



BODYWEIGHT EXERCISE TRAINING BASICS



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The reason this bodyweight exercise program is so effective for weight loss or a combination of strength, stamina, definition and fitness is because unlike most other forms of training which only build stamina or strength or fitness the 10 X 10 builds all three at the same time. This unique characteristic in-turn offers 3 benefits, burning calories during training, increasing your resting metabolic rate (RMR) to burn up more calories when you are resting and building strength and muscle size.

10 X 10 CIRCUIT OF 10 CORE BODYWEIGHT EXERCISES

Here's how the program works. Do 10 repetitions of each exercise, one immediately after the other and then rest for 30 seconds.

For the next circuit do 9 repetitions of each exercise and again rest for 30 seconds before doing 8 repetitions and so on until you are doing only one repetition of each exercise. Once you get to the low rep stages such as 4 or 3 reps for each exercise you can cut down the rest period from 30 seconds to little or even none between each circuit.

Once you have finished the 10 circuits of 10 exercises you can if you want start again and work back down for as many times as you want.

In only 4 - 6 weeks of doing the 10 x 10 circuit you will notice a dramatic increase in your stamina, general fitness and muscular definition. It's true that you will not build as much strength for lifting heavy weights as you would doing weight training but for lifting your own body with speed and power this bodyweight exercise program is unsurpassed.

Therefore, if you're are looking for the best bodyweight exercise program, the best starting point is to follow the this 10 x 10 circuit and then tailor your training to meet your specific needs using the platform of experience and improved fitness the 10 x 10 circuit has given you.

So here we go. Enjoy.

THE PUSH UP

To start simply assume the normal position making sure your hands are directly in line with your shoulders and your whole body is straight and rigid.

From there lower yourself down slowly until your chest is an inch of the floor, hold the position for a second or two and then slowly push back up.



ADVICE

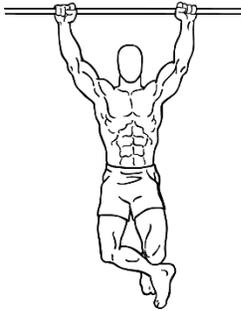
- *Keep your body straight throughout the movement and do not let your hips sag or stick your bum in the air.*
- *Breathe in on the way down and out on the way up.*
- *Keep your abs tensed as much as possible.*
- *Stop an inch before your chest touches the floor and hold for a second before pushing back up.*

PULL UP

To do the standard version which mainly works the latissimus dorsi (side back muscles) hang from a bar with your arms fully extended, hands in an overhand grip and shoulder width apart, and your feet off the ground.

From there take a deep breath and slowly pull yourself up until your chin is a couple of inches passed the bar and then breathe out as you lower yourself back down to the starting position.

ADVICE



- Concentrate on keeping your latissimus dorsi and abs tensed throughout the movement.
- Lean back slightly and thrust your chest forward before you begin each rep.
- Apart from your arms, keep your body as still as possible and try not to use momentum to lift yourself up.
- Pausing for a second after each rep helps to stop your body from swinging back up.
- If you are not strong enough to do this exercise you can do negative reps by standing on a bench or chair and just lowering yourself down from the top position of the exercise. (If you do negatives, try to lower yourself down as slowly as possible).

DIP



Method

Before you begin you need to position a bench close enough to a wall so that you can place your feet against it and keep them there throughout the exercise.

Then when you are ready, place your hands on the bench, shoulder width apart and push your feet against the wall so that your legs are straight and roughly in line with the bench. Now keeping your feet against the wall, lift your arms up straight, take a deep breath and slowly lower yourself down until your elbows are at 90 degrees, hold this position for a second and then breathe out as you push yourself back up to the starting position.

ADVICE

- Placing your feet against a wall means your triceps have to lift more weight than the standard version of this exercise so build up with the easier one first.
- As well as moving your arms up and down you also need to push forward at the same time to keep your feet in place.
- Your elbows should point directly behind you at all times.
- Try to keep your elbows tight against your body and do not let them flare out to the sides.

CRUNCH



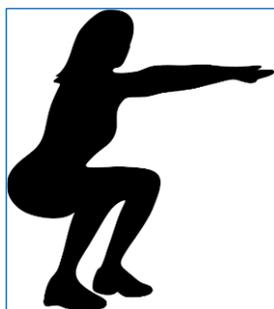
To begin lie on the floor with your legs bent and bring your heels as close to your buttocks as is comfortable. Then fold your arms across your chest so that each hand is resting on the opposite shoulder.

From there contract your abs and breathe out as you slowly curl your head, neck and shoulders 3 or 4 inches of the floor, hold the position for 2 seconds paying particular attention to tensing your abs and then slowly lower yourself down stopping an inch from the floor so that your abs remain tensed and then repeat the exercise.

ADVICE

- *The secret of this exercise is to keep your abs tensed throughout.*
- *Only lift your head, neck and shoulders 3 or 4 inches of the floor as any further works other muscles and does not benefit your ab workout.*
- *I personally find keeping the feet of the floor and bending 90 degrees at the knees to be more beneficial as it helps isolate the abs.*

FREE SQUAT



Start with your knees over your feet shoulder width apart.

Start squatting down in a controlled manner until your thighs touch your calves.

Pause here, then start back up to the standing position.

Pause here, then begin again.

ADVICE

- *The most important part here is to move slowly and do not bounce at the bottom.*
- *Use the pauses to control this motion.*

SQUAT THRUST

Begin by standing with your feet together then squat down and place your hands on the floor next to your feet. In one explosive movement thrust your feet backwards into a push-up position and then pull the feet back between the hands and stand up.

HORIZONTAL CHIN UP

This a perfect exercise for anyone who either wants to develop endurance or who has not yet built up the strength for the more demanding bicep exercises without weights such as pull ups.

To do the inverted chin up you can use either a power rack and set the bar at the appropriate height or if you train in the house you can get away with using something like a broom handle placed against the top of two stools.

Either way the height of the bar needs to allow you to fully extend your arms whilst lying on the floor. Have your palms facing towards you, pull your chest up to touch the bar and then lower your body back down to the floor and then repeat the exercise.

SEATED TUCK

Start in a seated position with your legs extended and your feet together.

Hold your arms out in front of you, straight, with your palms facing the floor.

While leaning back a bit, lift your feet and legs off the floor a few inches.

Next pull your knees toward your chest.

Finally return back to the position with your knees a few inches off the floor

DOUBLE CRUNCH

Start off lying on your back like with your leg bent and raised. You should look like you are sitting in a chair while lying on your back.

Hold your hands behind your head.

Next you pull your knees in raising your tailbone off the floor and at the same time pull your shoulders off the floor like a crunch. This should leave the middle of your back on the floor only, to support your body.

ADVICE:

- *You aren't looking for big movement here. You should feel the basic tightening of your abs.*

TRICEPS PRESS UP

To begin, assume the standard press up position but bring your hands much closer to your body (one hand directly under each nipple is what I find best). From here simply lower yourself down until your chest is an inch from the floor, hold for a second and then push back up.

ADVICE



- *The closer your hands are the more difficult the exercise is, however, depending on the position of the hands some people can experience elbow pain so experiment with wider hand placements until you find one that suits you.*
- *Keep your elbows in tight as you lower down and do not let them flare out to the sides.*
- *Keep your body straight at all times and do not let your hips sag or stick your bum in the air.*
- *Keep your abs tight throughout the movement.*
- *Breathe in on the way down and out on the way up.*