



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

17 BODYWEIGHT EXERCISES THAT WILL SKYROCKET YOUR GAINS



“Exercising” and “training” aren’t the same things. Exercise includes any kind of vigorous physical activity, but training involves a methodical approach toward a particular goal or set of goals. Zumba? Exercise. *Bigger Leaner Stronger* and *Thinner Leaner Stronger*? Training.

If being lean and healthy is your goal, you can get there with exercise (and proper dieting). If you want a lean, muscular, and powerful body, though, you need to train.

Bodyweight exercises are excellent exercise. Some of the best, in fact, since they involve both muscular and cardiovascular conditioning.

They have other unique benefits as well:

- ✓ Flexibility and convenience
- ✓ Affordability
- ✓ Efficient use of time
- ✓ Privacy

The bottom line is this: If you want to stay lean and gain some muscle and strength without having to deal with gyms, bodyweight exercises could be just the ticket.

But if you want to gain muscle as fast as possible, they’re not your best choice. The reason for this is bodyweight workouts are mediocre as a method of training.

And this is primarily because they don’t lend themselves to progressive overload as well as traditional weightlifting workouts do. Progressive overload is the primary mechanical driver of muscle and strength gain, and the best way to achieve it is increasing the amount of weight you can lift (get stronger).

Bodyweight workouts tend to increase difficulty by increasing reps but not load (weight). While this is good for improving muscle endurance, it’s not going to get you very far in terms of strength or size.

Another handicap of bodyweight workouts is that you’ll miss out on some of the best muscle-building exercises that you can do.

Unfortunately, no bodyweight exercises can fully reproduce the effects of heavy squats, military and bench presses, and deadlifts.

These four compound exercises form the core of all great strength and bodybuilding programs and for good reason: They train multiple muscle groups at the same time and they allow you to handle very heavy weights safely (maximum overload).

Bottom line: if you want to get the most out of your resistance training, you want to include the "Big Four" in your routine.

THE BEST BODYWEIGHT EXERCISES

Now, the main focus of bodyweight training should be making improvements in a few key movement patterns:

- ✓ Pushing
- ✓ Pulling
- ✓ Squatting

There are many ways of doing these things, of course, and many ways to make them easier or harder, but they're the foundation of any good bodyweight routine.

Push-Up

As simple as it is, the push-up is one of the most effective ways of training your shoulders, arms and chest, and it doesn't take any special equipment. I recommend adding several kinds of push-ups to your bodyweight workouts:

- ✓ The Vanilla Push-Up
- ✓ Pike Push-Up
- ✓ Dive Bomber Push-Up
- ✓ Handstand Push-Up

Dip

It's one of the most effective upper-body exercises you can do, bodyweight or otherwise. You can do two kinds of dips: triceps dips (or bench dips) and chest dips.

Chin-Up & Pull-Up

To get the absolute most out of your bodyweight training, you have to do chin-ups and pull-ups. Besides training all the major muscles in your back, they train the biceps as well.

Bodyweight Squat

Every popular resistance program out there involves at least some form of squatting. It's just the simplest, most effective exercise for training your lower body.

Squat Jump

This progression from basic bodyweight squats injects an "explosive" element into your training routine.

Shrimp Squat

Once you've mastered two-legged squats, you progress to one-legged variations. The shrimp squat is your introduction to this more difficult style of squatting.

Pistol Squat

Once you can shrimp squat with ease, the pistol squat is next. It's a tough progression that requires significant balance and strength.

Lunge

Though this is mainly a quadriceps exercise, all of the lower body's significant muscle groups come into play.

Russian Leg Curl

This is an excellent exercise for your hamstrings.

Burpee

This is a classic exercise for the whole body that develops your cardio as well.

Hanging Leg Raise

This is one of the best exercises to train the entire core (and in particular the rectus abdominis).

Bicycle Crunch

This popular exercise for the abs/core is especially good for training the obliques.

Plank

Though the plank is often called the ultimate exercise for the core, research shows that this is a slight exaggeration. That said, it's certainly valuable enough for inclusion in your bodyweight routines.

