



Stay-Fit Bugs Guide To Bodyweight Exercises

Welcome

As some of you may know, my articles 'unique bodyweight exercises' inspired this e-book. Since then there has been much anticipation and build up to this e-book.

But now the wait is over and I now introduce to you...

Stay-fit Bug common, advanced and unique bodyweight exercises

But first...

Who Is Shaun Sinclair?

OK, let me tell you the story backwards and start with the current day.

As you all know, I currently run stayfitbug.com. But before that I started up a Web consulting company back in 2008, which provides SEO, web development and design services.

But my history in the Internet business world started much earlier than that. While I was at university I dived into the online world of e-commerce and that introduction was a stroke of luck within itself.

I used to always sell whole products at university, but most of my customers were offline. And in usual business fashion I had one bad week. None of my customers were buying anything, no sales... nada! So I thought... 'I'm taking this online'. And like magic, I made a lot of sales instantly and so began my real journey of building online businesses. But that was 2002-2005.



Where Does Fitness Come Into All Of This?

A year after leaving school I decided to take up athletics, and a group of potentials (myself included) became affiliated with a personal trainer/ coach who had coached many young hopefuls.

We all learnt a lot from him (while still at college). But one training session I suffered a dislocation in my shoulder. Wimpish it may seem, it was then I decided that I didn't want to live a life of injury so I went back to college, jumped back into my love of computers and business, and kept fitness and training as a life hobby/ interest.

That was over 10 years ago, and during that time I have maintained fitness, taught others, learnt from others and updated my techniques regularly. And it is this knowledge that I share with you all today.

Back To The Exercises

Whether you are an experienced pro or a newbie, this acts as a comprehensive guide to common and unique bodyweight exercises (Old school and New school!) and you should learn something that you did not know before reading this... After all... no one really knows it all... right? Lets begin

Common Bodyweight Exercises

Lunges
Push-ups
Squats (no weights)
Sit-ups
Knee jumps
Pull ups - close grip/wide grip
Chin ups
Crunches
Leg lifts
Burpees
Body blasters
Dips



Advanced Bodyweight Exercises

Decline Reverse crunches
Exercise Ball Rollout
Reverse crunches on exercise ball
Ab wheel rollout/ advanced version
One legged squat
Advanced bench dips
Chin ups- pull-ups with dipping belt
Dips with dipping belt
Hanging leg lifts/ Full hanging leg lifts
Advanced push-ups
Burpees advanced

Unique Bodyweight Exercises

One-arm chin-ups
Muscle ups (rings and bar)
Flying human flag: Oblique ab crunch (Vertical)
Lateral Roll -- The core buster
Full planche pushups progression **(NEW)**

Unique Extras From The Archives

[How To Build A Sandbag For Your Weightlifting Routine](#)
[The Medicine Ball Workout Routine](#)
[Help Me Bulk Up My Long Giraffe Neck! / The Bodybuilding 'Pencil-neck' Eraser Exercise](#)
[8 Ways To Build Great Forearms \(Eliminate Chicken Limbs\)](#)
[Forget About The Gym! Play RockBand And Guitar Hero For Fitness](#)
[The Art Of Building A Bigger Butt](#)
[Don't Forget To Build Your Scrawny Ankles!](#)
[Unique Hand Grip Exercises](#)
[Unique Functional Strength Exercises **\(NEW\)**](#)
[Increase Endurance In A Kids Ball Pit **\(NEW\)**](#)
[Exercise Tweak – The Incline Dip **\(NEW\)**](#)



Recommended Equipment Comparison Table (NEW)

Iron gym/ chin up bar
Exercise ball
Weights bench
Dumbbells and weights
Medicine balls
Floor mats
Stability balls
Dipping belts
Dipping bars
Kettle bells
Ab wheel
Olympic Rings





Common Bodyweight Exercises

These are exercises that most of you would have learned in your school years; The most basic form of bodyweight exercise. So for most of you, these exercises will serve as a comprehensive bodyweight exercise guide to refer to while in the gym, on the move or wherever you happen to be. Although these are basic, structuring a workout routine using just these exercises will be enough to develop a strong and toned body.

If you have been told that you don't need to go to the gym to build a strong body, then you heard right. These exercises can all be done from the comfort of your own home and when followed through with a [goal](#) and [plan](#), they will give you ultimate strength and tone.

However, if you wish to take your muscles to the next level to increase your strength and to possibly add some bulk to your frame, without the use of the gym, then fast forward to the advanced movement of the exercises. Some of you may already be performing the advanced versions of some of the exercises, but I have also added some exercise tweaks that will make for a more challenging exercise. These are the tweaks that can also help spark growth in the said muscle groups and help you overcome those dreaded weightlifting plateaus.

Key

-  Bodyweight Facts
-  Exercise Benefits
-  Stayfitbug.com Tweaks
-  Warnings and Safety

Lunges



Why Perform A Lunge?

- To build stand-out from the crowd Quadriceps

Requirements

1. 30 meters of a running track
2. Dumbbells

There are two types of lunge you can perform

- Standing
- Walking

When I was training as an athlete, I would perform walking lunges for 30 metres down the track in 5 ‘straight’ sets with only 30 seconds rest between each one. To this day, that is still quite a challenge, however, like I have always stated, in order to see meaningful results for your efforts, you will have break through your limits. This is a method that I can personally vouch for that will no doubt test you and push you beyond your limits.

If you don’t have access to a track, you could always perform standing lunges with or without dumbbells at home or in a gym. You can produce similar results to the walking lunges. However, I don’t believe that you can maximize your endurance levels the same way as you can with the walking lunges.



Standing Lunge

Instruction

- Stand straight with both feet together
- Keep your arms straight and locked to your sides (Dumbbells or no dumbbells)
- Lunge forward; land on your heel first followed by your forefoot
- Lower your body by moving your hips, and then flex your knee
- Keep going until the knee of your other leg nearly touches the floor
- Return to the standing position by forcing your body back up with your hip and knee
- Repeat with the opposite leg

Walking Lunge

Instruction

- Stand straight with both feet together
- Keep your arms straight and locked to your sides (Dumbbells or no dumbbells)
- Lunge forward; land on your heel first followed by your forefoot
- Lower your body by moving your hips, and then flex your knee
- Keep going until the knee of your other leg nearly touches the floor
- Hold this position, stand and balance on your forward foot
- Then Lunge forward with your opposite leg
- Repeat

Note:

- Flexibility is important for this exercise (Especially hip flexors). If you feel you are not flexible, read [this](#) article for techniques that you can use to increase flexibility
- Be sure to keep your torso is upright throughout the entire motion
- Always keep your knees and feet facing forward during the exercise

Result

1. Performing long lunges will work your Gluteus Maximus (The large part of your butt)
2. Performing Short Lunges will work your Quads

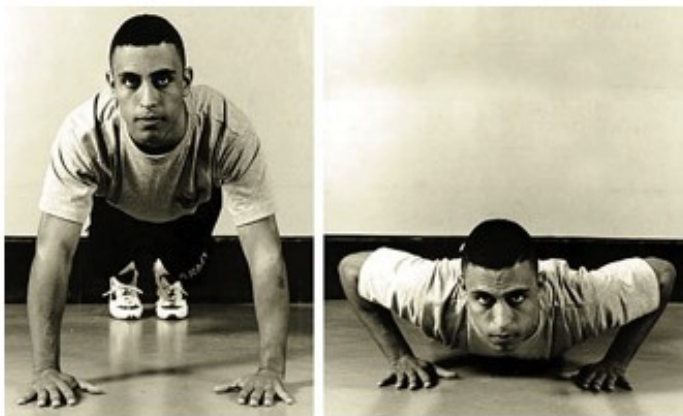


Adding resistance with leverage (Like a gymnast)

You will always hear people state that you don't need the gym in order to keep fit, build strength or build muscle. Which is true. But one thing you do need to take note of is the importance of adding resistance. When you first begin to shock your muscles with exercise, they will initially reject the change. But with time they will get used to it and become stronger, so you will need to add resistance to keep shocking your muscles in order to take them to the next level. However, the first step in this cycle is to start adding resistance with your own bodyweight by using leverage.

