

A muscular man with a well-defined physique is the central focus, standing in a modern, brightly lit living room. He is shirtless, wearing camouflage-patterned shorts, and looking directly at the camera with a serious expression. The background shows a contemporary interior with a large window, a sofa, and a television set on a wall.

WORK OUT ANYWHERE

Without Treking To The Gym,
By Maximizing
The Gym You Were Born With

- ✔ Killer Exercises To **Build** Every **Major Muscle** Group Of Your Body.
- ✔ **Improve The Efficiency** Of Your Heart & Lungs.
- ✔ Hone In On That **Fit, Athletic & Fat Free Body.**

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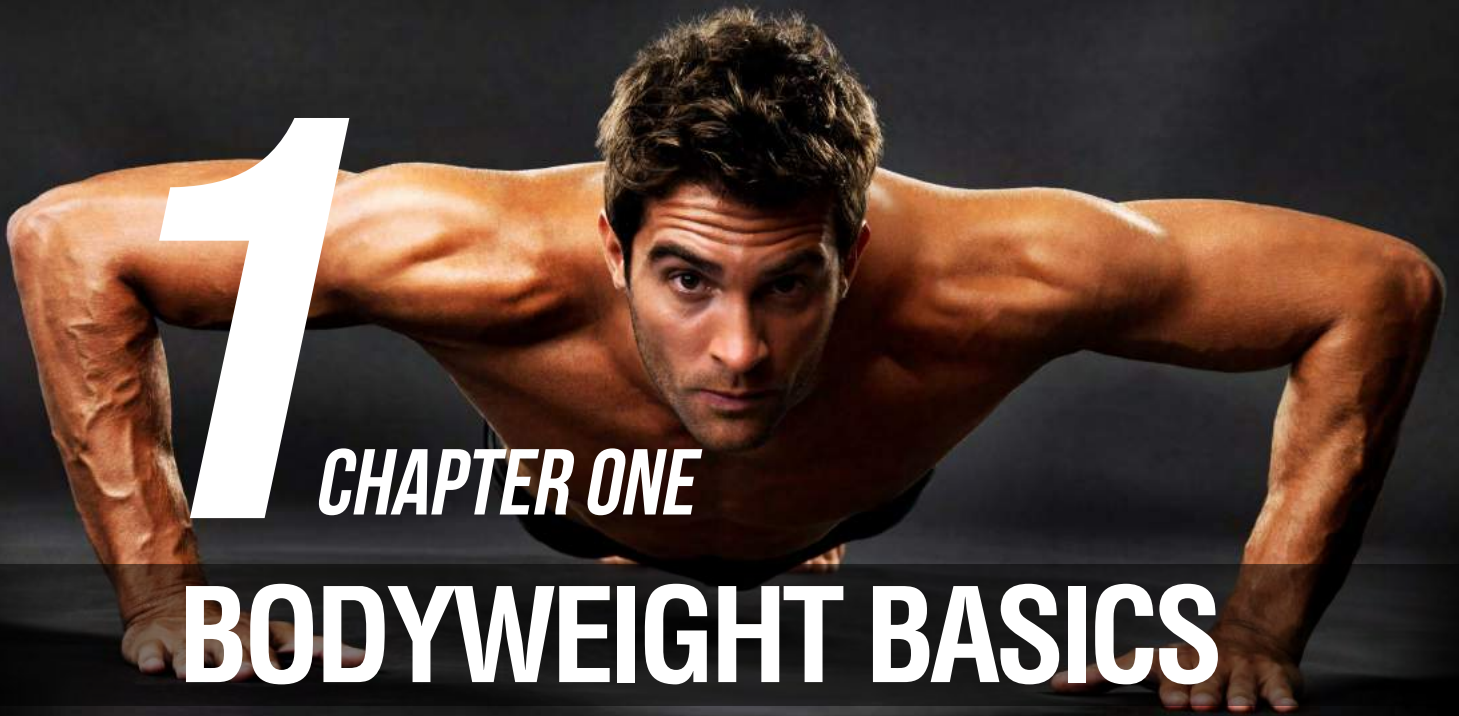
INTRODUCTION

Gravity is a wonderful thing. As well as keeping stuff anchored to the surface of the earth, it allows you to get a great workout with nothing but your own body weight. With nothing but what you were born with you are able to build muscle mass and strength, increase muscular endurance and lose fat.

There are some obvious benefits of body weight training as opposed to making use of either free weights or machines.

1. You don't have to spend a small fortune to get your workout in the gym.
2. You can work out anywhere, any time.
3. The movement is natural and functional – you aren't restricted or placed in a fixed position.
4. The movements are functional, allowing you to emulate the real movements that you perform throughout the day.

