

80 Bodyweight Exercises: The Definitive Guide for Faster Results

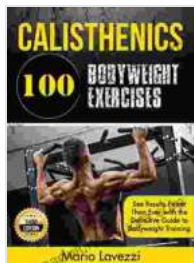
In the realm of fitness, bodyweight exercises reign supreme. They offer an unparalleled foundation for building strength, endurance, and flexibility, without the need for expensive equipment or gym memberships. This definitive guide will unveil 80 exceptional bodyweight exercises, empowering you to transform your fitness journey.

Upper Body Exercises

1. Push-ups



Engage your chest, shoulders, and triceps with push-ups. Start in a plank position with your hands shoulder-width apart. Lower your body towards the ground, bending your elbows, and then push back up to the starting position.



Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition by Dan Ariely

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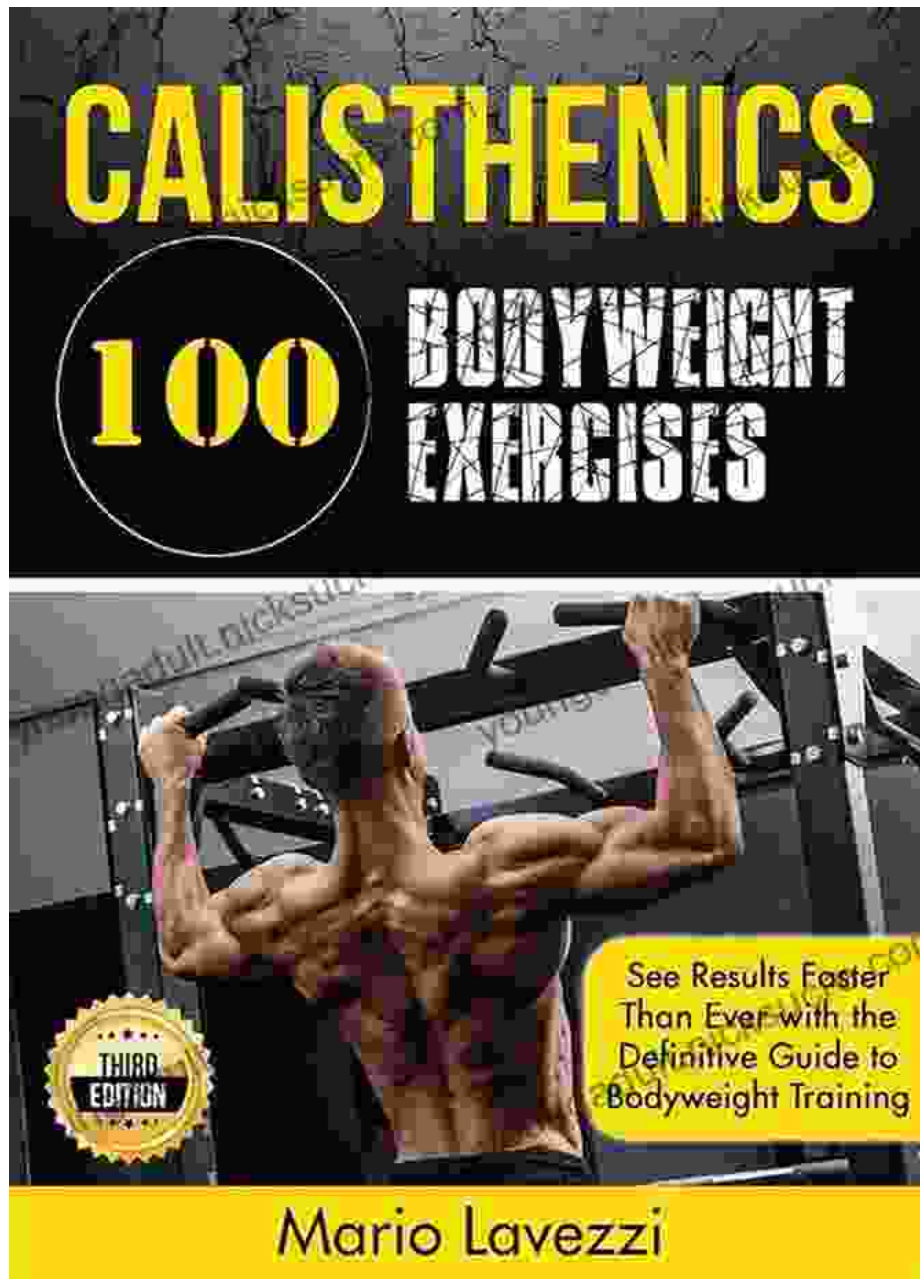


