



Body Weight Training: Exercising with Bodyweight

September 1,
2016

MORE INFORMATION

Exercising With Bodyweight

In the past few years, body weight training has become increasingly popular in the fitness world. Body weight training is a great way to work out because it is simple, convenient, and requires no equipment or gym memberships to participate in. All you need is yourself and a little room to move.

Back to the Basics

Body weight exercises are a basic fitness approach that require zero to minimal amounts of equipment. Body weight training can be as simple or as challenging as you want to make it. You can dial things back to some of the classics such as push-ups, planks, body squats, and sit ups, or you can branch out and try some more complex movements such as bear crawl, mountain climbers, or Heisman jumps. Going back to the basics of working out with body weight is a useful option because you can easily change the level of difficulty and it offers a great level of

convenience. You don't have to drive anywhere or pay for a membership or trainer, you can exercise right from home if you choose.

Things to Remember...

According to ACE (American Council on Exercise) certified fitness professionals, there are key points to keep in mind when designing a workout program.

- If you are a beginner, don't start off with dynamic moves such as box jumps, start with basic body weight squats to build a foundation of the motions and gain confidence in what you are doing.
- Make sure to train your body in all planes of motion; frontal (forward and backwards), sagittal (side to side), and transverse (rotating). People often get stuck in exercises that are only moving forward and backward.

50 BODYWEIGHT EXERCISES
YOU CAN DO ANYWHERE



50 Bodyweight Exercises You Can Do Anywhere

A long list of exercises that require no equipment, just yourself and some floor space.



Christmas Morning Work Out

A body weight workout that is not limited to Christmas morning, but can be done any morning, evening, or day of the year.

BODY WEIGHT TRAINING: EXERCISING WITH BODYWEIGHT

- Make sure to incorporate exercises that are moving side to side and rotating to maintain balance in your workouts and your body.
- Plan for higher reps in body weight workouts. Traditional weight training relies on 8-12 repetitions, so it's recommended to use slightly higher reps to build the same hypertrophy. A good general guideline would be about 10-15 repetitions.

One important aspect that typically gets left behind in body weight workouts is tracking ones progress. It is important to track your progress, especially in body weight training because without it, people get stuck completing the same workout over and over. This keeps them from progressing which can be discouraging when starting an exercise regimen.

Mixing It Up

Even though you only need one thing to do body weight exercises – yourself – there are many ways to mix up your workouts. The article on the previous page has 50 exercises described that you can pick and choose from to mix and create different workouts. These are just some examples to help get you started, there are many variations and combinations that can be used when doing body weight exercises. Switching up exercises is not the only way to change the workout either, you can change the reps, the time you are completing each exercise, or the speed at which you are doing them as well. The following is an example of a pyramid workout using body weight exercises.



Pyramid Workout

Complete the following as quick as you can, taking breaks as needed. Then repeat two more times for a total of three rounds. Keep track of your times for each round and try to complete it quicker next time.

- 50 Jumping Jacks
- 40 Sit Ups
- 30 Squats
- 20 Push Ups
- 10 Burpees

Not only can you swap out the exercises but you can modify them to make them harder, such as replacing sit-ups with bicycle crunches or swapping regular push-ups for a more challenging one such as [diamond push-ups](#) or [dolphin push-ups](#). So remember to change it up and challenge yourself. Also remember to train all of your body, in all planes of motion, and keep track of your workouts so you can continue to progress. Don't get stuck in a continuous cycle of the same thing over and over, this is not good for your body or your mind. If you continue to challenge yourself with each workout you will start to see and feel results.

More Ways to Get You Started



20 Minute At Home Bodyweight Circuit

A simple circuit with instructions for each exercise. Great when you need a workout with a time crunch.

5 VARIATIONS OF TRADITIONAL BODYWEIGHT EXERCISES

Variations to some classic moves that show how to make a simple exercise more challenging and dynamic.



Time Saver: High Intensity Fitness Circuit in Minutes

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