In this book you will find a range of bodyweight exercises for your whole body. You'll discover that everything you need to get in top shape and build superior strength you have already got. You'll learn the optimum form to get the most out the movements and you'll discover how to put them together to create killer workouts that will transform your body – all without ever stepping foot in a gym.



CHAPTER ONE

BODYWEIGHT BASICS

Most people start out exercising using their body weight. For many of us it begins in school with push ups, jumping jacks and the dreaded wall sit.

Then, when we get out into the real world, we graduate to proper workout equipment, like barbells and dumbbells. The mindset persists that bodyweight is for beginners, a stepping-stone to greater things.

The truth of the matter is that, if you are after a quality physique that is functional and fit, strong and muscled, then your body weight is all you will ever need.

In this chapter, we will discuss the components that make up an effective bodyweight program.

We'll also provide some guidelines on how you can maximize the potential of your body as your gym, along with some vital safety precautions that will prevent your 'equipment' from breaking down on you.

PUSH / PULL TRAINING

There are two basic ways to train your body. You either pull towards your body or you push away from your body. Due to the force of gravity, body weight training has traditionally been heavily weighted towards Push training. Push movements like push ups are more convenient than Pull movements like pull ups. All you need to do is lower yourself to the ground and then push back to the starting position.

Unless you balance your training between Pushing and Pulling, however, you will fail to achieve the balanced development and functional strength that you need for overall strength, muscularity and fitness.

That is why bodyweight pulling movements are an important part of this program. This will require the use of some form of pull up bar which you can grip in order to pull your body away from the ground. You can use a beam in your garage, a home chin up bar door attachment or you can make your own chin up apparatus.

Modified pull up movements are a stepping-stone to full pull ups. These can be performed with a bar (broomstick handle?) and a couple of chairs.

Most bodyweight training programs that you'll find neglect the training of the muscles of the back. That is a mistake. Without strong latissimus, rhombus and erector spinae muscles, you will open yourself up to structural imbalance problems, along with rounded shoulders, anterior pelvic tilt and lower back pain. In this program we will creatively utilize variations of pulling exercises to ensure balanced development of the muscles of both the front and back of your body.

TRAIN HARD, TRAIN SAFE

An effective bodyweight training program requires that you make use of everyday furniture that you have around your home. This may include a door frame, a chair or table top. It is vital that every piece of training equipment that you use is secure, stable and strong. Always stabilize items before using them. Do a couple of test repetitions before doing your actual set in order to test rigidity.

Bodyweight training is a very safe way to work out when compared to what goes on in most gyms. Still, one unwise move can plunge you into a world of pain – and frustration. Follow these guidelines to ensure that you are training safe while training hard:

Don't Over Train

Your muscles don't grow when you train. Unless you provide sufficient time for the muscle to recover before working it again, you will never make progress. Not providing your connective tissues time to recover between workouts can set you up for problems. For those reasons, you should give your body 48 hours recovery between doing the same exercise again.

Use Perfect Form

In this book you will learn the optimum form to allow you to maximize your training effort on every exercise. You must have the focus and discipline to use this proper form on every repetition. Don't just focus on reaching a total number of reps. Make sure that your body is moving through a full range of motion, especially on movements like push ups. Poor form is the number one cause of injury.

Balance Your Training

Your body is designed to work as a whole unit. If you train certain parts and not others, you will develop imbalances which will inevitably translate to injury. Your best protection against chronic injury, then, is balanced, strength, balanced flexibility and balanced muscle mass.

Stop When It Feels Wrong

There's a fine line between being focused on hitting your rep target and using common sense when you feel pain. There is no sense in pushing through unnatural pain (as opposed to muscular fatigue) to finish your set. If you don't give your body the respect it deserves, you may find yourself unable to train for weeks, defeating the purpose of what you're doing. So, listen to your body.

Warm Up

The erroneous idea that bodyweight training is not serious training can lead people to skip the warm up. This is a mistake. You need to warm up to move your body from cold, and rigid to warm and flexible. The colder a muscle is, the more prone it is to injury. Spend a few minutes gradually getting your heart rate up with jogging on the spot, jumping jacks or skipping. Warm up the particular muscles that you will be working by doing static stretches for them.

Focus

Too many people exercise mindlessly. They may be thinking about what happened at work that day, what they've still got to accomplish before bed or what's for dinner, but not about what they are actually doing.

Yet, unless you are tuned in to the movement that you are currently performing you will not get the most out of it. You will also be increasing your risk of injury. That's why it is crucial that you develop what is known as the mind-muscle connection.

Focus on the prime mover of the exercise. For example, when performing push ups, focus on the feeling across your pectoral muscles. Feel them stretching, expanding and contracting.

Imagine them as pistons, mechanically driving up and down.