One example of this is when performing the leg lift exercise or hanging leg lift exercise. You can perform the leg lift by raising your knees towards your core. But you can make the exercise more difficult by extending your legs out straight and then lifting them. And all you done here is leverage your body in order to get better results for your efforts.

Pushups



Why perform the push up?

If you are just starting out with bodyweight or resistance training, the push up is the classic exercise that you can perform. Not only will it test your strength and endurance, it will also help you build up your chest muscles.

Requirements

- Floor mat
- [Iron Gym Xtreme](#)

Instructions

- Lie on the floor on your front
- Raise both arms outwards and place them palms down on the floor
- Raise your body up, making sure that your hands are slightly wider than your shoulders width
- Lower your body down by bending your arms, making sure that your body and back is kept straight throughout the whole movement
- Raise your body up with your arms full extended
- Repeat.



Advanced Bodyweight Movements

Push-ups with weights

The push up exercise will become very easy to perform after a while and will no longer provide a challenge for most of you. The next step in the progression would be to add resistance with weights. A few tried and tested ideas

- Weights placed in a back pack
- Rest a sand bag on your bag (read this to learn how to construct a sand bag)
- Got you kid brother or sister to sit on your back. Or a very heavy friend (For the barbarians out there)

Squats (No weights)



Why Perform Squats With no Weights?

- Will allow you to practice and perfect your form

The squat will always be one of the mother exercises in the world of fitness. Mainly known for working your quads. But if you are working out just to increase strength and develop a toned body, then you won't necessarily need to use a weighted barbell when performing this exercise. You can simply use your own body weight, which can actually still be quite challenging.

But if you do wish to add some resistance in the future, then performing squats with no weights will be great preparation for that, as you would have now developed good exercise form.

Instruction

- Stand straight in front of a mirror (Will help you gauge your form. Keep your head straight)
- Place your arms outwards directly in front of you at shoulder height
- Lower your body by bending your knees forward and by bending your hips behind you
- Lower your body until your thighs are parallel to the floor (Keep your feet flat on the floor at all times)
- Keep your knees pointed in the same direction as your feet
- Keep your back straight throughout the entire motion
- Return to standing position
- Repeat

Advanced Bodyweight Movements

One-Legged Squat/ Pistol squat



Why perform a One-Legged Squat?

- To build superior strength
- Burn fat and build muscle
- Improve sport specific strength
- Test and improve your balance

Requirements

- 1) Difficulty: 6/10
- 2) Time to master: 2-3 months

Equipment

- Weights bench
- Resistance bands
- Dumbbells
- Barbell

Now we can test if all of that squatting with weights in the gym has or has not improved your functional strength. This is the best leg exercise that you can do with your body weight. Some may even go, as far as to say that it is the best leg exercise of the lot! And here's how you do it,



Instructions

- Stand straight.
- Hold one leg out in front of you.
- Hold both arms out straight in front of you. (Parallel to the ground)
- Lower your self down on one leg.
- Make sure that the base of your foot is flat on the ground
- Make sure you don't rock up on your toes, as you could twist and injure your knee
- You'll know when you reach the bottom of the squat when your calf is pressed against the hamstring of the same leg
- As you reach the ground, tense your butt and stomach muscles.
- Hold the position briefly.
- Rise back up and repeat.

Leaning forward

Leaning forward will help you stay balanced when performing this exercise. If you don't focus on this, your body will lean back. When this happens you will usually fall back on your butt. Exercise over!

Extending your arms forward

Most of your bodyweight will be heading in a backwards motion at the squat level, and your one foot is the only point of contact that you will have with the ground. Because of this, you will need to create some balance and forward movement to prevent you from falling backwards. You do this by extending your arms out in front of you.

This exercise is all about balance, but once you master this one, you will build real true strength for sure.

Stayfitbug.com Tweaks

1) This exercise is tough and it's not very likely that you'll be able to jump right into it without using some slow progression.

To do this simply perform the one legged squat, but place a weights bench behind you. As you squat, just go as low as the bench. This way you can practice your balance and if you do fall you will at least have some support to prevent you from hurting yourself.

(Kind of like riding a bike for the first time with stabilizer wheels. When you feel you are ready, just take the bench away.)

2) The first time you do this you will probably struggle to keep your leg up and straight out in front of you in the squat position. The best way to counter this dilemma is to simply stand on both feet and stick one leg out in front of you until it is parallel to the floor. This will feel very similar to the squat position you will be in once you master it.

3) Keeping your arms out in front of you to help balance your body will work quite well. But you will probably still struggle to balance your body. Here are a few things you can do to help

- **Holder a barbell across your shoulders**
- **Hold a pair of kettle bells up by your shoulders, palms facing each other**
- **Hold a dumbbell out in front of you**
- **Hold on to resistant bands attached to a door**
- **Hold onto the frame of a doorway, performing the exercise with the door way aligned to the centre of your body**

Sit-ups



Why perform sit-ups?

- The most common of all exercises that will work your abdominals

The moment that I turned 16 years old it was this exercise that I decided to master on my quest to abandon my 'skinny guy' image. I would perform 150-200 sit-ups a night without fail. Within 2 months I developed a toned stomach and 3 months after that I had a fully defined 6 Pac. That is 'hand on heart' proof that hard work and dedication will get you results. If I can do it you have absolutely no reason not to achieve the same results.

However, that was some years back now, and that route proved successful for me at the time. However, there are now easier ways in which you can go about developing a 6 Pac. Using the [Iron Gym Xtreme](#) pull up bar is one technique you can use that will make performing this exercise much easier.

Another method is by performing this routine

[How to get a 6pac \(But in 3 minutes\)](#)

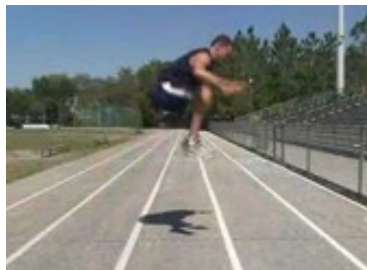
I personally cannot vouch for the effectiveness of this routine. However, I have guided others through this exact routine and they benefited immensely from doing so. So I can vouch for its effectiveness on their behalf.

Instructions

Floor/ Bench or Iron Gym Xtreme

- Hook your feet under the foot brace
- Lie backwards with your hips bent
- Cross your arms against your chest
- Raise your torso up towards your knees
- Lower yourself back until your shoulders nearly hit the floor

Knee Jumps



Why perform Knee jumps?

- Develop explosive strength
- A good full body workout

I often talk about the importance of developing explosive strength for your workouts, especially those of you who are serious about taking your muscles to the next level. The knee jump is a great bodyweight exercise that will allow you to do this, especially for your hamstrings.

Instructions

- Stand straight and lower your body until your butt is resting on your calves
- Keep your feet flat on the ground
- Keep your head straight
- Swing your arms backwards then immediately forward in one swift movement
- When you swing your arms forward, jump from your knees to your feet
- At this point you should then be in the squat position again.
- That's one rep
- Repeat

Pull ups



Requirements

- [Iron Gym Xtreme](#)
- Chin up bar

This is the exercise that can really give you bulk as well as strength, even more so than some weightlifting exercises. You will probably struggle in a big way when you first perform this exercise, but that's not a bad thing, as you will now have a challenge to overcome. When you do manage to increase your strength, you definitely will feel good about it.

Although the traditional pull up bar is what most would use to perform this exercise, I tend to go for the [Iron Gym Xtreme](#) as it is mobile and allows for the execution of multiple exercise variations.

Instructions

- Grab the chin up bar with an over hand grip
- Pull your body up until your chin reaches the bar
- Squeeze your butt muscles on the way up
- Bend your knees and cross your feet
- Lower your body back down until your arms are fully extended (Hanging)
- Repeat

Note: Just make sure that you don't go for a wide grip that's too wide. Doing so will decrease your range of motion and your ability to perform the exercise. To make this exercise easier to perform, always look at the bar. This way, you are always looking at the goal and it will make it that much easier to perform those last few reps as you begin to fatigue. Always make sure your chin reaches above the bar to complete a full rep.

Why Perform Pull-ups?

