

shoulder bodyweight exercises

shoulder bodyweight exercises offer a fantastic and accessible way to build strength, improve stability, and enhance the aesthetics of your upper body without the need for any equipment. Whether you're a beginner looking to start your fitness journey or an experienced athlete seeking to add variety to your routine, bodyweight training for shoulders can be incredibly effective. This comprehensive guide will delve into the various benefits, essential techniques, and a curated selection of powerful shoulder bodyweight exercises to help you sculpt strong, resilient shoulders. We will explore foundational movements, progression strategies, and how to integrate these exercises into a balanced workout regimen.

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Introduction to Shoulder Bodyweight Training

shoulder bodyweight exercises are a cornerstone of functional fitness, enabling individuals to develop impressive upper body strength and definition using only their own body weight. The shoulder joint, a marvel of biological engineering, is crucial for a vast range of everyday movements, from reaching and lifting to pushing and throwing. By focusing on bodyweight training, you can target the intricate network of muscles that comprise the shoulder complex, including the deltoids (anterior, medial, and posterior heads), rotator cuff muscles, and surrounding upper back muscles. This approach not only builds muscle mass and power but also significantly improves shoulder stability, reducing the risk of injury and enhancing overall athletic performance.

This article will serve as your definitive guide to mastering shoulder bodyweight exercises. We will break down the fundamental movements, explore how to safely and effectively progress your training, and discuss the importance of proper form. You'll discover how to build a robust shoulder girdle through accessible, equipment-free methods. Whether you are aiming for aesthetic improvements or functional strength, understanding the principles behind bodyweight shoulder training is key to unlocking your potential.

Benefits of Bodyweight Shoulder Exercises

The advantages of incorporating bodyweight exercises into your shoulder training routine are multifaceted and impactful. Foremost among these is the inherent accessibility; you can perform these exercises virtually anywhere, at any time, eliminating the need for a gym membership or specialized equipment. This convenience makes consistent training more achievable, a critical factor in long-term progress.

Beyond accessibility, bodyweight shoulder exercises excel at developing functional strength. The movements often mimic natural human actions, translating directly to improved performance in daily tasks and athletic endeavors. This type of training emphasizes control and stability, engaging smaller stabilizing muscles that are often neglected in traditional weight training. This leads to a more resilient shoulder joint, less prone to injury.

Furthermore, bodyweight exercises are excellent for building muscular endurance and can contribute significantly to aesthetic development. With proper progressive overload, you can achieve impressive muscle hypertrophy, creating well-defined and powerful shoulders. The focus on compound movements also engages multiple muscle groups simultaneously, leading to more efficient and time-effective workouts.

Understanding Shoulder Anatomy for Effective Training

To effectively target your shoulders with bodyweight exercises, a basic understanding of their anatomy is essential. The shoulder is a complex ball-and-socket joint, primarily comprised of the humerus (upper arm bone), scapula (shoulder blade), and clavicle (collarbone). The primary muscles responsible for shoulder movement and stability are the deltoids, which are divided into three distinct heads: anterior (front), medial (side), and posterior (rear).

The anterior deltoid is involved in flexing and internally rotating the arm. The medial deltoid is responsible for abducting the arm (lifting it away from the body). The posterior deltoid assists in extending and externally rotating the arm. Beyond the deltoids, the rotator cuff muscles—supraspinatus, infraspinatus, teres minor, and subscapularis—play a crucial role in stabilizing the humeral head within the glenoid cavity and enabling a wide range of motion. Surrounding muscles like the trapezius, rhomboids, and serratus anterior also contribute significantly to shoulder health and function.

Effective bodyweight shoulder exercises will engage these muscles through various planes of motion, promoting balanced development and preventing imbalances that can lead to pain or injury. Understanding which muscles are being worked during each exercise allows for more targeted training and a greater appreciation for the complexity of this vital joint.

Fundamental Shoulder Bodyweight Exercises

Building a strong foundation for your shoulder development begins with mastering a few key bodyweight movements. These exercises are versatile and can be modified to suit different fitness levels.

Pike Push-Ups

The pike push-up is an excellent exercise that mimics the overhead pressing motion. It shifts more of the bodyweight load onto the shoulders, particularly the anterior and medial deltoids.