2. Pull-ups



Build back muscles with pull-ups. Hang from a bar with your palms facing towards you and shoulder-width apart. Pull yourself up until your chin reaches the bar, and then slowly lower back down.

3. Dips



Target your triceps and shoulders with dips. Use parallel bars or a sturdy chair. Lower your body between the bars, bending your elbows, and then push back up to the starting position.

4. Plank



Engage your core muscles with the plank. Start in a push-up position, but rest your forearms on the ground, elbows aligned with your shoulders. Hold this position for as long as possible.

5. Mountain Climbers



Enhance cardiovascular fitness with mountain climbers. Start in a plank position and bring one knee towards your chest, then quickly switch legs. Continue alternating rapidly.

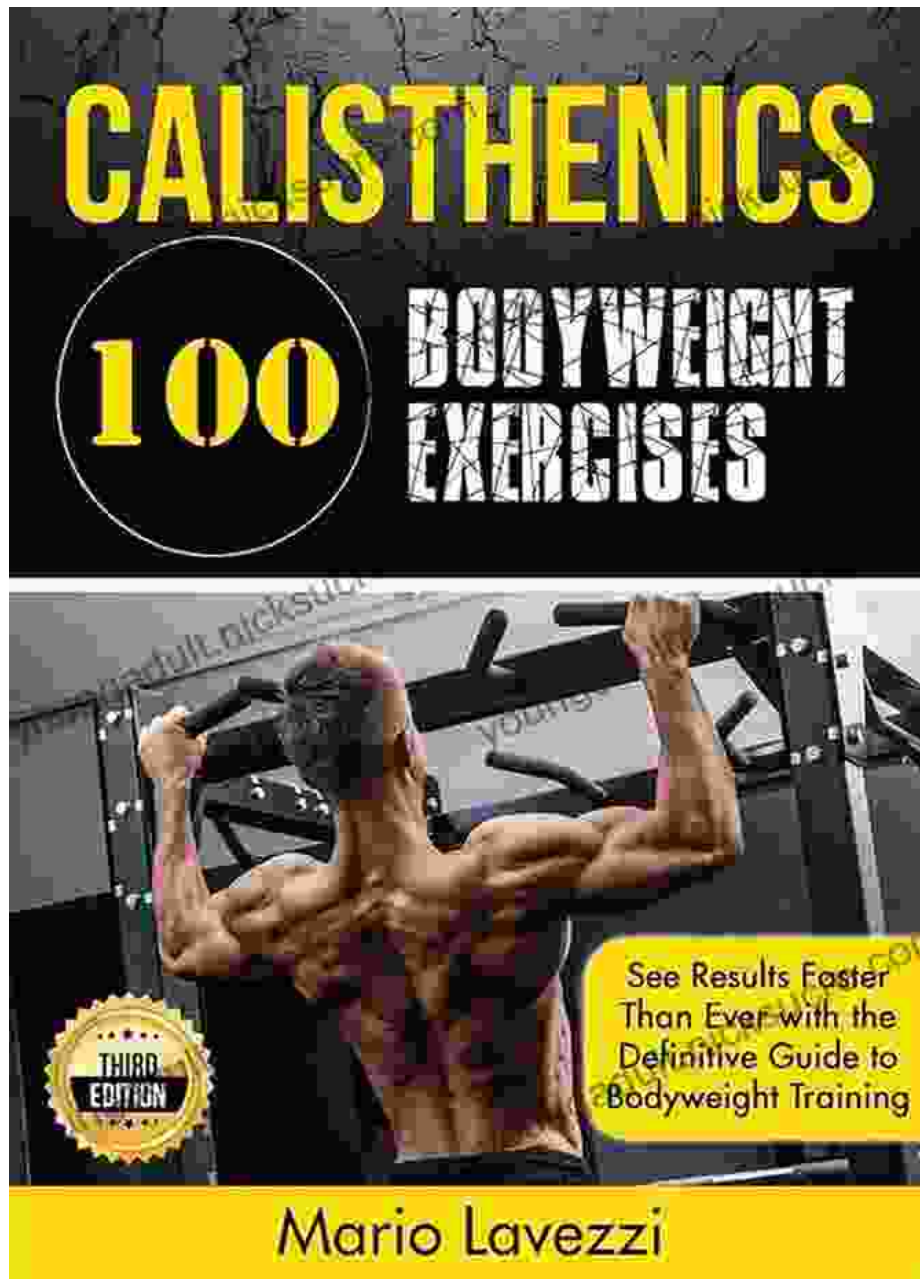
Lower Body Exercises

6. Squats



Target your quads, glutes, and hamstrings with squats. Stand with your feet shoulder-width apart and lower your body by bending your knees and hips, as if sitting back into a chair.

7. Lunges



Strengthen your legs and improve balance with lunges. Step forward with one leg and lower your body until your thigh is parallel to the ground and your knee is directly above your ankle. Push back up to the starting position and repeat with the other leg.

8. Calf Raises



Enhance calf strength with calf raises. Stand with your feet flat on the ground and slowly raise up onto your toes. Hold at the top for a moment and then slowly lower back down.

9. Glute Bridges



Build strong glutes with glute bridges. Lie on your back with your knees bent and feet flat on the ground. Lift your hips upwards until your body forms a straight line from your shoulders to your knees.

10. Hamstring Curls



Target your hamstrings with hamstring curls. Lie on your back with your legs outstretched and raise one leg off the ground, bending your knee and bringing your heel towards your glutes. Slowly lower back down.

Core Exercises

11. Crunches



Strengthen your abdominal muscles with crunches. Lie on your back with your knees bent and feet flat on the ground. Lift your head and shoulders off the ground and hold for a moment before slowly lowering back down.

12. Sit-ups



Engage your entire core with sit-ups. Lie on your back with your knees bent and feet flat on the ground. Raise your upper body off the ground and reach for your toes. Slowly lower back down.

13. Russian Twists



Improve rotational stability with Russian twists. Sit on the ground with your knees bent and feet slightly elevated. Lean back and lift your feet off the ground. Twist your torso from side to side, touching the ground with your hands.

14. Leg Raises



Strengthen your lower abdominal muscles with leg raises. Lie on your back with your legs outstretched and your hands beneath your glutes. Raise your legs straight up towards the ceiling and slowly lower back down.

