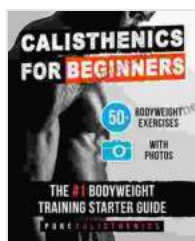


# 50 Bodyweight Exercises: The Bodyweight Training Starter Guide

Bodyweight training is a great way to get in shape without having to go to the gym. It's portable, free, and can be done anywhere. Plus, it's a great way to build strength, endurance, and flexibility.



## Calisthenics for Beginners: 50 Bodyweight Exercises I The #1 Bodyweight Training Starter Guide (Bodyweight Exercise, Street Workout, Calisthenics Workouts)

by Pure Calisthenics

★★★★☆ 4.1 out of 5

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If you're new to bodyweight training, don't worry! This guide will teach you everything you need to know to get started. We'll cover the basics of bodyweight training, including the different types of exercises, how to progress, and how to avoid injury.

## The Basics of Bodyweight Training

Bodyweight training is a type of exercise that uses your own body weight as resistance. This means that you don't need any special equipment, which makes it a great option for people who don't have access to a gym or who want to work out at home.

There are many different types of bodyweight exercises, including:

- **Bodyweight squats:** Squats are a great way to build leg strength and endurance. To do a bodyweight squat, stand with your feet shoulder-width apart and lower your body down until your thighs are parallel to the floor. Then, push back up to the starting position.
- **Bodyweight lunges:** Lunges are another great way to build leg strength and endurance. To do a bodyweight lunge, step forward with one leg and lower your body down until your back knee is close to the floor. Then, push back up to the starting position.
- **Push-ups:** Push-ups are a great way to build upper body strength and endurance. To do a push-up, start in a plank position with your hands shoulder-width apart and your feet together. Then, lower your body down until your chest is close to the floor. Then, push back up to the starting position.
- **Pull-ups:** Pull-ups are a great way to build back and arm strength. To do a pull-up, grip a pull-up bar with your hands shoulder-width apart and your palms facing forward. Then, pull yourself up until your chin is over the bar. Then, lower yourself back down to the starting position.

## How to Progress in Bodyweight Training

As you get stronger, you can progress in bodyweight training by making the exercises more difficult. Here are a few ways to do that:

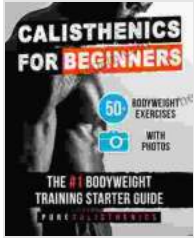
- **Increase the number of repetitions:** Once you can do a certain number of repetitions of an exercise with good form, try increasing the number of repetitions by 2-3.
- **Increase the intensity:** You can also increase the intensity of an exercise by making it harder. For example, you could try ng push-ups on your toes instead of your knees.
- **Try a new variation:** There are many different variations of bodyweight exercises. Once you've mastered a few basic exercises, try adding some variations to your routine to challenge yourself.

## How to Avoid Injury

Bodyweight training is a safe and effective way to get in shape, but it's important to avoid injury. Here are a few tips:

- **Start slowly:** Don't try to do too much too soon. Start with a few simple exercises and gradually add more as you get stronger.
- **Listen to your body:** If you feel pain, stop the exercise and rest. Don't push yourself too hard.
- **Use proper form:** It's important to use proper form when ng bodyweight exercises to avoid injury. If you're not sure how to do an exercise, ask a trainer or watch a video tutorial.

Bodyweight training is a great way to get in shape, build strength, endurance, and flexibility. It's portable, free, and can be done anywhere. If you're new to bodyweight training, start slowly and gradually add more exercises as you get stronger. Be sure to listen to your body and use proper form to avoid injury.

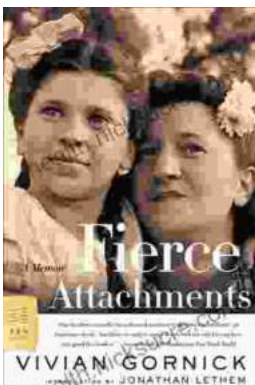


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