- Extra burn for your triceps
- Builds your 'Lats'

Chin ups



Why perform Chin-ups?

- Extra burn for your biceps

This is exactly the same as the pull up exercise, except you will now grab the bar with an underhand 'closer' grip, which in turn will work your biceps.

- Grab the chin up bar with an under hand grip
- Pull your body up until your chin reaches the bar
- Squeeze your butt muscles on the way up
- Bend your knees and cross your feet
- Lower your body back down until your arms are full extended (Hanging)
- Repeat

Advanced Bodyweight Movements

Weight Assisted Pull ups/ Chin-ups



Performing chin-ups and pull-ups will be hard when you first begin to do them. But it won't be long until they no longer pose a challenge to you. Once you are able to perform 15 reps of each in a set of normal pull-ups/ chin-ups, then it's time to progress and add some resistance. Progression is very important, as this is the only way you can increase your strength because your muscles will now be at a level where they had initially fought back against resistance, but have now become stronger and used to your bodyweight.

Introducing The Dipping Belt

The [dipping belt](#) is one of the main ways that you can add weight resistance to a pull up/ chin up exercise. However, you will want one that is very durable, because you will naturally want to increase the weights as you become stronger. Read the product comparison chart to see which dipping belt would suit you best.

This advanced method of the pull up/ chin up is arguably better than the lat pull down exercise that you would perform in the gym on a weights machine. It is also the perfect exercise that will prepare you for the ultimate muscle up exercise (which you'll find in the later pages of this ebook)

Mixed Grip Chin Ups



This is just another effective variation of the exercise that will help you increase your strength. I would usually perform this exercise to help control the movement of my body as I pull up, as it is quite effective in preventing your body from swinging from side to side. You can add this to the list of exercises in your routine when you want to switch things up in your workouts.

How To Grab The Chin Up Bar

Grab the bar with your left hand with an underhand grip and your right hand with an overhand grip. A greater portion of the load should now be on your left arm because your brain will shift its focus to the most efficient arm (Left or right handed, your left arm will always be the stronger of the two). The stronger you are, the wider the grip can be when performing this exercise. Make sure you perform equal sets and reps by reversing the grip on each alternating set.

Warnings!!

What to look out for/ what to prevent/ How to prevent

Shoulder injuries

At the bottom of the hanging position, if you are experiencing shoulder pain, I would advise that you take time out from the exercise as you may have less than optimal shoulder mechanics. You may want to consult a shoulder specialist that can evaluate and correct your shoulder mechanics).

Crunches



Why Perform Crunches?

- Isolated focus on building your abdominal muscles

Many people get confused with the differences between a crunch and a sit up. Some people even think they are the same thing. The main difference between the two is that the crunch is more of an isolation exercise since your lower back doesn't leave the floor (not using your hips). That means the exercise solely focuses on working your abs.

Requirements

- Floor mat
- Weights bench

Instructions

- Lay flat on a floor mat
- Bend your knees towards your body and keep your feet flat on the floor
- Keep your arms straight and relaxed (far down) by your sides (This makes the exercise easier to perform)
- Raise your upper body upwards as high as possible while keeping your lower back on the floor
- Lower your body until your shoulders are resting flat on the mat.
- Repeat

Advanced Bodyweight Movements



Decline Reverse Crunches

The whole idea behind performing different types of exercises for your abs is that more likely than not, you will build up your abs to a certain point, and then development will stop. What tends to happen is that you will build the top 2-4 Pac's without too much difficulty, but then building the lower pacs is where most people will begin to struggle. That is why you need to mix things up a little and give your stomach muscles some variation. The decline reverse crunch is an excellent exercise to assist in activating your lower abs to get them to rise through that annoying layer of fat and to tone the rest of your stomach.

Instruction

1. Find a weights bench and set the adjuster so that the bench is at an incline
2. Lie on the bench, on your back, with your head resting at the higher end of the bench
3. Put both arms backwards over your head and hold on to top of the bench
4. Once in this position, make sure you hold it and don't allow your body to slip down.
5. Raise your legs up so they are parallel to the floor. Make sure you keep your legs and feet together through this position/ movement, keeping a slight bend on your knees
6. Then bring your legs towards your chest, rolling your pelvis backwards and raising your hips off of the bench
7. Hold that position for a moment, then lower your legs back to the starting position



Stayfitbug.com Tweak

When things start to become a little easy and if you really do want an 8 Pac. Then add some resistance with some ankle weights. A good technique to start really ripping your stomach would be to perform fewer repetitions with a heavier weight. Also note that all of this will be pointless without planning a low fat diet. Add some of the foods that are mentioned in [this article](#).

Reverse Crunch On A Ball



This one is similar to the decline reverse crunches except you use a ball instead of a bench. However, you will need to find somewhere to hold onto in order to perform this exercise.

Some ideas

- Wall
- Outer side of a tricep pull down machine (or something similar)
- Radiator (When it's turned off!)

These all work pretty well, as I have first hand experience with all of these.

But once again, perform this exercise and you will feel the burn.

1. Find a bench, wall, or stationary apparatus that you can hold onto (full fist)
2. Place the ball beside it.
3. Sit on the ball and roll down until the ball is resting under the mid-back, knees bent.
4. Place your hands behind you and hold onto the apparatus for stability.
5. Use your abs muscles to pull your knees towards your chest until they reach your elbows.
6. Hold the crunch position for three seconds and return to the starting position.

Stayfitbug.com Tweak



Another variation to this exercise is by using a Swiss ball. This variation requires you to use a wall for stability. The bonus of using these variations is that you get to work on your balance and coordination as well as all of the areas of your abdominals. Here's how you do it.

1. Lay back on the exercise ball, placing both hands on the wall behind you
2. Inhale and raise your hips while keeping your thighs vertically aligned
3. Push your hips straight up and exhale
4. Lower them back down again

Tips

- Perform this as a first exercise in your workout routine
- Go for 2-3 sets of 5-10 reps
- Don't let the ball roll backwards
- If your neck starts to feel uncomfortable as you move, just bring it closer to your shoulders and inline with the rest of your spine
- Avoid bringing your knees towards your chest

Stability Ball Rollout



Why Perform The Stability Ball Rollout?

To add even more variations to your workouts when developing your abdominals

One of the main reasons for using exercise and stability balls is that they allow you to get a greater range of motion when performing exercises like the crunch. The main advantage to this is that your abs will get a better workout and will hit the areas of your abdominals that would usually be missed when performing stationary crunches. It's quite a similar scenario to comparing machine weights to free-weights. Machine weights are good for isolating muscle groups and working specific muscles, while free weights allow for a greater range of motion, which will allow you to adjust your weights more freely, and help build functional strength.

Nevertheless, here is yet another exercise to perform to develop your abs

Start with the ball in front of you and place your hands on the ball.

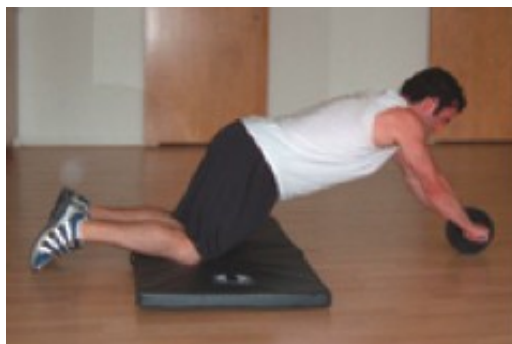
Lower your body by rolling the ball out (forward).

Keep your abs tight. Doing this allows you to maintain stability and to keep your balance so that you don't fall.

When you come to a full stretch, return to the starting position by contracting your abs.

When I first saw this, I just thought it was a pointless exercise. But I was wrong! Do this exercise as described and you will feel the burn, and it will work your lower abs.

The Ab Wheel Rollout



Why Perform The Ab wheel Rollout?

