

The complete guide to:

Bodyweight Bodybuilding

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Disclaimer

Perform the exercises described in this book at your own risk. This book is in no way an exercise prescription. Always see your doctor or health practitioner before making any changes to your diet or exercise program. The Complete Guide to Bodyweight Bodybuilding is not a substitute for professional medical advice. The Author will not be liable or held responsible for loss, injury or damage to any person as a result of any information or suggestion in this book. Stop any exercise immediately if you feel any dizziness, pain or light-headedness.

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INTRO- DUCTION



So why do bodyweight bodybuilding

Very few people can afford to belong to a gym or buy [equipment](#) to make a [home gym](#). But many people want to improve their physique by [building muscle](#). This poses a problem. This problem can be solved by following a [bodybuilding routine which doesn't require much \(or any\) equipment](#). That problem has now been solved by [this book](#) being published.

But bodyweight exercises are too easy though, right?

Wrong. Just because you were only exposed to a few [bodyweight exercises](#) during your junior school days, doesn't mean those are the only ones. There is a mind-bogglingly wide array of bodyweight exercises available. Some of these exercises are actually really hard. I am able to [deadlift](#) 350 lbs., but am unable to do a few [exercises in this book](#). Even then, most advanced bodybuilding techniques can be implemented into [bodyweight bodybuilding](#), giving you no excuse to try [bodyweight bodybuilding](#).

Here are my suggestions of exercises you should do for maximum gains:

1. Pushup
2. Parallel Bar Dip
3. Bench Dip
4. Handstand Pushup
5. Chin-up/Pullup
6. Squats
7. Lunge
8. Bridge
9. Ab Crunch
10. Leg Raises

For more bodyweight exercises, [click here](#). For more exercises, check out this list of [619 exercises](#).

Here is the exercise I DO NOT recommend:

1. Sit-ups: This exercise is widely used across the planet, but it's actually quite bad for your spine. I might do an article on how this exercise can be done so as not to damage your spine, but in the meantime, PLEASE DON'T DO IT. Rather do nos. 8,9,10, which are brilliant alternatives to the sit-up and are, in my opinion, much better [ab exercises](#).

Exercise categories

For the sake of convenience, I have organised the [10 exercises mentioned above](#) into different exercise categories.

Upper body: These are exercises which target your [upper body](#). These exercises can be subdivided into push movements and [pull movements](#).

Push movements: These are [upper body exercises](#) which involve [pushing](#).

Pull movements: These are [upper body exercises](#) which involve [pulling](#).

Lower body or Legs: These are exercises which target the [lower body](#), which is comprised of the [legs](#).

Abs: These exercises target the [abdominal region](#).

Here's how the exercises are organised:

Upper body		Abs	Lower body legs
Push	Pull		
Pushup	Chin-up/Pullup	Bridge	Squats
Parallel Bar Dip		Ab Crunch	Lunge
Bench Dip		Leg Raises	
Handstand Pushup			

How this book works

For each exercise, complete instructions of the basic variation are include. Instructions are then given on how to alter the basic variation to perform a whole host of other variations. Here's how you figure out what's going on:

Different variations

Only change things compared to the basic exercise which are mentioned. Things that aren't mentioned should be kept exactly the same as the basic version of the exercise.

Key:

To make it easier: These variations are easier than the basic version. If you are unable to do the basic version properly then first perfect these variations. These exercises are listed from easiest to hardest.

To make it harder: These variations are harder than the basic version. If the basic version isn't challenging you enough then try these variations. These exercises are listed from easiest to hardest.

For variation: These variations are merely different to the basic version. Some might find some harder than others, while some might find some easier than others. The main thing is that these variations provide variation, which is vital for sustained muscle growth.

Plyometric variation: These variations are [explosive exercises](#). They are designed to [develop power in the body](#), which is especially helpful for [athletes and sportspeople](#). According to scientific studies these exercises also [improve your strength](#) in the non-explosive variations.

Combinations: Please be aware that pretty much any two (or three) variations can be combined, forming an [exhaustive list of variations](#) which can be performed. [A few examples](#) are mentioned.

Adding resistance: If these exercises are done properly and you incorporate the [advanced techniques](#), there should be no need to [add extra weight](#). However, if you feel the need to add resistance, I've specified the ways I recommend of safely adding weight.

