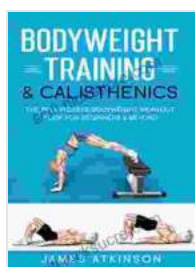


# The Progressive Bodyweight Workout for Beginners: Beyond Home Workout Weight

Bodyweight exercises are a great way to get fit without any equipment. They can be done anywhere, and they can be tailored to your fitness level. If you're a beginner, starting with a bodyweight workout is a great way to build a solid foundation of strength and endurance.



## Bodyweight Training & Calisthenics: The Progressive Bodyweight Workout Book For Beginners & Beyond (Home Workout & Weight Loss Success 7) by James Atkinson

★★★★☆ 4.2 out of 5

Language	: English
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This article will provide you with a comprehensive guide to the progressive bodyweight workout. We'll cover everything from the basics of bodyweight training to sample workouts and progressions. By the end of this article, you'll have all the tools you need to get started on your own bodyweight workout journey.

## The Benefits of Bodyweight Workouts

There are many benefits to doing bodyweight workouts, including:

- **No equipment required.** Bodyweight workouts can be done anywhere, anytime, with no equipment required. This makes them a great option for people who don't have access to a gym or who don't want to spend money on equipment.
- **Scalable for all fitness levels.** Bodyweight exercises can be modified to make them easier or harder, depending on your fitness level. This makes them a great option for beginners and experienced exercisers alike.
- **Builds strength and endurance.** Bodyweight exercises can help you build strength and endurance in your muscles. They can also help you improve your balance and coordination.
- **Burns calories.** Bodyweight exercises can help you burn calories and lose weight. A single bodyweight workout can burn up to 500 calories.
- **Improves mood.** Exercise has been shown to improve mood and reduce stress. Bodyweight workouts are a great way to get your endorphins flowing and boost your mood.

## **Getting Started with Bodyweight Workouts**

If you're new to bodyweight workouts, start by doing a few exercises each day. Gradually increase the number of exercises and repetitions as you get stronger.

Here are a few tips for getting started with bodyweight workouts:

- **Start slowly.** Don't try to do too much too soon. Start with a few exercises each day and gradually increase the intensity and duration of your workouts as you get stronger.
- **Listen to your body.** If you experience any pain, stop the exercise and rest. It's important to listen to your body and avoid pushing yourself too hard.
- **Have fun.** Bodyweight workouts should be enjoyable. If you're not having fun, you're less likely to stick with it. Find exercises that you enjoy and that you can do consistently.

## **Sample Bodyweight Workout**

Here is a sample bodyweight workout for beginners:

1. **Squats (10 repetitions)**
2. **Push-ups (5 repetitions)**
3. **Lunges (10 repetitions per leg)**
4. **Plank (30 seconds)**
5. **Rest (1 minute)**
6. **Repeat 3 times**

This workout can be modified to make it easier or harder. For example, you can start with fewer repetitions or hold the plank for a shorter amount of time. As you get stronger, you can add more repetitions, hold the plank for longer, or add more exercises to the workout.

## **Progressions for Bodyweight Workouts**

As you get stronger, you'll want to progress your bodyweight workouts. This means making the exercises more challenging.

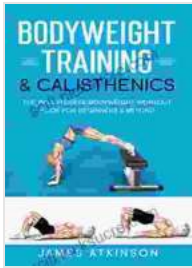
Here are a few ways to progress your bodyweight workouts:

- **Increase the number of repetitions.** Once you can do 10 repetitions of an exercise, try increasing the number of repetitions to 12, 15, or even 20.
- **Increase the hold time.** If you can hold a plank for 30 seconds, try increasing the hold time to 45 seconds, 60 seconds, or even 90 seconds.
- **Add weight.** If you're looking for a bigger challenge, try adding weight to your bodyweight exercises. You can do this by wearing a weighted vest or backpack.
- **Try new exercises.** Once you've mastered the basics, there are many other bodyweight exercises you can try. Some more challenging exercises include the pull-up, the dip, and the muscle-up.

Bodyweight workouts are a great way to get fit and improve your overall health.

This article has provided you with a comprehensive guide to the progressive bodyweight workout for beginners.

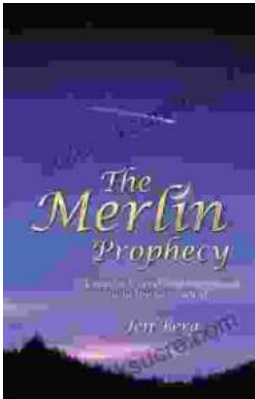
By following the tips and advice in this article, you can develop a bodyweight workout routine that is safe, effective, and enjoyable. So what are you waiting for? Get started today!



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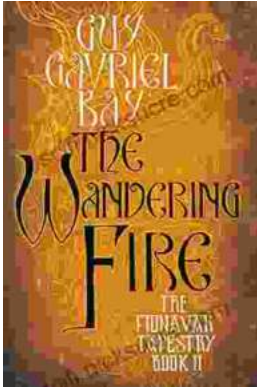
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