Slow Down

Most people exercise too fast. They have a 'get it over with' mentality that leads to partial movements and sloppy form. Just watch people doing push ups and you'll see what I mean.

They pump out quarter movements, dropping their head to limit the range of motion, at about 3 per second. They may as well have not bothered.

To get the most out of your exercise, perform the concentric (positive part) of the movement to a 2-second count. The eccentric (negative) part should take 3 seconds.



BODY WEIGHT CIRCUIT TRAINING

One unique benefit of no-equipment exercises is that they make it much more convenient to take advantage of a valuable workout technique called circuit training. In circuits, you do one set of each exercise in the routine before doing a second set of any exercise. Moving quickly from exercise to exercise allows you to do more work in less time - and this is an even more efficient process when there's no weight to adjust or station to set up. Circuit training is also a fantastic way to enhance the fat loss effects of resistance training. It boosts your metabolism to burn calories like crazy - all the while, allowing you to build, shape and define every muscle group in our body.

Bodyweight Circuit

Start with 5 to 10 minutes of continuous activity that involves large muscle groups - such as doing jumping jacks, running up stairs or skipping.

Then do each exercise on your circuit list in succession, pausing only long enough to get ready for the next one. Start with 12 repetitions of each exercise, eventually working your way up to 20. Go through the circuit twice.

The Circuit

Push Ups: Lie on the floor with your hands a little wider than shoulder width apart. Make sure that you maintain a neutral head position through out the movement; do not drop your head down. Keep your shoulders and back stable as you rise up to the top position. Keeping the plane of your hands below your elbows, lower yourself completely until your nose touches the ground. Make sure that the hips and torso are straight and that your glutes and core are tight. From the bottom position, power back up to the start position.

Modified Pull Ups: Set up a bar or equivalent between two uprights so that it is positioned horizontally at waist height. Grasp the bar with an overhand grip and lower yourself so that you are hanging underneath it with feet extended out. Now, with your back arched, pull up so that your chin touches the bar. Lower to full extension and repeat.

Reverse Dips: Position yourself in front of a low bench facing away with your hands behind you resting on the bench. Your hands should be about 6 inches apart and your legs extended in front of you so that your body forms a straight line. From this position, bend at the elbows to lower your core area towards the floor. From a bottom position power back up, focusing on your triceps to do the work.

Squats: Start with your feet shoulders width apart and ensure your back is arched. Hold your hands out directly in front of you palms, parallel to the ground (you can add weight as you progress by holding a book in your outstretched hands throughout the movement).

Slowly bend your knees and lower your body until your thighs are parallel with the ground. Keep your back straight and avoid bending throughout the movement.

Don't worry if you can't get your thighs lower than parallel to the ground to start. This can be your goal over time. Don't sacrifice a straight back and good posture by trying to go too low too soon.

Box Jumps: Start with your feet shoulder width apart and the box about a foot in front of you. Bend your knees into a semi-squat position, trail your hands back behind your waist and throw them forward as you leap up onto the box.

You'll roll forward onto the balls of your feet as you spring up for your leap. Imagine you're trying to jump across a small stream from a standing start using both feet at the same time. Both feet must leave the ground and land flat on the box at the same time (try to avoid landing with just the balls of your feet).

Mason Crunches: Sit with your back arched and knees slightly bent. Your feet should be just off the floor. Now grasp your hands together in front of your knees.

Use a twisting motion to touch your hands to the floor on either side of you in a fast paced motion. Be sure to make solid contact on each side and keep your feet up throughout. Both sides counts as one rep.

Jumping Split Lunges: Standing, feet together, and with hands on hips, bend your knees and jump up, landing with your right foot in front of you and your left foot behind. You'll want to get as deep a bend in your knees as possible.

Mountain Climbers: Start in a traditional push-up position, keeping your core tight. Bring one knee up as close to your chest as possible while balancing on the opposite foot, and then quickly switch legs. Keep your butt down and your palms on the floor at all times.

The above circuit routine will allow you to work every major muscle group of your body, while torching body fat, revving up your metabolism and improving the efficiency of your heart and lungs.

Do this work out every second day.

On your off days, do some High Intensity Interval Training (HIIT). The combination of circuit training and HIIT will take your fat burning efforts to the next level, allowing you to hone in on that fit, athletic, fat free body that so many desire but so few achieve.

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CHAPTER THREE

BODY PART EXERCISES

In this chapter, we will present the most effective bodyweight exercises for the major muscles of your body. In the chapter to follow we will combine them into a series of training regimens specifically targeted toward specific goals.