To add even more variations to your workouts when developing your abdominals

Requirements

- Ab wheel
- Floor mat

This exercise is very similar to the exercise ball roll out exercise. Again, it might look pretty simple to perform, but once you reach those last few reps, the burn really does catch you by surprise. Now the normal ab wheel roll out looks like this

Ab-wheel-rollout

- 1) Begin by kneeling on the floor, and hold both sides of the wheel.
- 2) Roll the wheel forward, and lower your body as far as you can without arching your back.
- 3) Use your abs to pull yourself back to the starting position.
- 4) Repeat

Advanced Bodyweight Movements



The difference now is that only your feet and hands are on the floor. You will feel the real burn when you return from the extended position. That is where you will suffer, but master this exercise and you will see improvements in your strength on all parts of your body.

Leg Lifts



Why Perform The Leg Lift?

- To add even more variations to your workouts when developing your abdominals
- To help emphasize the lower abdominals

Requirements

- Weights Bench
- Floor mat

Although Basic sit-ups were the reason for the development of my 6 Pac, this is the exercise that helped me maintain them. I truly do believe that this exercise is more effective than the sit up, because it puts a lot more stress on your abs with the weight of your legs. Each rep is also more intense than one rep of a sit up, so the intensity is stepped up a gear. This is the same exercise that you can see in the video mentioned in the sit up section

[How to get a 6pac \(But in 3 minutes\)](#)

And this is how you do them.



Instructions

1. Lay flat on the bench
2. Make sure you lock your legs together as tight as you can, although not crossed
3. Make sure that they are hanging off the edge of the bench, though parallel to the ground
4. Place your hands behind your head and hold onto the bench for support
5. Raise your legs as high as possible towards you in a controlled movement
6. Then lower them until they are parallel again
7. Repeat

The main thing you want to make sure of is that your abs are doing most of the work with this exercise. As long as you concentrate on that, you will be on your way to rock hard abs glory.

Hanging Leg Lifts



Why Perform Hanging Lifts?

- More effective than doing 1000's upon 1000's of crunches
- Will help improve your ability to perform
- Will work all of the muscles of your mid section and your Lats

Requirements

- Pull up bar

Hanging leg lifts are another great exercise for your abs. Arguably the best of all the exercises you've read in this e-book, simply because it will work all of the muscles of your midsection. I would call the standard hanging leg lift an advanced exercise within itself, because it is a tough exercise to perform. I've often used this exercise to help me define my lower abs, which if you look at on my biography page picture, is just about getting there. However, it has been noted that my stomach isn't as defined as it has been in the past. But that will change.

The exercise

- 1) Start off by grabbing the pull up bar (Overhand grip)
- 2) Then just hang until your body is still and relaxed
- 3) Flex all of your muscles and raise your legs up, keeping them straight until they are horizontal and level to the ground
- 4) Lower you legs and repeat

Most exercises on the pull up bar require a swift movement, however, this exercise will require a slow movement. Say 5-8 seconds

Advanced Bodyweight Movements

Full Hanging Leg lifts



Requirements

- Ab slings

What... there's even more progression for this exercise?

There sure is, and this is perfect for those of you who either reach a plateau or just want even more definition for your abs.

Instead of raising your legs until they are horizontal to the floor, raise them all the way up to the bar. This will be a challenge yes, but once mastered, it will give you an increase in strength, flexibility and control over your body, along with a perfect set of lower abs.

If you find that you are not able to get your feet all the way up, take your time and build up to that progression until you do reach the bar.

The Burpee



Why Perform The Burpee?

- Great for a full body workout

Requirements

This is a well-known exercise that many of you have probably performed at some point during your workouts. If you are a beginner then this is a great exercise to kick-start your strength gaining techniques for a full body workout.

Instruction

1. Stand upright
2. Bend over and squat down.
3. Place your hands on the floor and slightly wider than shoulder width.
4. While holding your upper body in place, kick your legs back and land on your forefeet with your body in a straight plank position.
5. While keeping your upper body in place, pull your legs forward back to the starting position.
6. Rise up to original standing position and repeat.

All of the above should be performed in an explosive movement.

Advanced Bodyweight Movements



Why Perform The Body Blaster?

- This is the big brother exercise of the Burpee. If you want a challenging full bodyweight workout, then look no further

Body Blasters

Many of you will want to step things up a gear in your workouts, and rightfully so. Cardio training will have to be an important part of your training program for optimum health and the burpee bodyweight exercise is great for that. But the Mahler body blaster takes things to the next level by working every single muscle in your body when performed. This is the exercise that you perform if your goal is to increase muscular endurance. Master the 'Blaster' and you'll master your personal level of muscular endurance! And if you are on the road or traveling, then this will help maintain your gains until you get back home.

Instructions

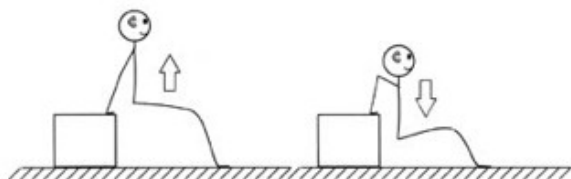
1. Stand upright
2. Enter the full squat position
3. Then fall into a backward roll
4. Then, in an explosive movement, reverse the movement and jump back on your feet.
5. From there, jump forward into the top position of a pushup.
6. Perform one push
7. Repeat

This is the exercise that I learned quite early on in my quest to build muscle, and still proves a challenge even to this day.

Note:

- Make sure that you perform this exercise on an empty stomach, because this exercise WILL wind the hell out of you. Wind + Full stomach = Puke! It's as simple as that.
- Try to max out and keep to a set standard of 25 reps. If you only manage to perform 10... good! It's supposed to be hard. Now you have a new goal to achieve and strive for.
- If you are in the process of burning fat, then this exercise is great for both burning fat and building muscle.

Bench Dips



Why Perform The Bench Dips?

- Perform this exercise as a substitute for the 'dips' exercise if you have no access to a dip bar
- If you want to add some variation to your workout routines when building up your triceps

Requirements

- Weights Bench

If you are just starting out with bodyweight exercises and want to add strength, mass or tone to your triceps, then start with bench dips. This was one of the key exercises that I would perform when I first built my 6 Pac. At this stage I didn't have that much money to buy loads of fancy equipment, but if I could turn back time, I would definitely invest in a weights bench to ensure that I perform the exercise to it's full potential for maximum effectiveness. Nevertheless, this is a great way to start building up your triceps.

Instructions

- Turn your back towards the bench
- Sit on it
- Grip the edge of the bench with both hands
- Put both legs forward and straight while keeping your feet together
- Lower you body forward and off of the bench in a slow movement (Still griping the bench)
- Then press back up with an explosive movement.
- Keep your elbows pointing backwards and upright

Tips

- Keep a slight bend in your arms when you straighten them out. This will help keep the tension on your triceps and off of your elbow joints
- Keep your elbows close and tucked in to your sides

Advanced Bodyweight Movements

Advanced Bench Dips

Requirements

- A 2nd bench or a wall (If outside, a tree is a good option)
- Weights plate

Again, although this exercise isn't too demanding on the triceps, it is still demanding enough that you will need to have a decent amount of current tricep strength to perform it. However, if you have a weights bench at your disposal, then this is how you can take your triceps to the next level.

Instructions

- Find a bench and a wall
- Grip the edge of the bench with both hands
- Put both legs forward and straight while keeping your feet together
- Rest your feet on the 2nd bench (Pushing your feet against the wall will make for an even more challenging exercise)
- Place a weight plate on your lap (Increase the weight to increase the challenge)
- Lower your body forward and off of the bench in a slow movement (Still gripping the bench)
- Then press back up with an explosive movement.
- Keep your elbows pointing backwards and upright

What makes this exercise unique is that instead of having your feet placed on the ground, they are up against the wall. Having your feet up against the wall means that your triceps will have to lift more weight. The addition of the weight plate leaves room for a never-ending challenge with this exercise.



Dips



Why Perform Dips?

- This is one of the best exercises that you can perform with your own body weight it will work your triceps, chest and back muscles

Requirements

- Dip bar

This is by far one of my favourite bodyweight exercises. I favour this exercise over the bench dip without question. This is the exercise that really can build strength and mass on your triceps. Most gyms will have a dip bar, but you can also find them at some recreation grounds too.

