

12 Reasons to Use Bodyweight Training

There's nothing like doing a circuit of prisoner squats, decline pushups, reverse lunges, inverted rows, bulgarian split squats, and spiderman pushups at home to build muscle and burn fat. Heck, you can get your entire workout done in the time it takes to drive to most gyms! Here are 12 reasons why bodyweight training is best!

1. There is nothing like bodyweight exercises to boost confidence, motivation, and improve your athleticism.
2. Bodyweight workouts can be done anywhere - no equipment needed.
3. Improves your strength and gives you bragging rights for chin-up and push-up challenges.
4. Bodyweight exercises increase strength, endurance and flexibility in your entire body.
5. Bodyweight strength training and interval training help burn fat fast.
6. Helps improve strength in the back of the body - an area totally neglected in most weight programs.
7. A full body workout in 30 minutes or less. It all depends on how fast you want to move through the workout.
8. Great for men and women.
9. You can enjoy the last few weeks of the summer, training outside.
10. It's great if you are in jail, stuck at the office, or the in-laws.
11. As one client said, "This allows a change from the free weight workout and also can be used as a convenience for those traveling or maybe have not purchased a set of weights or machine for home to get an excellent workout."
12. And as another client said, "I think a bodyweight workout would be a great idea especially for when people travel. I don't know about most folks but I just don't have the time or desire to try to find a gym while I'm vacation or traveling for business. I use bands and bodyweight exercises in my hotel room. Since most hotels seem to have a treadmill, I use that for cardio or interval workouts. So, a bodyweight program would be totally portable and leave no room for excuses."Here's another quickie circuit that will burn calories, again, in the comfort of your own home.

Close-grip Pushup (12 reps)

Prisoner Forward Lunge (8 reps per side)

Mountain Climber (12 reps per side)

Jumping Jacks (60 reps)

Whew!Invigorating, and bodysculpting!

About the Author

Fitness is an assumed property of a system that determines the probability that that system will be selected, ie that it will survive, reproduce.

Source: <http://www.productsherbal.com>