which you can use to plan and log your workouts and track your progress. All the programs presented in this book are pre-made to the tool so all you have to do is follow along and log your training sessions.
- Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises.
- Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal.
- Meal planning tool and example meal plans that helps you to plan ahead some basic meals.
- And also a weight tracking tool to track your bodyweight.
- Cheat sheet including all the exercises and progressions with youtube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include youtube video examples on each exercise. In order to cover all 100+ exercises I will not present any of the exercises in this book in picture format. With video examples you will have a better chance of getting the exercise form correct right away. You will also get the exercise cheat sheet which has all the exercises listed with video links. There is a section at the end of this book on how to use the tracking tool. You will need some basic equipment such as a pullup bar, suspension trainers or gymnastics rings. But I will also present alternatives if you don't have some of the equipment available and also give you instructions on what household items you can use for exercise. Such as the kitchen counter, sturdy chairs and a dining table will get you going. And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack. What's new compared to the first edition:
- Updated training tool with some visual upgrades
- New alternative exercises you can use for progression and some exercises were removed
- Three approaches to get your first pullup
- Ring training is included in the training tool for dips and push-ups for those who like to train with rings. Also progression to full ring dip with rings only if you don't have parallel bars available.
- Improved exercise and video library
- More content. More detailed chapter on dieting for fat loss, muscle gain and maintaining.
- About 50% more content compared to the previous version.
- Updated units to support both lbs/kg and cm/inch units in the book. So you don't have to convert numbers on your own based on your preferred unit of measurement. There is a paid supporter version of this book. The content is the same as on this free version. You can find the supporter version here: Google Play <https://play.google.com/store/books/details?id=bR1dEAAAQBAJ> Amazon <https://www.amazon.com/dp/B09S3VQ7CZ> Kobo <https://www.kobo.com/ww/en/ebook/guide-to-bodyweight-strength-training-2-0-supporter-version>

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current physical condition The Bodyweight Exercise Bible can help you reach the next level. Get this book and start transforming yourself and your life today!

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Bodyweight exercise is probably the most under-appreciated tool out there for losing weight, building muscle, and staying healthy. Every day, millions of people waste time and money on expensive gym memberships and home workout equipment when there is an easier, more practical solution right under their noses. Don't get me wrong-I'm not saying that you can't get great results from working out at a gym, or from exercising on in-home workout equipment. If you can stick with that kind of program, and you've got the money, the time, and the room, you can do very well. I'm simply saying that for many people, these solutions are impractical, and they end up paying monthly for memberships at fitness centers they don't go to, or paying for weights and equipment that end up collecting dust in storage somewhere. Meanwhile, a tiny fraction of that same investment-if spent learning about bodyweight exercise-could give vastly better results. Many people think that bodyweight exercise is just not challenging enough to give you a good workout-they see it as more of a warm up than anything else. Well, there certainly are easy bodyweight exercises that can be used to warm up. There are also exercises, like muscle ups and one leg squats, that many weight-lifters and other athletes cannot even perform for a single repetition. Don't underestimate the value of this type of training program. Once you know what the more advanced bodyweight exercises can do for you, you'll have a workout routine that you can use conveniently for your entire life-whether you're at home or on the road, whether you've got two hours free to work out, or only 15 minutes. This kind of convenience means that sticking to a schedule is easier and more practical than ever, because you don't have to make time for the gym commute--you only have to make time for the exercise itself. Most people fail to appreciate, when it comes to getting fit (and staying that way), that anyone can build the perfect schedule or routine. You know what I'm talking about-the routine that's supposed to transform you into some kind of bodybuilder/super-hero crossed with an Olympic gymnast. Unfortunately, most people cannot plan their lives around such a routine, and if they try, they end up failing, and getting even more discouraged and out of shape. What really counts is not making the perfect plan, but creating a solid plan that you will actually stick to. That's what's so great about bodyweight exercise-unlike so many other options, it's both effective AND practical. If you're brand

new to bodyweight exercise, or exercise in general, you may want to try my other book on the subject, Natural Exercise. It's geared more toward beginners. However, if you've already read that book, or you're just ready for more of a challenge, then Advanced Bodyweight Exercises is exactly what you need. You'll learn all the exercises (and variations) you need to build real strength to last a lifetime. So pick up your physical or digital copy of Advanced Bodyweight Exercises, and start exercising right away for less than the cost of a single dumbbell, or one-day gym pass.