Instructions

- Step up to the dip bar
- Grab both sides with each hand and mount the bar
- As you lift your body up, make sure that you keep your arms straight and hands level with your shoulders
- Keep your hips straight
- Lower your body until you feel a slight stretch in your shoulders
- Push your body back up until your arms are straight again
- That's on rep
- Repeat

Note:

- It's important that you extend your arms until they are fully straight. The movement won't be counted as a rep if you don't.
- Either lock your legs together straight or cross them behind your back. This will allow you to control the movement of your body and maintain good form throughout the exercise.

Advanced Bodyweight Movements

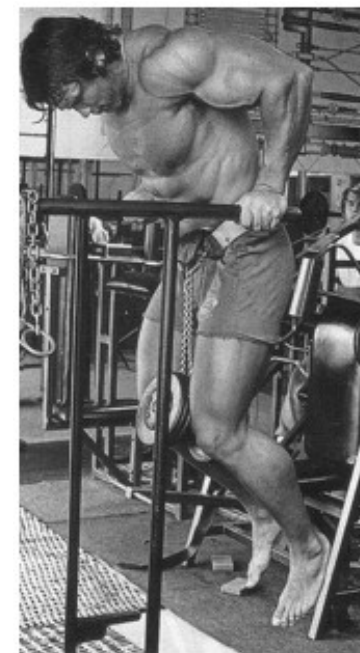
The Weighted Dip

Requirements

- Dipping belt

After a while the dips exercise may become slightly easy to perform with your own bodyweight, so now we will introduce more resistance by adding weights with a weight plate or a dipping belt.

- Place a weight(s) on a dipping belt around your waist or place a weight plate between your lower legs (You can always increase the challenge by increasing the weight)
- Step up to the dip bar
- Grab both sides with each hand and mount the bar
- As you lift your body up, make sure that you keep your arms straight and hands level with your shoulders
- Keep your hips straight
- Lower your body until you feel a slight stretch in your shoulders





Stayfitbug.com Tweak

Tweak

Start with your palms facing each other in the bottom position and your elbows tucked to your sides. As you push the weights up, rotate your wrists so that your palms face forward in the top position.

The Result

The twisting motion will activate muscle fibers in all of the areas of your chest.

Tweak

To increase the role that the pectorals play in this exercise, point your elbows outward.

Keep them tucked in and pointed back. This forces your triceps to feel the force of your bodyweight, but you first need to decide whether you're doing it for your chest or your triceps.

Don't whip out each rep at explosive speed by dropping down fast and pushing back up even faster. Keep to a slow motion movement.



Unique Bodyweight Exercises

For many of you, this section will be the main reason for downloading this e-book. You would have probably known how to do the above exercises and all you would have wanted was to find some new exercises to perform for more of a challenge in your workouts. These are exercises that can give your muscles a challenge and test your strength to it's full potential. YOU are the barbarian I talked of on my biography page and in this article ([The Barbarian Workout](#))

Well, you can be glad to know that these exercises will do just that. These exercises will prove if you are a man or a mouse. They will be challenging, will cause you to scream in frustration when you can't perform them, but in the long run, will be highly liberating to perform once you have mastered them. They won't necessarily give you any real muscle mass results, but they will give you superior strength. Once you have mastered them, I'd put a nicely summed bet that no one in your local gym will be able to match your strength levels.

One of the main advantages to these advanced bodyweight exercises is that they require a complete full body contraction. In fact, at advanced levels, they are so demanding that it is simply not possible to complete them any other way. They will require you to use all of the muscles in your body with the said movements.

By holding your bodyweight in a disadvantaged leveraged position, you will be 'effectively' multiplying the resistance of your bodyweight (The ability to hold your bodyweight in static position). This will have a huge impact on the strength of your joints and connective tissue and aids greatly in overall strength development.

Your Goal

Grow like a plant!

If you've ever watched a plant grow, you will have seen how long it takes until it fully blossoms. It takes a lot of nurturing to get the plant to build solid roots, but once they are in place; they will blossom to their best. This is the exact approach that you will take to become successful at performing these advanced exercises.



Warnings!!

What to look out for/ what to prevent/ How to prevent

These exercises are only recommended to those who have mastered the common and advanced bodyweight exercises. If you have not yet reached that level of strength I would highly advise you not to attempt these exercise. Doing so may lead temporary or even permanent injury, maybe even death!

Well, probably not death.

You have been warned!!

One Arm Chin Ups/ One Handed Chin Ups

One arm Chin-up



One Handed Chin-ups



Why Perform A One-arm Chin Up?

Simple

Increasing your max two arm chin-up numbers will increase your max strength up to a point, but performing too many repetitions will simply mean you are working on muscular endurance and not increasing your max strength. You can take your strength gaining efforts a step further by performing the one arm chin up.

Requirements

- Chin up bar
- Iron Gym Xtreme
- Difficulty: 10 / 10
- Time to master: 6 months to several years!

Be able to perform at least

- 12 chin ups
 - 15 pull ups
 - 15 dips
- (With ease!)

This is actually one of my favourite exercises. It's not the fact that it will increase muscle mass or strength, it's just that I was always really bad at trying to do these exercises, and to progress and be able to do them fluently is quite a good feeling. Enough about me! Once you have mastered ordinary chin ups, this exercise is the one that will truly challenge your strength. If you do manage to master it, it will prove that you are one of very few who possess this raw human strength and you can be proud to wear that trophy too.



How To Increase Your Strength

Increasing your two armed chin-up number will help promote muscular hypertrophy and prepare you for the one arm chin up

Grip Strength

Without this, it will be near impossible to concentrate on giving it your all when performing this exercise, as you will be struggling to even hold onto the bar. This article will teach you how to increase your grip strength. [Unique Hand Grip Exercises](#)

Form

While performing the one arm chin up, I came to notice my body would always turn away from my pulling arm, so if I were pulling up with my left arm, my body would turn clock-wise.

Solution

To stop this from happening and to keep your pulling arm close to your side, cross your free arm over the front of your body, or just keep that free arm close and tight to your side. This, in combination with a slight twist to your gripping hand, will help prevent you from shifting all over the place when performing the exercise.

One arm chin = Performing a chin up with 'ONE' arm only

One hand chin up = Performing a chin up while holding onto the arm that is pulling you up

Instructions

Progression no.1 = Perform at least 15 chin ups prior to attempting the one arm chin

Progression no.2 = Grab a towel or a rope and put it over the bar. Perform a chin up with one hand, and hold onto the rope with the other hand and lift yourself up.

Progression no.3 = Once you build up your strength, attempt the one hand chin up. Then lift

Progression no.4 = Ease your way into performing a one arm chin up.

Performing the exercise progression this way will also help prevent and gauge if tendinitis is setting in. If it does, then you know to stop and ease off of the exercise. Moving ahead too quickly in the progression cycle may cause serious tendinitis. And if that happens you could expect to be out of action for a maximum of 6 weeks. So take it slow.

If you get to this stage then you truly have become quite strong. The sky really is the limit after this. Once you do get to this stage, start using the one arm chin with dipping belt as an exercise to test your one rep max. This is a great way to start testing your strength gains.



Warnings!!

What to look out for/ what to prevent/ How to prevent

Tendinitis

The simple way to prevent this is to stick to low repetitions. I know you may want to take your strength levels to the max, but my advise would be to go easy on this one. If you do start to suffer from tendinitis then stop all chin up exercises completely. Let your body rest. If you do wish to get back into it, then make it a slow return. If the same thing starts happening again then quit it. Just stick to weighted pull-ups, chin ups and dips. Focus on some of the other exercises I have mentioned to increase your strength

Stayfitbug.com Tweak

Keep the initial repetitions low for this exercise. The main reason for this is that you will want to gauge your strength levels as you progress. You don't want to learn to run before you can walk. This technique is also good if you want to stay on the path of increasing your strength rather than endurance, and you can structure it like this

3-4 rep sets (1 minute rest periods)
Perform 1- 2 days a week

Endurance: Increase reps
Strength: Decrease reps, add a dipping belt

I've always found pull up exercises fun to do, so have some fun with them while you are out and about. Whenever you see a doorframe, a metal ledge or beam, jump up on it and start doing one arm chin ups. You'll feel like a big kid, get loads of practice on the go and can show off too ☺



Maximum Contraction

The Unique bodyweight and advanced exercises are performed in order to get a maximum contract from a large area of your body. Quite simply, the harder the contraction, the more effective the exercise will be. These exercises are so hard to perform that it would be quite impossible not to use all of the muscles in your body. So it becomes a whole body contraction. So your whole body gets to go to work. And that is one of the key reasons for performing unique bodyweight exercises, as this is the way to get maximum strength gains.

