



# **10 Minute Bodyweight Routines: High Performance Bodyweight Training Workouts for Strength and Conditioning (No Gym. No Special Equipment Required.)**

*Michael Martelli*

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## Can I Really Get a Great Workout with No Equipment?

**YES!**

When it comes to fitness there is no better way to build an athletic, toned, streamlined physique than using your own body as the resistance. Take a look at the physique of a gymnast and this should provide you with plenty of inspiration as this shows just how muscular and fat free your body can be if you follow this program. You can begin the program at any time and this is regardless of your present physical state and if you wish to you can follow the program until you are as fit as an Olympic gymnast and are sporting the most amazing abdominal muscles that you will be the one of everyone's envy!

**The book covers the following in depth:**

- What is bodyweight training?
- The science behind short workouts and HIIT
- Bodyweight specifics
- All you need is your body
- Components of an exercise program
- Bodyweight workouts for beginners
- Create an exercise routine with just bodyweight exercises
- Reasons to start bodyweight training today
- Weight training compared to bodyweight exercises?
- Bodyweight FAQs

The majority of bodyweight exercises can be progressed or broken into smaller movements in line with the individual's ability, and these progressions allow almost everyone of all levels of fitness to participate. Bodyweight exercises generally fall into 4 categories:

1. Push – where the individual has to use pushing movements to direct their body against gravity
2. Pull – which sees the individual using pulling movements towards the body
3. Core – which involves contracting movements of the back and abdominal muscles
4. Legs/Glutes – which involves movements of the legs and glutes to direct the individual's body against gravity

Exercise trends come and go and whilst these fitness fads appear and disappear one thing remains the same

and this is getting fit does not need to be complicated! With time being such a luxury in our ever increasing hectic lives the not so new fitness trend of bodyweight workouts has made another huge splash on the fitness scene.

**Simply put bodyweight exercises make an excellence choice for:**

- Gaining strength
- Building muscle
- Boosting cardio
- Losing weight

**So what are you waiting for? Your goal body is just a click away! Just remember – you can achieve whatever you put your mind to!**

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