- Start in a downward-facing dog position, with your hips high in the air and your hands and feet on the floor. Your body should form an inverted V-shape.
- Walk your hands slightly closer to your feet to increase the angle of your torso and load your shoulders more.
- Bend your elbows and lower your head towards the floor between your hands, keeping your core engaged and your back straight.
- Push back up to the starting position, fully extending your arms.

Wall Handstands and Handstand Push-Ups (Progressions)

The handstand is a challenging but highly rewarding exercise for building shoulder strength and stability. It requires significant upper body strength and core control.

Wall Handstand Holds

This is the foundational step. Against a wall, kick up into a handstand position, ensuring your body is in a straight line from wrists to ankles.

Hold this position, focusing on pressing your shoulders away from your ears and engaging your core.

Chest-to-Wall Handstand Push-Ups

Once you can comfortably hold a handstand, you can progress to the push-up. From a handstand, lower your head towards the wall by bending your elbows, then press back up. This is a very advanced progression.

Plank to Pike

This dynamic movement engages the shoulders and core, promoting stability and strength.

- Begin in a high plank position, with your hands directly under your shoulders and your body in a straight line from head to heels.
- Engage your core and glutes.
- Hinge at your hips, lifting your hips towards the ceiling to move into a pike position, similar to the starting position of a pike push-up. Your legs can be straight or slightly bent.
- Hold briefly, feeling the stretch and engagement in your shoulders.
- Return to the high plank position with control.

Bear Crawls

Bear crawls are a full-body exercise that heavily taxes the shoulders, promoting stability, coordination, and endurance.

- Start on your hands and knees, with your hands directly under your shoulders and your knees directly under your hips.
- Lift your knees slightly off the ground, so your shins are parallel to the floor.
- Move forward by simultaneously stepping your opposite hand and foot forward (e.g., right hand and left foot), then repeat with the other side.
- Keep your hips low and your back flat throughout the movement.

Progressing Your Shoulder Bodyweight Workouts

As you become stronger, it's crucial to implement progressive overload to continue challenging your muscles and stimulating growth. Bodyweight training offers numerous ways to increase the difficulty of exercises.

Increasing Repetitions and Sets

The most straightforward method of progression is to gradually increase the number of repetitions you perform for each set or add an extra set. Once you can comfortably complete a target number of reps (e.g., 15-20), aim to add one or two more reps per set or introduce an additional set.

Reducing Rest Times

Shortening the rest periods between sets increases the metabolic demand on your muscles and improves muscular endurance. Start by reducing rest by 15-30 seconds and gradually decrease it further as you adapt.

Modifying Exercise Variations

Many bodyweight exercises have scaled variations. For instance, moving from knee push-ups to standard push-ups, then to decline push-ups, or progressing from wall handstands to freestanding handstands. For shoulder-focused movements, progressing from pike push-ups to deficit pike push-ups (placing hands on elevated surfaces) significantly increases the range of motion and difficulty.

Improving Time Under Tension

Slowing down the eccentric (lowering) phase of an exercise or pausing at the most challenging point can increase time under tension, leading to greater muscle stimulation and strength gains. For example, in a pike push-up, take 3-4 seconds to lower your head.

Increasing Range of Motion

For exercises like pike push-ups, using blocks or books to elevate your hands

can increase the range of motion, making the exercise more challenging and targeting the shoulders more intensely.

Integrating Shoulder Bodyweight Exercises into a Routine

Successfully integrating shoulder bodyweight exercises into your overall fitness plan requires a strategic approach to ensure balance, recovery, and consistent progress. The goal is to stimulate shoulder development without causing overtraining or neglecting other important muscle groups.

Consider placing your primary shoulder bodyweight exercises at the beginning of your workout when you have the most energy and focus. This is particularly true for more demanding movements like handstand progressions or advanced pike push-ups. You can dedicate specific days to upper body training, or incorporate shoulder exercises as part of a full-body routine. For example, you might perform pike push-ups after a set of squats and lunges in a full-body workout.

It's also beneficial to pair direct shoulder work with exercises that strengthen the surrounding muscles. This includes movements that target the upper back, chest, and triceps. A balanced approach ensures that your shoulder girdle is supported by strong, well-conditioned supporting musculature, which is crucial for both performance and injury prevention. For instance, following pike push-ups with exercises like inverted rows or bodyweight chest dips can create a more complete upper body stimulus.