Power chin ups

This is an exercise that you can perform right at the beginning of your workout. Performing this exercise will help you increase the speed at which you contract your muscles when performing pull ups/ chin-ups.

Hang from the bar with fully extended arms, and lift your self up as fast as you can

That's it!

If you want to time it and test if you are improving, just use a stopwatch.

Bodyweight Exercise Benefit

Another great benefit of performing these advanced moves is the fact that you will be holding your bodyweight in a static position under the stress of being in a disadvantaged position. This is a great test of strength, as you know. But one very good thing about this is the impact it will have on your joints. These exercises will help strengthen your joints in a big way and in turn will assist with your overall strength development.

Flying Human Flag: Oblique Ab Crunch (Vertical)



Why Perform The Flying Human Flag: Oblique Ab Crunch (Vertical)

- This exercise is basically a test of your strength. It can increase your strength levels, but is not necessarily an exercise that you need to progress to.

- Difficulty: 8 /10
- Time to master: 6-8 months

As you can see, this exercise does look pretty insane, and it can take some time to master. The heavier you are the harder it will be to perform. Before attempting this, I would advise that you get really good at performing chin ups and handstand exercises. Once you do that you should then have enough strength to attempt this exercise. You will also want to increase your grip strength. Without that you won't stand a chance, even to get into the first progression position.

To perform this, you will need very good core strength. Start by keeping your knees tucked in close to reduce leverage. Each week you should gradually be able to hold the form for about one split second longer. When you do, you must begin to gradually extend just one leg outwards.

When you do nail this exercise you can show off as much as you like, and best of all, you will have super strength.

Muscle Ups



Why perform the muscle up?

There is no other bodyweight exercise or movement that can deliver the level of upper body strength that this exercise provides!! Once you master this exercise you will be able to mount anything with a bar with gymnast ease. You be able to perform certain movements with only 2 fingers. But best of all, you will feel super human and be stronger than ever before.

Now... you may have been able to master pull-ups. You may have been able to master the dips exercise. You might have even mastered doing them with a dipping belt. But could you imagine performing both exercises in one whole movement? Well... if you are up for the challenge then such an exercise does exist. It is called the

Difficulty: 10/10

- Time to master: 10-12 months

Requirements

- 15 complete pull ups
- 15 complete dips



What is a muscle up? It is a pull up exercise followed immediately by a dips exercise. In general you will need rings to perform this (like in gymnastics), but you can use a chin up bar. Both have their pros and cons... I'll explain both.

This exercise is truly a sacred hidden gem for sure and you won't hear about many people performing them. One thing you can be sure of... this exercise is tough and you will need brute Tarzan strength to perform it. But don't worry, you are a stayfitbug.com reader and together, we will get you performing this exercise so that you can reap the huge strength benefits that it provides.

As I mentioned, muscle ups can be performed on Olympic rings or on a chin up bar (preferably in a gym or on a recreation ground as you will need space above the bar to 'muscle up')

Muscle Ups On Rings

Muscle ups on rings is the most common method of performing this exercise. Although an elite exercise, performing them on rings is the easier option out of the two.

Instruction

Begin With The False Grip

What is the false grip?

The false grip is a technique used to make performing the exercise much easier at the start of the exercise. In fact, you won't stand a chance succeeding at all with this exercise if you don't start with the false grip movement.

Roll your hand over the ring so that your thumb hangs and is opposite to your wrist.

Climb Up Onto The Rings

Hang from a false grip position

- Bring the rings inwards towards your chest while holding them in front of you

This will help a lot when you are first learning to go from pull up to dip

Roll Your Chest Over The Bottom Of The Rings

- Stick your nose out as far ahead as you can over the rings
- Drive your elbows up and behind you
- Keep the rings as close to your body as you can. You will only make the exercise harder to perform if you let them wander out.
- Tense your abs



Press Upwards

This is where the real challenge is. This is 'hands down' the hardest part to master. But lucky for you, I have the solution of what 'works' when attempting to get your shoulders over the rings.

Lean forward 'fast' - Doing this will allow your shoulders to roll from behind you in a 90 degree angle and it is at this point where you be able to go up and stay up. The next thing you will need to do let the rings drift outwards a little (shoulder-width), but only for a brief moment. As you rise up into the dip position, bring them back in as fast as you can.

Leg Movement

Try to keep your legs in front of you. This will help you on your rise into a dip movement by allowing your bodyweight to shift a little, up and from behind. Once you reach the top with your arms straight, then let your legs hang straight below again.

Progressing To Intermediate/ Advanced

After a while this movement will become much easier to perform, and you may even skip some of the things noted above. It will become as I described in the beginning... a pull up into a dip exercise.

Warnings!!

What To Look Out For/ What To Prevent/ How to prevent

Shoulder Injuries

Ok, it's time to slow down from all of the excitement already. Building superior strength is great and if you get to the stage where you can perform a muscle up then you really are one of very few. However, you do need to keep an eye on the state of your shoulders when doing these exercises. If you feel a pain coming on, and you notice that it happens at the same point every time then take a break from the exercise. If it happens again, I would advise you to quit the exercise entirely and revert back to advanced pull-ups, chin ups and dips using a weighted dipping belt. Just increase the weight as you progress.

Prevention And Cure

The most common injuries you will face will be

Strains – Caused by overuse

Rotator cuff injuries – Use R.I.C.E - Rest, Icing, Compression and Elevation

Bursitis – Caused by overuses and muscle imbalance. I suffered from this during athletics from being hard headed. Check that there is no imbalance between any sporting activities that you do and your training program

Tendonitis – Rest for a few weeks

Dislocations – If this happens, see a physician (Once you have, ease back into your strength training. This is what I did and like magic, the dislocations stopped!)

I've suffered from dislocations early on in my quest to build muscle and the best way to cure and prevent it from happening is to increase your strength with the exercises you read in this e-book (That's the cure for all of the above injuries). Ironic it may be... as the thing that will cure you is the same thing that may put you in the situation to begin with. The key here is moderation, good and safe fitness equipment (check the comparison table) and to grow slow like a plant.

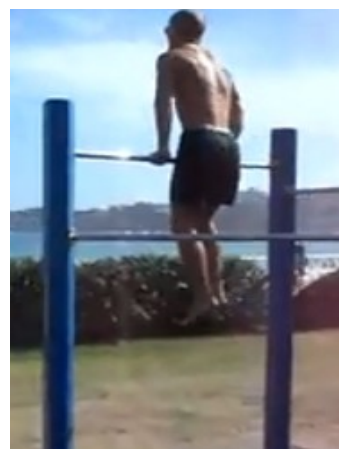


Tips

- Find a training partner
- You'll need a training partner to watch how you perform this exercise. One key reason being that you often won't notice when your hands wander outwards. Your partner can advise you of when this starts to happen and can just scream to you 'Tuck them in'! They can also be your spotter in the early stages of the exercise, by giving you a slight push on your butt.
- You will also need a partner to perform an effective muscle up workout. That is
 - 6 alternating sets of 5 reps
- When things get tough you can both assist each other

- If you meet the requirements of 15 pull ups/ Dips but still can't perform them... TRY HARDER! It's as simple as that.
- Stop making excuses and buy some rings! Most gyms don't use rings any more, as great as they are. However, as a stayfitbug.com reader you are going to be different. You are going to buy some rings, put them up, use them, and become stronger than everyone else.
- The false grip position is an awkward and somewhat strange position to get used to when first performing this exercise. You basically feel like you have to take off like a rocket with a very weak foundation to shoot off from. However, you can get used to this position by performing false grip body rows (feet on the ground, lean back and pull your chest up to the rings) or false grip chin-ups. Becoming confident in performing these to your best will set you up nicely for the muscle up. If you don't want to make the effort of becoming good at the false grip hold, you could always kick your legs around and lift from a normal grip. However, this will make the rings swing around quite a lot and you may lose control of the exercise. Overall, do yourself a favour and get good at the false grip.