Please note that not all of the above variations will be mentioned for all the exercises, as not all exercises have all of the abovementioned variations.

PUSHUP



The Basic Version

The [pushup](#) is by far the most widely known exercise on the planet, and for good reason. It requires no [equipment](#) and it recruits most muscles in your upper body. The problem is that very few people do it properly. Here are step-by-step instructions on how to do the basic version properly:

1. Start with your knees on the ground.
2. Place your knuckles slightly more than shoulder width in line with your head. Notice I said use your knuckles. This might be slightly more painful on some surfaces, but it will protect your wrists. Using your palms damages your wrists which could cause injuries in the long run.
3. Use a neutral position for your knuckles i.e. place your knuckles at a 45° angle.
4. Put your feet together.
5. Lift your knees off the ground.
6. Tighten your body. You want your body to be a taught single unit. To achieve this do the following:
 - Tighten your glutes i.e. make a 'tight ass' as if someone is about to spank you.
 - Brace your abs i.e. make a tight stomach as if someone is about to punch you in the chest.
7. Now move your body up and down. Only your arms must move, while your body remains in a straight line.
8. Your upper arm must remain at a 45° angle i.e. instead of your elbows being in line with your shoulders (90°) in the down position, they must come in between your shoulders and hips.

Different variations

To make it easier:

1. Knee [pushup](#) a.k.a. Ladies [pushup](#): Place your knees together on the ground instead of having your feet together on the ground. Keep your body straight from head to knees.
2. Inclined [pushup](#): Place your knuckles on a bench, chair, couch or anything that is elevated from the ground. The higher your hands are above the ground, the easier the exercise is.

To make it harder:

1. Single foot [pushup](#): Instead of placing your feet together, place your one foot on top of the other.
2. Foot on bosu ball [pushup](#): Place your feet together on a [bosu ball](#).
3. Decline [pushup](#): Place your feet on a [bench](#), [chair](#), [couch](#) or anything that is above the ground. The higher your feet are off the ground, the harder the exercise. Please be aware that if your feet are really high off the ground, you will be working your shoulders more than your chest, as the exercise will become more of a handstand pushup than a pushup. Also be aware that for this exercise most people tend to bend their knees. Don't do this. Keep your legs perfectly straight.
4. Foot on [exercise ball pushup](#): Place your feet together on an [exercise ball](#).
5. [Bosu ball pushup](#): Turn a bosu ball upside down. Grip the outside of the [bosu ball](#).
6. [Exercise ball pushup](#): Place your palms on an [exercise ball](#) (using your knuckles will be nearly impossible for this. Maybe you can prove be wrong).
7. Gymnast [pushup](#): Attach a pair of [gymnastic straps](#) to something. Grip the handles of the straps. Be extremely careful with this exercise though.

Plyometric variation: Straighten your arms as fast and forcefully as possible when you come up, so as to push yourself away from the ground. During your airtime you can clap your hands, touch your head, touch your butt, touch your opposite shoulder or whatever else you can think of. Or you can simply do nothing during your airtime.

For variation:

For variation you can place your hands different distances apart:

1. Diamond [pushup](#): Place your palms next to each other, forming the [diamond](#) shape between your hands. Notice I said use your palms.
2. Wide-hands [pushup](#): place your knuckles about a metre apart.
3. Anything in between: I would recommend using your palms instead of your knuckles when your hands are less than shoulder width apart, as this will cause less damage on the wrists.

Combinations:

1. Single foot on [exercise ball diamond](#) pushup: Place one foot on top of the other on an [exercise ball](#) with your palms next to each other.
2. Decline gymnast [pushup](#): Place your feet together on an elevated object while gripping the handles of [gymnastic straps](#).
3. Incline knee [pushup](#): Place your knees on the ground, while placing your knuckles on an elevated object.

Adding resistance:

1. [Backpack pushup](#): Place a [backpack](#) on your back. In the [backpack](#) you can place [books](#), bricks, [weight plates](#) or pretty much anything which will weigh you down.
2. [Weight plate pushup](#): Place a [weight plate](#) on your back.
3. Band-resisting [pushup](#): Place a [resistance band](#) across your upper back. Make a fist to tightly grip the ends of the band in each hand. Do the exercise on your knuckles as usual.

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