CHEST

Exercise Name: Diamond to Normal Push Up

Muscles Involved :

- Primary: *Pectorals*.
- Secondary: *Triceps*



Execution method :

1. Assume a normal push up position, with your shoulders over your hands and your feet together.
2. Go down into a bottom push up position. As you push back up bring your hands together to form a diamond shape with thumbs touching.
3. Perform a close grip push up.
4. As you push up spread your legs apart and move your left hand out to ready your self for another normal pushup.
5. Repeat - this time as you push out of the close grip push up, move to the right.

Exercise Name: Incline Push Ups

Muscles Involved :

- Primary: *Lower Pectorals*
- Secondary: *Triceps*



Execution method:

1. Position yourself in front of a box or chair that is 16-18 inches off the floor.
2. Rest your hands on the outside of the box or chair, with your feet about four feet away. Your body should form a 45-degree angle when your arms are extended.
3. Lower your self toward the box.
4. Exhale as you push straight up. Keep your elbows and arms over the box / chair at all times. Keep you body in a straight line throughout.

Exercise Name: Side-to-Side Rocker Push Up

Muscles Involved :

- Primary: *Pectorals*
- Secondary: *Triceps*



Execution method:

1. Assume a normal push up position but spread your arms a little wider than normal.
2. Lower yourself to a 90-degree angle with your elbows.
3. rock your chest from one side to the other. Feel the pecs stretching and engaging as your move from side to side.
4. Keep a tight core and maintain a straight line with your body.

Exercise Name: Slow Motion Push Up

Muscles Involved :

- Primary: *Lower Pectorals*
- Secondary: *Triceps*



Execution method:

1. Assume a normal push up position with shoulders just over your hands.
2. Lower yourself to a count of 15 seconds as you lower to the ground.
3. Count another 15 seconds as you push back up. Exhale as you push back up.

Exercise Name: Floating X Plank

Muscles Involved :

- Primary: *Pectorals*
- Secondary: *Front deltoids*



Execution method:

1. Assume a plank position with all your limbs spread out and fingers pointing out.
2. Lift your body and bend your elbows slightly to increase the pressure on the outer pecs.
3. Hold this position for 30 seconds. Resist the urge to push towards your back side. Keep your body in line and your core tight.

BACK

Exercise Name: Beast Push Ups

Muscles Involved :

- Primary: *Latissimus dorsi*
- Secondary: *Triceps*



Execution method:

1. Stand with feet shoulder width apart. Reach down to place your palms on the floor in front of you, spaced about three feet from your toes. Your knees should be slightly bent as you look toward the floor.
2. Lift your heels off the floor as you lower your head to the floor between your hands.
3. Feel the stretch in your lats as you push back to the starting position. Again, feel for a deep stretch in your lats in the top position.

Exercise Name: Cross Hold

Muscles Involved :

- Primary: *Latissimus dorsi*
- Secondary: *Front deltoids*



Execution method:

1. Lay on your stomach with your feet together. Assume a push up position, but with your hands as wide as they can possibly go. Your hands should be straight out from your shoulders.
2. Angle your finger tips out and ensure that your core is tight. Push into the ground with your arms. Breathe in through the nose and out through the mouth.
3. Hold this position for thirty seconds.

Exercise Name: Isometric Handstand Shrug

Muscles Involved :

- Primary: *Latissimus dorsi*
- Secondary: *Trapezius*



Execution method:

1. Assume a handstand position against a wall by walking your feet up the wall.
2. Shrug downwards with your shoulder to tense your back. Tighten your core and squeeze your butt. Your body should be in a straight line.
3. Hold the shrug position for 45 seconds. Remember to breathe in through the nose and out through the mouth throughout the hold.

Exercise Name: Reverse Push Up

Muscles Involved :

- Primary: *Rhomboids*
- Secondary: *Trapezius*



Execution method:

1. Lie flat on the ground on your back with your elbows straight out to the sides. Look toward the ceiling.
2. Try to pinch your elbows together by drawing your upper body from the ground. Keep your back arched throughout. Keep a tight core and squeeze tightly through the rhomboids and trapezius.
3. Inhale as you rise with the squeeze and exhale as you lower back down.

Exercise Name: Supermans

Muscles Involved :

- Primary: *Lower lumbar*
- Secondary: *Trapezius*



Execution method:

1. Lie flat on the ground on your stomach. Stretch your arms out in front of you and have your legs together.
2. Exhale as you arch your torso up to stretch your arms out in front and your legs behind you. Try to lift as high as you can, feeling the stretch in your lower lumbar area.
3. Lower and relax and then repeat.

LEG

Exercise Name: Belt Kick Squats

Muscles Involved :

- Primary: *Lower abdominals*
- Secondary: *Triceps*



Execution method:

1. Assume a normal squat position with hands on hips and feet shoulder width apart.
2. Squat down until the hamstrings are parallel with the floor. Keep the knees behind the toes.
3. As you stand back up raise your left leg with a kick directly out in front of you. Exhale as you kick.