Remember to listen to your body and allow adequate recovery time. Overtraining can lead to decreased performance, increased risk of injury, and burnout. Aim for 1-2 dedicated shoulder bodyweight workouts per week, or incorporate them strategically into 2-3 other training days, ensuring you have at least one full rest day between intense upper body sessions. Proper warm-ups before each session and cool-downs afterward are also essential components of a well-rounded routine.

Safety and Injury Prevention for Shoulder Training

The shoulder joint is one of the most mobile joints in the body, but this mobility also makes it susceptible to injury. Prioritizing safety and employing preventative measures is paramount when performing any form of shoulder training, especially with bodyweight exercises where control and proper form are key.

A thorough warm-up is non-negotiable. Begin with light cardio to increase blood flow, followed by dynamic stretches that mimic the movements you'll be performing. Arm circles (forward and backward), shoulder rolls, and cat-cow stretches are excellent for preparing the shoulder joint. Gradually increase the intensity of your warm-up exercises as you progress to your main workout.

Form over speed or quantity is a guiding principle. Focus intently on executing each repetition with precise technique. If you feel a sharp or unusual pain, stop immediately. It's often better to reduce the difficulty or number of repetitions than to push through pain, which can exacerbate an existing issue or create a new one. Degenerative conditions like rotator cuff tears or impingement syndrome can be worsened by improper form or excessive load.

Listen to your body's signals. Fatigue is a sign that your muscles have been worked, but pain is a warning sign. If you consistently experience discomfort in your shoulders, it may indicate an underlying issue that requires professional attention. Incorporating exercises that strengthen the rotator cuff muscles and scapular stabilizers, even if they are not the primary focus, can significantly improve shoulder health and resilience. This might involve light resistance band external rotations or scapular squeezes.

Furthermore, ensure you are maintaining a balanced workout regimen. Overemphasizing certain movements while neglecting others can lead to muscular imbalances. For instance, if you primarily focus on anterior deltoid movements, your posterior deltoids and upper back muscles might become comparatively weaker, increasing the risk of instability and injury. Therefore, a comprehensive approach that addresses all aspects of the shoulder complex and its supporting musculature is essential for long-term shoulder health and effective bodyweight training.

Frequently Asked Questions About Shoulder Bodyweight Exercises

Q: How often should I do shoulder bodyweight exercises?

A: For most individuals, performing shoulder bodyweight exercises 2-3 times per week is sufficient, allowing for adequate recovery between sessions. If you are incorporating them into a full-body routine, ensure you are not overtraining your shoulders by performing them on consecutive days.

Q: What if I can't do a full handstand?

A: Start with progressions like wall handstand holds, or use an elevated surface to perform incline push-ups that mimic the handstand motion. Focus on building strength and stability with exercises like pike push-ups and bear crawls first.

Q: How do I know if my shoulder bodyweight exercise form is correct?

A: Pay close attention to the cues provided for each exercise. If possible, record yourself performing the exercises to review your form. It's also beneficial to consult with a fitness professional or trainer who can assess your technique.

Q: Can bodyweight exercises build significant shoulder muscle?

A: Yes, absolutely. With consistent progressive overload, proper form, and adequate nutrition, bodyweight exercises can effectively build muscle mass and strength in the shoulders, similar to weight training.

Q: What are the best bodyweight exercises for shoulder stability?

A: Exercises like bear crawls, plank variations, and controlled handstand holds are excellent for developing shoulder stability by engaging the rotator cuff muscles and scapular stabilizers.

Q: Should I warm up before shoulder bodyweight exercises?

A: Yes, a thorough warm-up is crucial. Begin with light cardio and dynamic stretches like arm circles and shoulder rolls to prepare the joint and muscles for exercise.

Q: What is the difference between a pike push-up and a regular push-up for shoulders?

A: A pike push-up shifts more of your bodyweight overhead, placing a greater emphasis on the anterior and medial deltoids, making it a more direct shoulder exercise compared to a standard push-up which primarily targets the chest and triceps.