REMEMBER—PROGRESSION IS KEY

I know I'm repeating myself here but...Just doing exercises isn't enough—the key is progressing on them.

And we recall that the type of progression that matters most is progressive overload.

When weightlifting, the easiest method of doing this is by adding weight to the bar. When doing bodyweight training, though, there are two options:

- ✓ Progressing to more difficult exercises.
- ✓ Adding weight to your body through the use of a vest or a dip belt.

As you've seen, I've focused on the first option in this article because it doesn't require any additional equipment. That said, if you plan on sticking with bodyweight training for the long haul, you'll eventually reach a point where you run out of challenging progressions. That's when it's time to go with option two.

THE ULTIMATE BODYWEIGHT WORKOUT

Day 1 - Upper Body & Abs

2 x (sets of) Push-up (or regression to build up to the standard push-up)

2 x Pike Push-up > Dive Bomber Push-up > Dive Bomber Push-up + Handstand Push-up

2 x Triceps Dip > Chest Dip

6 x Chin-up (or regression) > Pull-up

3 x Ab Circuits

Day 2 - Lower Body & Cardio

2 x Bodyweight Squat

2 x Bodyweight Squat > Squat Jump > Shrimp Squat > Pistol Squat

2 x Lunge

2 x Russian Hamstring Curl

3 x Burpee

Day 3 - Upper Body & Abs - (Same as day 1)

Day 4 - Lower Body - (Same as day 2)

Every set is done to one or two reps short of failure. You don't need to take every set to the point of absolute muscle failure, but you do have to come close. You'll learn to recognize this point the more you work out—it's when you strain for a rep and feel pretty sure you won't get the next one.

Rest a minute or two between sets. You should rest long enough for your breathing and heart rate to settle down, but not so long that you lose your pump and focus.

Once you can do 20 reps of a given exercise in one set, progress to a harder variation. Progressions are indicated above by the > symbols. And in the cases where there are no progressions (plain push-ups and bodyweight squats, burpees, pull-ups, etc.), your goal is to simply increase the amount of total reps you can do each workout.

If you can't do a push-up or chin-up yet, start with a regression that you can do.

The ab circuit consists of one set of hanging leg raises followed by one set of air bicycles followed by one set of planks. Do these sets back-to-back without rest.

Do cardio separately. Bodyweight workouts (and lower body workouts in particular) are pretty cardio intensive. If you need or want to do more cardio, though, do it either several hours before your bodyweight workouts or sometime after (you want to be as fresh as possible for your resistance training).

One rep of a one-legged exercise consists of one rep for each leg.

WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your bodyweight (and other) workouts.

01. Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

If you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective. In terms of specific products, I use my own, of course, which is called RECHARGE.

RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate
- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

This gives you the proven strength, size, and recovery benefits of creatine monohydrate plus the muscle repair and insulin sensitivity benefits of L-carnitine L-tartrate and corosolic acid.

02. Protein Powder

You don't need protein supplements to gain muscle, but, considering how much protein you need to eat every day to maximize muscle growth, getting all your protein from whole food can be impractical.

That's the main reason I created (and use) a whey protein supplement. (There's also evidence that whey protein is particularly good for your post-workout nutrition.) WHEY+ is 100% naturally sweetened and flavored whey isolate that is made from milk sourced from small dairy farms in Ireland, which are known for their exceptionally high-quality dairy.

03. Pre-Workout Drink

There's no question that a pre-workout supplement can get you fired up to get to work in the gym. But the reality is it's very hard to find a pre-workout supplement that's light on stimulants but heavy on natural, safe, performance-enhancing ingredients like beta-alanine, betaine, and citrulline.

And that's why I made my own pre-workout supplement. It's called PULSE and it contains 6 of the most effective performance-enhancing ingredients available:

- | | |
|---------------------|-------------|
| ✓ Caffeine | ✓ Betaine |
| ✓ Beta-Alanine | ✓ Ornithine |
| ✓ Citrulline Malate | ✓ Theanine |

And what you won't find in PULSE is equally special:

- ✓ No artificial sweeteners or flavors.
- ✓ No artificial food dyes.
- ✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

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