Exercise Name: Bulgarian Split Squat

Muscles Involved :

- Primary: *Glutes / Thigh*
- Secondary: *Core*



Execution method:

1. Position a platform, stool or table that is about 16 inches high directly behind you. Place one foot on the platform with the other leg directly in front of you.
2. Squat down directly, keeping a tight core. Keep your knee directly over your foot. Bring the rear knee down as far as you can. Exhale as you push back up with the thigh.

Exercise Name: Burpees With Deep Squat

Muscles Involved :

- Primary: *Lower abdominals*
- Secondary: *Thighs*



Execution method:

1. From a standing position get down into a deep squat with palms on the ground.
2. Kick your feet back and do push up with an exhale.
3. Jump back in to a deep squat and then explode into the air.

Exercise Name: Calf Raise Jumps

Muscles Involved :

- Primary: *Calves*
- Secondary: *Soleus*



Execution method:

1. Stand with feet about waist width apart.
2. Press up with your calves with a little hop. Land softly, absorbing into the movement. Keep your knees slightly bent.

Exercise Name: Deep Ape Squat

Muscles Involved :

- Primary: *Thighs*
- Secondary: *Core*



Execution method:

1. Crouch low on the ground with your palms on the floor in front of you.
2. Rise onto your toes, turning your thighs outward. Turn the knees out as you spread your arms out to the sides.
3. Come back down to the start position.

Exercise Name: Deep Squat

Muscles Involved :

- Primary: *Thighs*
- Secondary: *Core*



Execution method:

1. Assume the start squat position with feet shoulder width apart and arms out directly in front of you.
2. Sit down and back into a deep squat position. Keep the butt engaged and the quads up slightly, so that you hold the tension in the squat.
3. Hold the bottom position for 10-20 second

Exercise Name: Double Leg Extensions

Muscles Involved :

- Primary: *Quadriceps*
- Secondary: *Hamstrings*



Execution method:

1. With feet shoulder width apart, bend over to place your palms on the floor in front of you.
2. Bend your knees to bring your forehead to the ground. Keep your core tight.
3. Exhale as you push the quads back strongly to lift the hips up high. Lower back down and repeat.

Exercise Name: Elevated Calf Raises with Knee Up

Muscles Involved :

- Primary: *Calf*
- Secondary: *Soleus*



Execution method:

1. Place the toes of one foot on the edge of a block or step. Lift the other knee up in front of your body. Use a hand for support against a wall.
2. Press up as high as you can with your heel, without bending the knee.
3. Lower your foot to fully stretch the calf down.

Exercise Name: Explosive Lunges

Muscles Involved :

- Primary: *Quadriceps*
- Secondary: *Hamstrings*



Execution method:

1. From a shoulder width standing position, take a big step forward. Bring the rear knee down to just above floor level.
2. Explosively push the thigh back to the start position. Get into a rhythm with the leg popping back each time.

Exercise Name: Hamstring Curl

Muscles Involved :

- Primary: *Hamstrings*
- Secondary: *Calves*



Execution method:

1. Lie on the floor on your back with a cloth or tool under your heels. Your arms should be by your sides.
2. Extend your heels all the way out, lifting your glutes off the ground.
3. Squeeze to draw your heels up towards your glutes, then push them back out. Contract the hamstrings tightly as you bring the heels in.

Exercise Name: Lateral Jumps

Muscles Involved :

- Primary: *Quadriceps*
- Secondary: *Calves*



Execution method:

1. Stand with feet a little wider than shoulder width apart. Crouch down in readiness to jump.
2. Jump up and land over to one side. Go as high as you can, landing softly. Keep a tight core and good form. Exhale as you jump.

Exercise Name: Squat Jumps

Muscles Involved :

- Primary: *Calves*
- Secondary: *Soleus*



Execution method:

1. Assume the mid position of a squat with your hands positioned at chest level in preparation to jump vertically. Push your butt back.
2. Exhale as you jump up as high as you can, landing softly and moving back to the start position.
3. Immediately move into your next jump.

Exercise Name: Squat, Lunge, Kick

Muscles Involved :

- Primary: *Quadriceps*
- Secondary: *Hamstrings*



Execution method:

1. Assume the mid position of a squat with your hands positioned at chest level in preparation to jump vertically. Push your butt back. Keep your knees behind the toes.
2. Kick one leg backwards into a lunge position then bring it forward to kick in front of you. Move immediately into the next repetition.

Exercise Name: Squat With Knee Twist

Muscles Involved :

- Primary: *Quadriceps*
- Secondary: *Glutes*



Execution method:

1. Assume the mid position of a squat with your hands positioned at chest level in preparation to jump vertically. Push your butt back. Keep your knees behind the toes.
2. Exhale as you drive out of the squat, bringing the knee up to the opposite elbow. Build up to a good pace, making sure that you go all the way down on the squat. Do all of your repetitions on one side before going to the other side.