Shoulder Bodyweight Exercises

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shoulder bodyweight exercises: **Shoulders like BOULDERS!** Rahul Mookerjee, 2017-12-30 Dear Reader, We all want the proverbial "shoulders like boulders" look, but how many folks today can truly say they have powerful and well developed shoulders that smack of raw power, and brute, functional strength that comes in handy in all situations? Most gym goers today are bombarded with

the “more is better” principle, and waste way too much time on doing endless sets of lateral raises, front raises, and other unnatural isolationist movements that don’t accomplish very much at all, and end up leading to injuries down the road. I know people whose shoulders are so shot from lifting heavy weights that even brushing their teeth in the morning is a painful chore for them. OUCH! But guess what, building healthy and powerful shoulders that look like they belong on a Brahma bull doesn’t have to be a painful task – and it certainly doesn’t have to be a time consuming one either. Did you know that you can get in a solid shoulder (and overall upper body) workout in less than 15 minutes time? More to the point, did you know that such a workout will give you the functional strength you always desired – along with muscles that don’t quit no matter what the situation is? And finally, did you know that you need just ONE movement to accomplish all this? I bet you hadn’t thought of it that way before – and that is precisely why I’m putting this course out there, my friend. Just so you know, this course is NOT about doing endless sets of meaningless exercises with light weights to get a “pump”. It’s not about getting “shredded delts” that look nice, but don’t have the power to back up the look. And it’s certainly not about spending all day in the gym figuring out the latest exercise on the block either. Well, so what is it then? \Well, simple – it’s a HANDSTAND PUSHUP. Simply put, that means performing a pushup on your hands (while “standing on your hands”, if you prefer). This was back when we didn’t have the artificial “six pack” craze, and certainly none of the machines that take up space in gyms these days – so the only real option for most strength enthusiasts was to use your bodyweight to get fit. Yes, many Handstand pushups, and handstands will not only build strong and powerful shoulders on you – it will also ensure the following: – Shoulder power that you never knew you could possess and strong, meaty traps that pulse with life, vigor and POWER! – You’ll never ever need a gym or weights again to develop the upper body – but people will be coming up to you asking what routine you follow in the gym regardless! – New slabs of FUNCTIONAL muscle all over your back, giving you natural strength, energy and vitality that won’t let you QUIT! – A barrel chest – without even targeting your chest muscles directly! – You’ll exude confidence everywhere you go due to your newfound strength and look – the kind of confidence that you just can’t get by pumping iron for hours in the gym! – Strong, wiry forearms that are every bit as strong as they look! – Reduced fat and increased definition and muscular SIZE all over your upper body! – Not only that – in this book you’ll get a BRAND NEW AND UPDATED “supplementary exercises” section that when combined with the handstand pushups will literally make you look like KING KONG minus the hair, my friend. Really – I’m NOT kidding ya! And last, but NOT least, if you think \$45.99 is a steep price to pay – well – you’ve got another think coming, my friend. The information in this course is INVALUABLE – and the benefits? Well, let’s just say they blow any benefits you get from commercial gyms and hoisting heavy weights RIGHT OUT OF THE WATER, my friend. So don’t delay any longer, my friend. Quit dilly dallying and “browsing” around for the ideal solution to build shoulders that REEK of raw strength and power. Order now and watch your shoulders morph into the slabs of granite you KNOW you’ve ALWAYS WANTED.

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expectations, and finding support and accountability. It addresses common challenges, such as navigating fitness plateaus, and provides strategies for overcoming them. Overall, The Busy Person's Fitness Plan serves as a valuable resource for busy individuals looking to prioritize their health and achieve their fitness goals despite their hectic schedules.

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Triceps with Efficiency and Ease Pasquale De Marco, 2025-07-20 In the realm of fitness and aesthetics, *Glamorous Arms: Sculpting Sexy Shoulders, Biceps, and Triceps with Efficiency and Ease* emerges as the ultimate guide to achieving toned and defined arms. Embark on a transformative journey with this comprehensive resource, meticulously crafted to cater to individuals of all fitness levels and aspirations. Within these pages, you'll discover the secrets of effective arm exercises, targeting each muscle group with precision and efficiency. Learn how to maximize your workouts with proper form and technique, ensuring you're engaging the right muscles and minimizing the risk of injury. Unlock the potential of compound exercises and isolation movements, and witness the remarkable results they can bring. Beyond exercise techniques, this book delves into the art of nutrition, providing you with the essential knowledge to fuel your body for optimal muscle growth and recovery. Discover the importance of macronutrients, protein intake, and micronutrients, and create a personalized nutrition plan that supports your arm-building goals. Learn how to optimize your diet to promote muscle growth, reduce body fat, and enhance your overall health. Moreover, *Glamorous Arms* emphasizes the significance of rest and recovery, emphasizing the role of adequate sleep, active recovery techniques, and the benefits of stretching and flexibility. Learn how to optimize your recovery process, allowing your muscles to repair and grow, and ultimately achieve long-lasting results. Discover the importance of listening to your body, managing stress, and incorporating self-care practices into your routine. Throughout this book, you'll find strategies for overcoming challenges and obstacles that may arise on your fitness journey. Learn how to set realistic goals, track your progress, and stay motivated. Discover the power of creating a supportive community, surrounding yourself with like-minded individuals who share your passion for fitness and personal growth. *Glamorous Arms* is more than just a fitness guide; it's an empowering resource that will transform your mindset and help you cultivate a healthy relationship with exercise. Embrace the journey to sculpted arms, and unlock the potential of your physical transformation. With this book as your guide, you'll achieve the arm aesthetics you've always desired and elevate your overall fitness to new heights. If you like this book, write a review!