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reddit bodyweight exercises: 32 Best Bodyweight Exercises Michael Benny, 2021-04-28 FEATURES: Easy to follow instructions and step-to-step approach to start and follow the fitness routine. Do-It-Yourself (DIY). The processes are clear and simple to understand. No complications of process and information. Beginners friendly. Diagram illustrations. DESCRIPTION: The 32 Best Bodyweight Exercises Book is intended for everyone who wants or wishes to stay active in their exercises mostly at home to get fit, build muscle tones as well as lose weight without having to buy additional fitness equipment or even without any equipment. Bodyweight exercises are routines that

uses the bodyweight of an individual to build resistance thereby enhance strength, stability, endurance, as well as body fitness. However, you don't need to think too much of the right equipment, right kits, finding a fitness center, or having time for exercise. There are a lot of bodyweight exercises you can do. In this book, we have selected the 32 best bodyweight workouts that can improve your body structure like body fitness, strength, muscles, and body rehabilitation. Sometimes to purchase these fitness types of equipment are very expensive also going to a fitness center can also be stressful mostly when you are busy with other activities. Some study has shown that the same quality of workout gotten at the gym center can also be gotten when exercising at home as far as you follow a workout plan. This book will help you to achieve the followings in the shortest period of time: Body fitness you wish to have. No-equipment exercises you can do at home. How to boost your muscles with the exercises am about to show you. Kind of Exercises that fit in the kind of body structure you wish to have. Different kind of Workouts exercise you can achieve at home without going to gym center. Exercises to boost your Muscles, Health Fitness and Reclaiming your body structure back. Tips on Home workout Exercises. A lot more. When performing a fitness exercise to get a decent workout for your body, you don't have to hike the track record. You can do a lot without ever getting out of your home. If you are interested in building your body, growing your muscles, losing calories, or doing all these, it can be achieved in your home during your comfort time without going to the gym center. The advantages of training at home are honestly very incredible. GRAB YOUR COPY NOW!!!!!!!!!!!!.....

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in the benefits of regular exercise. However, not just any exercise system, but natural bodyweight exercises that can be done anywhere at anytime. This book contains complete sample exercise routines from three of my best selling fitness books. This will allow you to try them out so that you can experience the immense benefits yourself. What are some of the benefits you will receive when you engage in a program of regular exercise beyond a fit and muscular body? Let me count the ways: Reduce stress and anxiety - It is a fact that the stronger you are the better you will be able to manage mental stress and anxiety. Improve self-confidence - Improving your physical fitness will boost your self-esteem and body image. You will become more dynamic and people will notice you. Improved productivity - Research has shown that workers who take the time to exercise are more productive and have more energy than their more sedentary peers. Improved relaxation - Exercise can help regulate the bodies sleep cycles and make it easier for you to catch those needed zzzzzz's. Reverse the aging process - Someone once said that we don't stop exercising when we get old, we get old when we stop exercising. If you want to stay youthful you need to start taking care of yourself now! What I love about bodyweight exercises is that anyone can do them and benefit from them. If you are an individual who hasn't exercised in a long time you will be able to take it slow and steady. If on the other hand you are extremely fit you will still be able to find exercises here that will challenge you. With bodyweight exercises you are truly only limited by your own imagination. But don't take my word for it. Try my book of sample exercises and experience the transformation yourself. A new you awaits!

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