SHOULDERS

Exercise Name: Elevated Hand Walk

Muscles Involved :

- Primary: *Rear deltoids*
- Secondary: *Triceps*



Execution method:

1. Assume a plank position in front of a chair. Your fingers should be only about four inches from the chair legs.
2. Keeping your core tight, step up onto the chair with one hand, then follow through with the other hand so that you are in a plank position on the chair.
3. Reverse the motion to return to the start position. Exhale as you are pushing up.

Exercise Name: Elevated Handstand Push Up

Muscles Involved :

- Primary: *Front deltoids*
- Secondary: *Side deltoids*



Execution method:

1. Put your feet up on a chair, with your palms on the floor about three feet in front of the chair. Your body will be in a V-position.
2. Bend your elbows to bring your head straight down. Your upper body should be completely in line from your head to your butt.

Exercise Name: Superman Push Up Hold

Muscles Involved :

- Primary: *Front deltoids*
- Secondary: *Pectorals*



Execution method:

1. Assume the start position of a regular push up, but place your hands directly in front of you, with your palms spread out and hands close together.
2. Exhale as you push into a top push up position.
3. Hold this top position. Focus on holding for 30-40 seconds. Breathe naturally throughout the movement.

Exercise Name: Handstand Push Ups

Muscles Involved :

- Primary: *Front deltoids*
- Secondary: *Trapezius*



Execution method:

1. Position yourself about six inches away from a wall on your hands and knees.
2. Walk your legs up the wall to assume a handstand position with feet together.
3. With a tight core, lower your head to the floor.
4. Exhale as you push back to the fully extended position.

Exercise Name: Superman Push Up

Muscles Involved :

- Primary: *Front deltoids*
- Secondary: *Trapezius*



Execution method:

1. Assume the start position of a regular push up, but place your hands directly in front of you, with your palms spread out.
2. Exhale as you push into a top push up position.
3. Lower back down, keeping your core tight and back straight.

ARM

Exercise Name: Close Backwards Grip Pushup

Muscles Involved :

- Primary: *Anterior head of the triceps*
- Secondary: *Upper abdominals*



Execution method:

1. Get into the start position of a push up, but with your hands reversed, so that your fingers are pointing back toward your toes. Your hands should be in line with upper torso.
2. Lower yourself down to the ground and push back up. Attempt to go all the way down until your chin touches the floor. Keep your body in a plane throughout, not allowing your butt to lift. Do not allow your elbows to splay out. Breathe in as you lower your body, with a forceful exhale as you push up.

Exercise Name: Diamond Walkout

Muscles Involved :

- Primary: *Long head of the triceps*
- Secondary: *Lower abdominals*



Execution method:

1. Get into a Plank position. Your fingertips should be touching with your forefingers and thumbs forming a diamond shape.
2. Walk your hands forward one by one in small steps.
3. Then once your out as far as you can reach take small steps back in.

Note: Keep your butt down throughout this movement.

Exercise Name: Forearm 30-40 sec Isometric hold

Muscles Involved :

- Primary: *Forearm extensors*
- Secondary: *Grip strength*



Execution method:

1. Lie face down on the floor facing a chair with your arms fully extended. Grab the bottom of a chair leg with each hand.
2. Keeping your elbows on the ground, use forearm strength to lift the chair off the ground. Keep the rest of your body prone, so that the forearms are doing all of the work.
3. Hold this position for 30-40 seconds.

Exercise Name: Leg Curl

Muscles Involved :

- Primary: *Biceps brachii*
- Secondary: *Biceps brachialis*



Execution method:

1. Stand against a wall, leaning forward slightly and cross one foot across to the opposite knee.
2. Grab the ankle of the crossed foot with the opposite hand. This leg will now act as your resistance.
3. Now lean forward with your upper body, while keeping your butt up against the wall. Curl your leg up towards your shoulder until you feel a peak contraction in the bicep.
4. To increase resistance, simply push your leg down. You can also do eccentric training for your biceps by resisting strongly on the way down. This allows for adaptable resistance, which no bar can possibly provide you.

Exercise Name: Side Lying Triceps Extension

Muscles Involved :

- Primary: *Medial head of the triceps*
- Secondary: *Intercostals*



Execution method:

1. Lie on your left side with your legs extended and one foot on top of the other.
2. Cross your left arm over your upper thigh to keep it out of the way. Your right arm should be on the floor, palm down in line with your chest. The palm should be as close to the body as possible.
3. Keeping your head parallel to the floor, push through your palm to lift your upper body off the floor. The power for the lift will be coming wholly from the triceps.
4. Be sure not to rest at the bottom of each rep. Keep the tension on the triceps at all times.