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follow the programming guidelines and recommendations for high school student-athletes. NSCA's Guide to High School Strength and Conditioning includes the evidence-driven information that will help any high school strength and conditioning professional—including both coaches and teachers—to become the best practitioner possible. This valuable resource is one that you will turn to for many years to come as you build a solid strength and conditioning community for your student-athletes. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately, or as part of a package that includes all the course materials and exam.

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shoulder bodyweight exercises: Pushup Central - the TIPS! Rahul Mookerjee, 2023-04-17
DISCLAIMER As with my other course Pushup Central, and every thing else I teach in all my businesses, products, books, courses, and manuals, be damn sure you're in good physical health before attempting the exercises in this course. Now, these exercises will GET you into the best shape of your life if you aren't already, but what I am saying is "don't just jump from a perch on the sofa to Everest" – as I state in my other books, work up to everything. All in "dew" time as a person recently told me, so it works for life, fitness, everything else. Second, read these tips not in place of but WITH those in Pushup Central. The author is not a medical professional (although he has more and useful practical knowledge than most actual medical professional will let on beyond the facade of "repeated hospital visits" to fatten their wallets"), and he promises if you DO the thing, your abdomen will have the exact opposite impact. All puns aside, though I Was serious there – the advice in book does not take place of that dispensed by a qualified medical professional – contact your doctor or medical provider if you have any doubts, stop if you experience "actual" pain and so forth. I hate to have to say all this, but I do! With that said, onward. INTRODUCTION and why I wrote this book. Phew, that was a long intro wasn't it – or disclaimer? So I'll keep it short here – no pun intended, or I'll TRY and keep it short. Basically, many of the same reasons I wrote Pushup Central I.e pushups being the mainstay of any serious fitness enthusiast's routine, yet being roundly ignored by most folks,