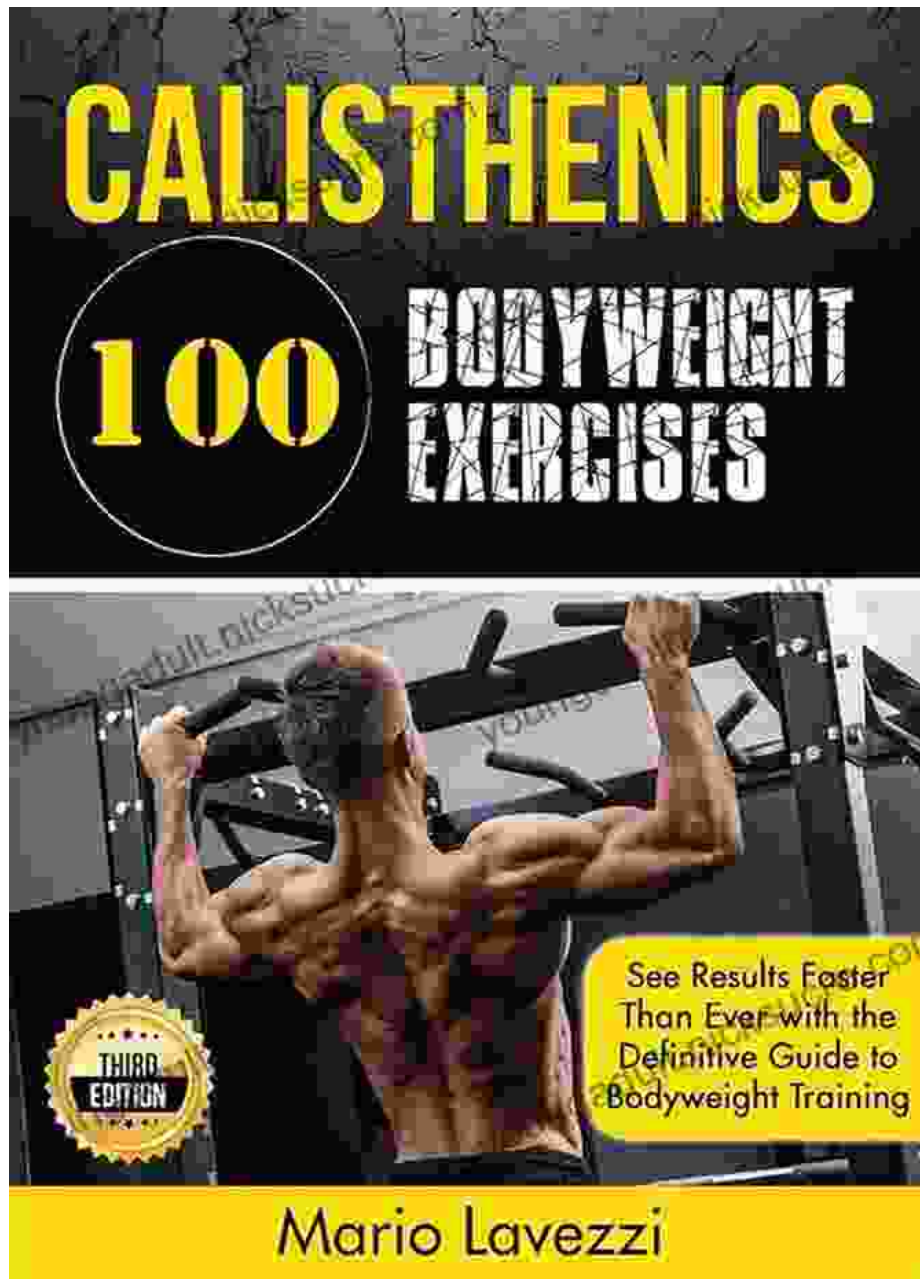
15. Planks with Leg Lifts



Combine core stability with leg strength by performing planks with leg lifts. Hold the plank position and lift one leg off the ground, extending it towards the ceiling. Slowly lower back down and repeat with the other leg.

Full-Body Exercises

16. Burpees



Engage your entire body with burpees. Start standing up, jump down into a squat position, place your hands on the ground, and kick your feet back into a plank. Jump your feet back to your hands and jump up.

17. Squats with Overhead Press



Combine lower and upper body strength with squats with overhead press. Hold a dumbbell or kettlebell in each hand and perform a squat. As you come out of the squat, press the weights overhead.

18. Push-ups with Leg Lift

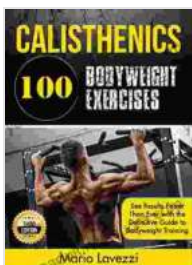


Engage your core and legs with push-ups with leg lift. Perform a standard push-up, and as you come up, raise one leg straight up towards the ceiling.

19. Mountain Climbers with Arm Claps



Increase intensity with mountain climbers with arm claps. Perform standard mountain climbers, but as

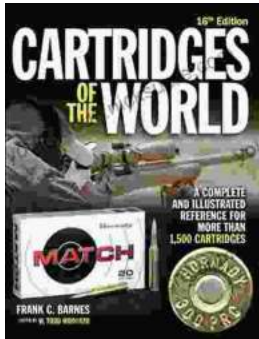


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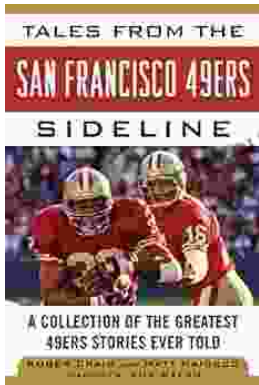
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