Note: This bodyweight exercise places a lot of emphasis on the hard to get at medial head of the triceps, while also giving a good warm-up to the forearm muscles. Make sure that you don't 'kip' at your core to help you up – it needs to be all triceps on this one.

Exercise Name: Towel Curl

Muscles Involved :

- Primary: *Biceps brachii*
- Secondary: *Biceps brachialis*



Execution method:

1. Hook the towel around the object so that you are able to grab both ends of the towel at a height of about five feet off the ground.
2. Make sure the towel is gripped so that it is on the outside of your hands. Bend your knees to drop down so that your head is in line with the towel.
3. Lean back so that your dead weight is supported by your arms. Now curl in to bring your body towards the support object. Keep your elbows in and forcefully contract the biceps, squeezing tightly in the top curl position.



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CHAPTER FOUR

PULL UPS

Pull Ups are the ultimate separators. Plenty of people will boast to you about their bench press strength but ask them how many chin ups they can pump out and suddenly they go eerily silent.

Why? Because they are damn hard to do. They're hard for men to do. So, what hope do women – with 90% less testosterone in their systems – have of doing them?

Not a hope in Hades if you listen to the conventional wisdom. In fact, national media outlets, including the New York Times, have recently been putting it out there that this exercise is actually dangerous for women. So, what gives?

Shut Up and Chin!

Women can do anything, including pull ups. Just like men, they'll have to work at it, but the benefits of persevering will be well worth it. It will make them stronger, more confident and more shapely. For men, pull ups, along with their even more taxing cousin, Chin Ups, will give them that coveted V taper, with strong, thick lats.

Why Do Them?

Pull Ups are a fantastic upper back exercise. It is the best thing you can do to develop the latissimus dorsi muscles – the ones that give a “V” shape to your upper body. Yet the movement actually works your whole body. It will place direct stress upon you abs, lower back, biceps and forearms. Yet, this movement is deceptively simple – all it involves is hanging from a bar and pulling your body up so that your chin goes over the bar.

4 Steps to a Perfect Pull Up

Pull Ups are an exercise that you are probably going to have to work at before you can do a full rep unassisted. That's fine. It's simply the principle of progressive resistance in action. Working up to a full chin up doesn't mean sticking to lat pull-downs. No, you are going to get up on that bar and practice on the real thing. Not only will doing so program the mechanics of the movement into your brain, it will also help you to conquer the fear of chin ups which is rarely mentioned but very real.

Step One

Start by grabbing a bench to help you get into the top position of the chin up. Reach up to grab the bar with an underhand shoulder width grip. Now pull yourself so that your chin is over the bar. Cross your feet over and do not swing.

Hold this position for as long as you can. At the start you'll only get a few seconds. Progressively you'll build to around half a minute.

Step Two

Set up a bar or equivalent between two uprights so that it is positioned horizontally at waist height. Grasp the bar with an underhand grip and lower yourself so that you are hanging underneath it with feet extended out. Now, with your back arched, pull up so that your chin touches the bar. Lower to full extension and repeat.

Step Three

Have the same set up as in Step One to allow you to get to the top position of a pull up. Now, lower yourself back to the start position to a slow count of 10. It is vital that you resist gravity every step of the way. Climb back onto the box for the next rep.

Step Four

This one starts the same way as Steps One and Four, except this time you will also loop a resistance band around the pull up bar. Put your knee in the band's loop. The band will assist you in the hardest part of the movement, which is in the fully extended arm position.

Do the above four movements twice per week, with at least two days rest between them. Do one set of 8 reps for Steps Two, Three and Four. Work up to a single 30-second hold on exercise one. For the first session of every week, start by attempting a full, unassisted chin up. By week 6 you will have nailed it.

Pull Ups are a real challenge. But, once you've conquered one it won't take long to get your numbers up. Before you know it you'll be pumping out a dozen perfect reps to the amazement of your fellow gym goers. Better still, you'll be building a sexy, streamlined back that will make you firmer, fitter and stronger.

Beyond Pull Ups

The following advanced exercises utilise the chin up bar to allow you blast your latissimus dorsi and bicep muscles to the max.

Close Grip Pull Ups

Primary Target Muscle: Biceps Brachialis

Secondary Focus: Grip Strength

This is a fantastic movement to build up the mass in your mid bicep. When you contract in the top position you also build bicep peak. You'll need a chin up bar that allows you to space your hands close together.

1. Grab the Chin Up bar with an underhand close grip so that the palms are about six inches apart. Hang loosely to fully extend your body.
2. Pull from the biceps to bring your chin up to the bar. At the top position hold for 2 seconds as you forcefully contract the biceps.
3. Lower under control until your body is again fully extended. Repeat the movement making sure that you don't 'kip' your body to use momentum to come up – it must all be bicep power.