dispelling the “they’re too easy or too boring” B.S. you keep hearing about them (anyone that says that is an utter fool that hasn’t done ‘em right, or has no clue on how to) – how they “only build endurance” (WRONG! Ask Mike Tyson, Herschel Walker, Ken Shamrock and a host of other illuminaries for one, even better, DO ‘em yourself, and you’ll see!) – (and even if thats all they built, what most people need today is a dose of “Energizer Bunny” if you get my drift, what with all the “I’m always sick” (or tired) nonsense going on!) because pushups build every part of your body, and turn you into an IRON being, literally INDESTRUCTIBLE as a reader wrote in about Pushup Central. Because they build a core of steel, the grip of Cain and more you’ve always wanted, legs like pillars (yes) – they reduce fat, SMELT fat in record time I should say, yada, nada, schnada. And more, and either go to the benefits portion of this book or in Pushup Central and you’ll read more. I could literally wax lyrical all day on this! Point being though, the same two reasons why I (despite not liking them too much) do a lot of videos. Its nigh impossible to put all your knowledge in one book. Even if you write that book for years, you keep learning, the day you put out the book is the day you learn something new, and thats how it is, you NEVER stop learning. As I said in 0 Excuses Fitness, that is as close to true mastery as you can get, if you were to ask the great Bruce Lee that, he’d tell you the same thing too. And the same thing goes with non videos. Hence, an FAQ on pull-ups and handstand pushups ... Hence, Gorilla Grip – TIPS! And hence this book. In it you’ll find ignored, forgotten but EXTREMELY valuable gems, nuggets of info that will add to what you learn in Pushup Central, and if used correctly, they will SKYROCKET your gains beyond belief. Perhaps thats why the benefits section in this book is longer than in Pushup Central. In the trenches learning is the best learning anyone can hope to receive from the school of HARD knocks or hard workouts. And thats the style I bring this to you in as with all my other writing. Dont just READ these tips and forget about ‘em. Don’t just implement them once and forget about ‘em. They deserve to be in your mind every time you knock out a pushup workout, or even a set, they’re that important, and you’ll soon see why once you start implementing. That said, onward! BENEFITS YOU’LL GET FROM NOT JUST READING, but IMPLEMENTING what is taught in this one of a kind course – or manual, what have you. I love that word manual! (and word to the WISE – these are all benefits you can get from Pushup Central, the EXTRA parts in PURPLE are the adds on you get HERE in addition to the above!!!) A rock solid midsection and a core that looks like it’s carved from STEEL. I don’t care if you’re a boxer, or martial artist, or just the everyday “blob”, hehe (sorry, but sometimes one has to be honest) – – we could ALL use that sort of a midsection – – not to mention the six pack – – doncha think? Your abs will literally HURT, smoulder and POP like never before when you implement the EXTRAS IN these tips! If you’ve been suffering from IBS – or flatulence– or those annoying issues that make you “constantly have to go” – well – you might as well kiss them goodbye once you start on these exercises! Constipation? Whats that? The malady that affects almost everyone, including fitness gurus and such? Well, you’ll completely forget what the meaning of that word is, almost! Literally pushups with these magic tips work your entire core from the inside out like NOTHING ELSE AND NO OTHER exercise/workout can or WILL! Your entire abdominal region and lower back will become rock solid – and health issues will become a thing of the PAST. Not to mention your hamstrings, groin, everything will become way more powerful than it is right now, and more flexible. Implement the tips here in, you’ll literally get into “supreme martial artist” shape with persistence – as close to Bruce Lee as you can get! You’ll build a massive upper body – shoulders and chest -not to mention slabs of MUSCLE all over back – especially the upper back – and this won’t be the bloated “gym” muscle you see all over the place that looks good, but ain’t got squat to back it up, hehe (pun intended!) And you’ll do so while keeping the lean, mean and TONED look. STEEL AND WHALEBONE! Your legs will get the workout of their lives on some of these pushups – believe me now – and trust me LATER! You’ll start to lose FAT – that unsightly blubber around your waist and midsection specifically within a FEW workouts. That’s right – and this fat loss will be so RAPID you’ll not only wonder where the love handles, muffin tops, bingo wings etc WENT – – but you’ll be scratching your head in amazement at the sheer SPEED you’ll lose weight at! It won’t just be rapid, it might well be permanent, so well will you be “rewiring your body’s circuits” once you implement

these tips! You'll literally be huffing, puffing and blowing the dang house down! Improved digestion is a given - not to mention an increased appetite. You'll be able to eat more, and still not turn into "Tubbo" i.e. no more unsightly lard anywhere on your frame! You'll be able to fit into clothes you haven't fit into for years. Friends and co-workers won't believe the rapid changes in you - and will ALL want to know the secret - let 'em in on it if you so desire, hehe. Perhaps the best thing for the average Joe - you won't have any excuses left NOT to workout any more, my friend. All you have to do is drop down and start on these pushups - and as for a space to workout - - well, we ALL have a floor and a few inches of space somewhere, don't we?? Your forearms - and grip - will increase tremendously. "Carpal tunnel", pain in the wrists etc will become a thing of the past very quickly indeed. MY! IF there was ONE reason I'd urge you to pay heed to these tips its that you'll build a gorilla like grip x10 and CLAWS OF PURE STREAMING STEEL when you implement the tips right! You'll feel relaxed throughout the entire day - and you'll have an unshakeable, "laser like" confidence about you after just a few workouts - confidence that others will NOTICE ("Here cometh the MAN!") - and confidence that will propel you - UNWAVERED - towards whatever goal you set for yourself! COMETH THE HOUR, COMETH the man, folks will say about you! LITERALLY - that is the confidence and vibe you'll build with these tips and workouts! Increased success with the "opposite sex" is a by product of these workouts. I don't know why, but pushups lend themselves to a sort of "confident demeanor" that women (or men) will pick up on - a sort of feeling you CANNOT get from pounding weights galore at the gym. If you can handle your own body from all angles and directions- you can handle — ah, but I'll stop there - but you get the picture, my friend! REAL functional strength that STAYS with you regardless of circumstance or situation. You'll be able to carry your damsel up several flights of stairs WITHOUT being out of breath - and come "moving day", you'll be tossing sofas around like no-one's business! And thus forth ... Mental strength that CANNOT be beat. Believe me, once you start doing 100 plus - or 250 - or even the hallowed 500 - pushup number per workout - you'll develop an unshakeable sense of mental strength which will allow you not just to achieve nigh any goal you set yourself - but also to overcome adversity - sometimes of the most harrowing kinds (and believe me, I've been there on this one! And much, much more my friend. The above is just the proverbial TIP of the iceberg ... Who is this book for? For the every day Joe or Jane that wants to improve their strength and conditioning beyond any sort of belief, and quick at that. For bloated "tubbos" looking to lose the lard quick. If you're looking to add that extra oomph to an already solid upper body routine, this book (manual) is for YOU. If you're looking to build Tyson/Herschel Walker like ARMS - this book is for you (do what the greats did, you'll be great too in your way - guaranteed - natural law of the Universe, friend). If you're looking to build a REAL 12 pack from the inside out as opposed to the showy tosh at the beach so many guys exult in showing (and girls too). If you're looking to build strength that never quits on ya, amps when you need it. If you're looking to build trap power like no other combo of routines can or will build (those mountainous GORILLA Traps). If you're an ace swimmer, elite martial artists, triatholoner - or Crossfitter looking to UP your game and take it to the next level. And lots of other categories not mentioned here! Get this NOW, my friend. It is indeed a MUST HAVE along with Pushup Central. Best Rahul Mookerjee