Muscle up on a chin up bar (Fast)



This is without a doubt one of the hardest exercises to master. Only if you manage to conquer the muscle ups on rings, should you then go for this exercise. If you do then you really are stepping on gymnastic territory, because every exercise 'after' the muscle up is where the real difficulty begins

What... muscle ups are 'very' easy for gymnasts to perform?

Yes. Gymnast exercises get ranked from A – E (A being easy to E , being very hard). So yes what you are leaning to do here is wimp's work... when compared to a gymnast of course.



Instruction

- Grab the bar (Over grip)

The fast muscle up on a bar won't require you to perform the false grip. You simply grab the bar in the same way you would with a normal pull up

- Pull up

Now, the key thing that you will have to do here is to make sure that you

- Keep the bar out in front of you
- Pull up behind the bar
- Pull the bar down in front of you
- Keep your elbows shoulder width apart

What you want to make sure of is that you don't start pulling up from under the bar. If this happens then you won't make it over. To avoid this make sure you keep your arms partially flexed. This will prevent your elbows from going backwards too much.

- Kick forward

Just like on the rings, your legs will kick out in front of you. Just make sure you co-ordinate the motion with the movement of your arms.

- Lean forward

As you go through the transition from pull up to dip, you will want to make sure that you lean forward on the way up and pull the bar towards your hips. This will help you

- 1) Get your weight over the bar
- 2) Get both elbows over the bar... at the same time! Getting one elbow over at a time is just bad practice, will cause you to perform a sloppy set and will be painful for your shoulders to bear.

Also make sure you get your wrist above the bar too. If your wrists are still below the bar as you reach the top, then you won't be able to pull yourself back up when you pull back down to the bottom. This is because your wrists will naturally slide downwards on the way down. If they are already under then there aren't any ways to leverage your body back up as they will push further under.



Stayfitbug.com Tweaks

Kicking

In the early stages of this exercise, kicking your legs around will greatly help you get over the bar. After all, there is no point continuing to get better if you can't progress and do just one muscle up.

Swinging

This is one way to help you get over the bar in the early stages when performing this exercise. The idea is to swing yourself forward and when you swing backwards you pull up into the exercise. But you will want to do this at exactly the right time

To early – You will not get enough lift to get over the bar

To late – And your body will already be back on the way downwards

Just time it right. Or better yet, just progress normally with the exercise. Be patient.

Build Functional Strength

Before you even decide to start increasing your strength from doing bodyweight exercises, you may want to start doing these first, especially if you are as weak as I was. This would include taking up activities such as sprinting, riding, climbing, hiking or yoga. All of these activities will improve your functional strength, strength that you would use performing real world activities.



Why Perform The Lateral Role?

- This will work your entire core, from your shoulders all the way down to your hips.

Lateral Roll a/k/a The Core Buster

Why Core Buster?

Well... if you have followed and tried the ab exercises that I have introduced to you so far, then good! But you are not fully proven until you have mastered this exercise.

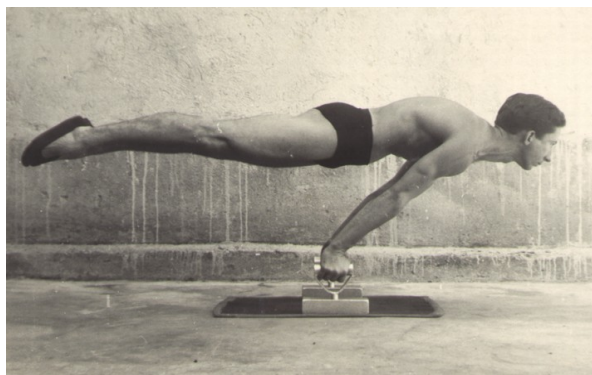
Instruction

- Lie on your back on an exercise ball so that your upper back is firmly on the ball.
- Raise your hips so that your body forms a straight line from your knees to your shoulders.
- Hold your arms straight out from your sides.

(To make the exercise a little easier to perform, hold a pole or broomstick across your body.)

- Without allowing your hips or arms to sag, roll across the ball to the left as far as you can.
- Reverse directions and roll as far as you can to the right.
- Do this back and fourth for 30 seconds.

The Full Planche Pushup



Why Perform The Full Planche Pushup?

- Build superior strength in your shoulders, chest and wrists
- Serves as an excellent full body workout
- Remember the tip I gave earlier about contracting your muscles? Well, this exercise will cause a full contraction of your lats, traps, middle and lower back. As well as working your forearms and triceps.

This exercise may not impress the pro athletes and bodybuilders of this world, but for everyday people like you and me, pulling off the planche will impress. And if you do manage to make it a [regular exercise](#) in your bodyweight workout routines... be proud! Because you'll be one of very few.

As an athlete, I was able to perform these exercises with ease. I have tried them recently, but I can admit... I am a little rusty. Nevertheless, my memory serves me well and I can tell you from experience... these are tough. They will mainly work your shoulders, chest and wrists, but in reality, it will work your entire body. This is because of the progression and techniques involved in order to perform a FULL planche.

In fact, the only way to master this exercise is to practice and master each exercise throughout the progression.

Learning through progression is the best way to avoid injury when performing difficult exercises like this, or any exercise in fact. It is also a good way to practice good form, which too helps prevent injury.

Progression no.1

The Frog Stand



1. Begin by getting into a full squat position and placing your hands on the ground directly in front of your feet (Right next to your toes).
2. Position yourself so that your knees are resting against your bent elbows.
3. Gradually lean forward taking your weight both onto your hands and also onto your knees by leaning them on your elbows.
4. Hold the position for 60 seconds sets.

Using your knees on your elbows will allow your legs to help your shoulders bear the load of your bodyweight.

As you continue to lean forward you will eventually be able to remove your feet completely from the floor and hold yourself up with only your hands on the floor and your knees on your elbows for support.

This is the stage in the progression where you will need to focus on mastering balance. Yes, you will fall flat on your face the first several times you lean forward (That is expected). But that is all a part of the learning and progression process. If you want to save your front teeth, just place some pillows in front of you. Simple!

Progression no.2

The Tuck Planche



This is almost entirely the same as the frog stand, except now, you'll be holding your bodyweight up with your arms only.

As from above

1. Begin by getting into a full squat position and placing your hands on the ground directly in front of your feet (Right next to your toes)

You will not be resting your knees on your elbows for assistance in this progression.

2. Bring and hold your knees as close to your chest as you can (This helps performing the exercise easier. Especially in the early stages)

Now, remember all of that balancing practice you did with the frog stand? Well you better have! It's only a few sentences away. Any how, the reason why you needed to know how to balance is so that you can perform this next phase in the progression effectively.



You see, raising and holding your feet up in the air, just balancing on your arms is no easy task. It takes both strength and balance. You might not yet have a good amount of both at this stage. So what you need to do is break the 60 second sets down into 10-15 second reps.

Example

1 rep = 10 seconds

1. 10 seconds
2. 10 seconds
3. 10 seconds
4. 10 seconds
5. 10 seconds
6. 10 seconds

You'll naturally get better after a while and you'll be performing straight 60 second sets in no time. Just make sure you emphasize the lifting and holding of your hips until they are parallel to your shoulders.

Progression no.3

Advanced Tuck Planche



I call this part of the progress 'testing your might'

Why?

Well, this is where you will begin to start doing some REAL work. Forget about all of that balancing crap. Ok, don't forget about, as it is very necessary. Just know that you will need to use your true strength from here on out.

Once you have mastered holding your body up with just your arms, you now must start the first phase of getting into the actual press up position.



Straightening Your Back

Ever heard of a press up with an arched back?

No!

Well, neither have I. That is why you need to learn how to hold your back straight. Also known as the advanced tuck planche. It's exactly the same as the tuck planche, except that this time, your hips are further back and your knees will be pointing vertically towards the floor.

Again, practice is due here, just progress with the same 10 second rep structure as before.

