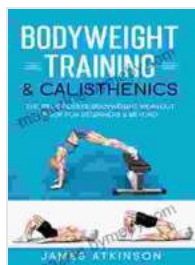


The Progressive Bodyweight Workout For Beginners: Beyond Home Workout Weight

Are you looking for a way to get in shape without having to go to the gym? If so, then bodyweight exercises are a great option. Bodyweight exercises are exercises that can be done using only your own body weight, and they can be just as effective as traditional weightlifting exercises. In fact, some studies have even shown that bodyweight exercises can be more effective than weightlifting exercises for building strength and muscle.



Bodyweight Training & Calisthenics: The Progressive Bodyweight Workout Book For Beginners & Beyond (Home Workout & Weight Loss Success 7) by James Atkinson

★★★★☆ 4.2 out of 5

Language : English
File size : 3453 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 189 pages
Lending : Enabled
X-Ray for textbooks : Enabled



If you are new to bodyweight exercises, then it is important to start with a beginner workout plan. This will help you to learn the proper form and technique for each exercise, and it will also help you to avoid injuries. Once

you have mastered the basics, you can then start to progress to more challenging workouts.

The following workout plan is a great option for beginners. It is a full-body workout that will help you to build strength and muscle in all of your major muscle groups. The workout can be done at home or on the go, and it only requires a few minutes each day.

Workout Plan

- Push-ups: 3 sets of 10-12 repetitions
- Squats: 3 sets of 10-12 repetitions
- Lunges: 3 sets of 10-12 repetitions per leg
- Rows: 3 sets of 10-12 repetitions
- Plank: 3 sets of 30-60 seconds

Perform each exercise for the specified number of sets and repetitions. Rest for 60-90 seconds between sets.

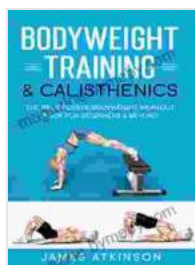
As you get stronger, you can increase the number of sets and repetitions, or you can add more challenging exercises to your workout. You can also try ng the workout more than once per day.

Benefits of Bodyweight Exercises

There are many benefits to ng bodyweight exercises. Some of the benefits include:

- Bodyweight exercises are convenient. They can be done at home or on the go, and they do not require any special equipment.
- Bodyweight exercises are safe. They are low-impact and are easy on the joints.
- Bodyweight exercises are effective. They can be just as effective as traditional weightlifting exercises for building strength and muscle.
- Bodyweight exercises are fun. They are a great way to get a workout in and have some fun at the same time.

If you are looking for a way to get in shape, then bodyweight exercises are a great option. They are convenient, safe, effective, and fun. The workout plan provided in this article is a great place to start for beginners. As you get stronger, you can increase the difficulty of your workouts and start to see even more amazing results.



Bodyweight Training & Calisthenics: The Progressive Bodyweight Workout Book For Beginners & Beyond (Home Workout & Weight Loss Success 7) by James Atkinson

★★★★☆ 4.2 out of 5

Language : English
File size : 3453 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 189 pages
Lending : Enabled
X-Ray for textbooks : Enabled

FREE

DOWNLOAD E-BOOK





Critical Thinker's Guide to Media Bias and Political Propaganda: Uncover the Truth and Make Informed Decisions

In a world awash with information, it has become increasingly difficult to separate truth from fiction. Media bias and political propaganda are pervasive, threatening the...



Achieve Focus, Presence, and Enlightened Leadership: A Comprehensive Guide

In today's fast-paced, demanding world, leaders are constantly faced with overwhelming responsibilities, distractions, and stress. To navigate...