shoulder bodyweight exercises: THE PUSHUP CENTRAL READER! Rahul Mookerjee, 2023-04-24 This book is a gigantic compilation a.k.a magnum opus containing the two very well received books Pushup Central and Pushup Central - the TIPS!. The first book goes where no man has gone before in terms of pushups, and indeed physical activity, and shows you unique, creative and interesting ways to do pushups that will burn fat off your body quicker like butter in a furnace - or ole George Foreman's grills, hehe - and build lumps of hard, solid corrugated MUSCLE over your entire body while doing so. Your health and fitness levels will skyrocket dramatically within a while of getting on this routine. Your abs will become a bundle of steel and chiseled muscle, and you'll have pillars for legs - stamina that doesnt run out - and SKYROCKETING CONFIDENCE and best of all, these exercises will truly develop the iron jaw in your mentally and physically. Once you get on the exercises in Pushup Central (once you learn them, and then DO them regularly as opposed to

just read) - you'll not only become a fitness phenom like NO other (in relatively short time at that!) but you'll find that problems in other areas of your life melt away and you achieve all goals you set for yourself on auto pilot, almost. You'll focus like a laser on your work - and goals - and will sleep like a baby at night as well on these routines. Truly, 100 pushups a day keeps the doctor away - for good - and I ain't even kidding there. And if you thought that was all, no, I'm just getting started. The SECOND book in the series is the world famous book on TIPS - extras that were not included in the initial book - 51 forgotten TIPS that will take you from being just good at pushups to rarified and STRATOSPHERIC levels of excellence at this exercise. In other words, the cake is great, but the icing is really what makes it uber special, and so it is with this cake and the icing - and in this book, yours truly, the bodyweight exercise Guru as the 0 Excuses fanatics swear I am (and they're spot on) brings you pushups like never before, in a style and format that has never ever been put out there before, period. These tips will help you improve your pushup numbers per set or overall - they will BOOST your stamina while doing pushups (if you implement correctly) - they will help you RECOVER faster too. You'll learn which are the best supplementary exercises and workouts to do with pushups - the best way and best types of pushups to do - why certain types of pushups are always a must to do, others maybe not so much so - and a lot, lot more that no-one else out there knows, let alone teaches you. EACH of these tips is probably worth the \$150 odd I'm charging for the course, which given the massive amounts of information that is NOT known to the public (no, you cannot find it all on Google either) - is a pittance my friend, a nigh pittance I'm charging you for this course. I should really be pricing this at \$1000 or thereabouts, and likely will at some point. But for now, we'll stick to a special introductory price of \$150 for the Kindle Edition. Be sure and check out the paperback and hardcover versions as well! Pushing for YOU - forever! Very best, Rahul Mookerjee Fitness Fanatic par excellence and so can YOU BE if you do the thing! :)

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