1 rep = 10 seconds

1. 10 seconds
2. 10 seconds
3. 10 seconds
4. 10 seconds
5. 10 seconds
6. 10 seconds

Progression no.4

The Straddle Planche

This is the final position of all of the balancing acts, and if you have found yourself here, be happy!

Why?

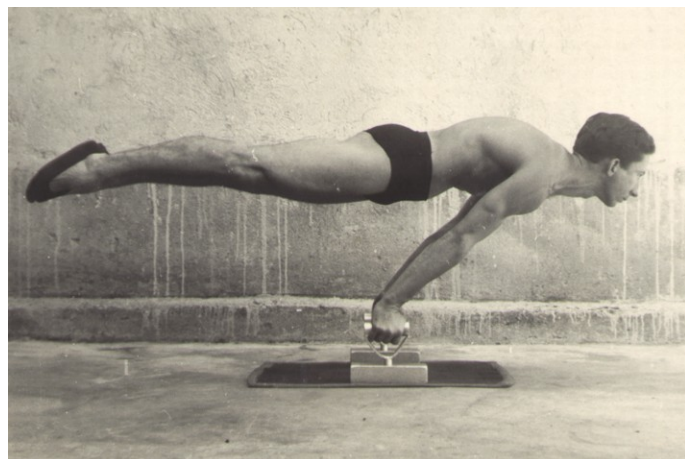
Because you would have proved that patience and achieving what you set your sights on is achievable. And it's where the real fun begins.

Once you have mastered the advanced tuck planche all you need to do is up the ante and stretch your legs all the way back. And we stick to the rules, by progressing in small steps. Like this,

Legs wide open - Like a star shape (practice)



Legs fully closed and parallel (practice)





To keep it simple!

Starting off with your legs wide open is the easy position. The closer your legs are, the harder the hold will be to perform.

Again, practice the 10 second reps

1 rep = 10 seconds

1. 10 seconds
2. 10 seconds
3. 10 seconds
4. 10 seconds
5. 10 seconds
6. 10 seconds

Progression no. 5

Tuck Planche Pushups/ Straddle Planche Pushups

FULL PLANCHE PUSHUPS

By now you would have spent months practising the above. Trust me, I know! I've been their before.

If you are ready, the rest really is quite simple.

1. Progression no.3 + pushups
2. Progression no. 4 + pushups
3. Practice, tweak, practice, tweak

That is the final progression.

Perform pushups in that progression order.



But before you do, take note:

1. Make sure you keep your hips and shoulders at the same level throughout the entire exercise. Don't make them dip.
2. This exercise is all about control, and I can tell you now... keeping your body aligned throughout the entire movement will be tough. A common scenario is that you will be able to lower yourself from a straddle, but not lift back up. The best thing to do, is lower yourself really slow. I'm talking 20-30 seconds per rep kind of slow. This will make the exercise easier to master and it will help you master correct form. And of course, prevent injury.
3. Try to keep your hands as close to your waist as you can. This will help you to develop superior strength.
4. Make sure you keep breathing.
5. Having your legs wide open may make the exercise easier to perform. However, keeping them closed and parallel will allow you to elevate them higher.
6. Keep your body tensed.



Sign Up For Free Updates

This e-book has been designed so that it is periodically updated and for all future updates to remain FREE! The key reason for this is that just like stayfitbug.com, there will always be new and sometimes-innovative fitness products, workout routines and exercise tweaks that will be unleashed onto the market. Since that is the case, it only makes sense that your e-book is always providing 'new' value to you as you workout over the next few months or even years. New trends always arise and industry changes are inevitable, so ongoing regular updates simply make sense.

Besides, who wants to read 'yesterdays' newspaper over and over again? Especially in the game of building strength and muscle, where plateaus (Old news for our muscles) are our worst enemy!

What Will The Updates Include?

- * New (But relevant) fitness equipment when reviewed or newly released.
- * An update of current exercises, new exercises and exercise tweaks
- * Changes based upon feedback

If you wish to receive the FREE updates so that your book never does go out of date,

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Throughout this entire e-book, I have linked the products that I highly recommend to the exercise described. These are the products, which I have found to work best with the said exercise through trial and error. However, It's not often that you have just one fabulous product and it's rare to even find really good ones, with a few exceptions. Because of that, I have decided to give you some comparisons on each type of product that is required to perform all of the exercises listed in this e-book. At least you can then gauge which one can fulfil your needs in regards to price, features and/or your current situation.

What I have done here is construct a comparison chart for each

Price	Low	Average	High	
Chin up bar	Altus Deluxe Door Chin Up Bar \$20.98	Iron Gym Xtreme \$39.99		
Exercise ball	Xercise Ball Pack from SPRI \$21.49			
Weights bench		V-Fit STB-09-4 Herculean Folding Weight Training Bench <i>UK £84.99</i>		
Dipping belts	Progryp 100% Leather dipping belt \$28.99			
Dip bars				
Kettle bells				
Olympic rings				

Ab wheel	 <p>Everlast Standard Duo Exercise Wheel</p> <p>\$13.49</p>			
Medicine ball	<p>Medicine Ball</p> <p>\$26.99</p>			
Dumbbells		<p>Weider 40-Pound Cast Iron Weight Set</p> <p>\$89.99</p>	<p>Bowflex Selecttech 552 Dumbbells</p> <p>\$399.99</p>	<p>PowerBlock Elite 90 Adjustable 5 to 90-Pounds per Dumbbell Set</p> <p>\$687.00</p>



THE UPDATE!

Bodyweight Exercise Equipment

Which Bodyweight Exercise Equipment to Workout With? Bodyweight exercises are great for quite a few reasons,

- Build great functional strength
- Work out from home
- Work out and maintain muscle mass while on vacation
- Target muscle groups that you may miss with free weights and machine weights

It's also what I started out with 10-12 years ago back as a broke student. But when you add any of the products below to your bodyweight workouts, you really can maximize the above points to ensure that bodyweight exercises help you build that body you know you deserve. I've used or still use all of these products. Take your pick! They are all great in their own way.

	Minimum Price	Maximum Price	Discount Coupon Code
Progryp 100% Leather Dipping Belt	N/A	\$28.99	5off100 10off200
Altus Deluxe Chin Up Bar	N/A	\$20.98	5off100 10off200
Ontel Iron Gym Xtreme	N/A	\$39.99	5off100 10off200
Newgrip Weight Lifting Gloves	\$24.99	\$24.99	
Harbinger 1250 Training Grip WristWrap Glove	\$26.99	\$38.45	
Xercise Ball Pack from SPRI	\$7.18	\$24.98	5off100 10off200
TRX Door Anchor		\$24.99	
TRX Home Training Bundle	\$199.95	\$269.95	



Dumbbells and Weights

How to Choose the Right Dumbbells?

If you are just starting out, it can be quite confusing on which weights you should buy for your home gym. If so, checkout this post, [Vinyl Weights or Cast Iron Weights?](#) Now, although the default weights are,

- Vinyl
- Cast Iron
- Chrome

You may want to upgrade your dumbbells and invest in a pair of Powerblocks or Bowflex dumbbells. Both are good, although I do favor the Powerblocks.

Why these dumbbells?

- Save space
- Easy to transport
- Easier to change weight during exercises

There are other bonuses, but those are the stand out ones. You'll find what you need below, whichever your current needs are.

	Minimum Price	Medium Price	Maximum Price
US Traditional Weights (Vinyl)	(55lb) \$40.46		(100lb) \$50.67
Amber Sports Weights (Cast Iron)			(110lb) \$209.00
Powerblock Dumbbells	(5 – 45lb Set) \$338.00	(2.5 – 50lb Set) \$378.00	(5 – 90lb Set) \$687.00
Bowflex SelectTech 552 Dumbbells			(5 to 52.5 lbs) \$397.00



Stay tuned for the video series, which is coming soon where you will get everything here and more

Live video demonstrations (If Pictures speak 1000 words, then video must speak the world, I want to make the message is loud and clear, so you are getting video for this one)

Exercise variations

Exercise tweaks

Extra tips

Strength Progression Techniques/ Workout Routines with bodyweight Exercises

This will teach you the actual strength progression techniques regarding the exercises described in this ebook in detail. Including the planch push up exercise variations.

Until Version 3.0.....