Single Handed Dead Hangs

Primary Target Muscle: Forearm Flexors

Secondary Focus: Biceps Brachii

1. Take a firm overhand grip on a pull up bar with both hands.
2. Let go with one hand and support yourself entirely with the other arm.
3. Try to hold this position for one minute.
4. Change arms and try for another minute.

Wide Grip Chin Ups

Primary Target Muscle: Latissimus Dorsi

Secondary Focus: Biceps Brachii

1. Grip the chin up bar with an overhand grip, about six inches wide than shoulder width.
2. Hang at a full extension with your back arched and chest up (squeeze your shoulder blades together).
3. Pull up smoothly until your chin clears the bar.
4. Lower yourself to a full extension and repeat.

5

CHAPTER FIVE

THE WORKOUTS

You now have an arsenal of super effective body weight exercises that will allow you to get a great workout anywhere, anytime. In this chapter we will put them together into a series of workouts based on your level of training and your major training goal. The six programs are divided as follows:

Fat Loss	Muscle Gain
Beginner	Beginner
Intermediate	Intermediate
Advanced	Advanced

Fat Loss

For these workouts, you will be performing giant sets, which involve doing 3 or 4 exercises one after the other with no rest between them. You then rest just long enough to get your breath back before moving on to your next giant set.

Beginner

Warm Up Skipping - 2 mins

Workout Time = 15 Minutes

The Workout:

- Squats x 15
- Mountain Climbers x 15 (each leg)
- Burpee with Deep Squat x 15
- Push Up x 10
- Explosive Lunges x 10
- Mason Crunch x 20
- Beast Push Up x 10
- Superman x 10
- Mountain Climbers x 15 (each leg)

Intermediate

Warm Up Skipping - 2 mins

Workout Time = 25 Minutes

The Workout:

- Deep Squats x 20
- Mountain Climbers x 25 (each leg)
- Jumping Split Lunge x 25
- Push Up x 20
- Lateral Jumps x 20
- Belt Kick Squats x 20
- Burpee with Deep Squat x 20
- Mountain Climbers x 25 (each leg)
- Box Jumps x 10

Advanced

Warm Up Skipping - 2 mins

Workout Time = 35 Minutes

The Workout:

- Squat, Lunge, Kick x 20
- Mountain Climbers x 30 (each leg)
- Reverse Dips x 25
- Incline Push Ups x 25
- Lateral Jumps x 25
- Explosive Lunges x 25
- Burpee with Deep Squat x 25
- Mountain Climbers x 30 (each leg)
- Box Jumps x 15

Muscle Gain

These workouts make use of the superset principle, where you perform two exercises one after the other without any rest. Where an exercise rep number indicates 'to failure', you should continue until you cannot do another repetition.

Beginner

Warm Up: Skipping 1 Minute

- Push Up x 15
- Beast Push Up x 15
- Diamond to Normal Push Up x 15
- Cross Hold (1 minute)
- Deep Squat x 20
- Double Leg Extensions x 20

- Leg Curl x 20
- Side Lying Triceps extension x 12 each arm

Work up to repeating this series of exercises three times.

Intermediate

Warm Up: Skipping 1 Minute

- Diamond to Normal Push Up x 20
- Pull Ups x 8-12
- Deep Squats x 25
- Explosive Squats x 15 (each leg)
- Towel Curl x 15
- Diamond Walk Out x 15
- Forearm 30-40 Second Isometric Hold x 10
- Mason Crunch x 25

Work up to repeating this series of exercises three times.

Advanced

Warm Up: Skipping 1 Minute

- Incline Push Up x 30
- Pull Ups x 12-15
- Slow Motion Push Up x 30
- Hand stand Push Ups x 12
- Deep Squats x 30
- Jumping Split Lunge x 20 (each leg)
- Close Grip Pull Ups x 15
- Single Handed Dead Hangs x 1 minute each arm
- Reverse Push Up x 15
- Chin Ups x 8-10

Work up to repeating this series of exercises four times.

FINAL WORD

Congratulations!

You now have everything you need to train with the intensity that you need to achieve your goals, be they fat loss or muscle gain. That's because you've learnt to maximize the potential of the gym that you were born with. No more having to trek to the gym, hand over your hard earned cash and compete with a room full of sweaty, stinky strangers for you. The information in this book has given you the control of your physical self.

We encourage you to persevere with the training regimens presented in this book. If you progress through from beginner to intermediate and then advanced at 12 weekly intervals, you will have 9 months worth of training laid out for you. Throw in a 12-week cycle of circuit training and you've got a full years worth of work-outs!

Stay dedicated, work hard and keep pushing your limits and you will be amazed at the body that you will create.