Bodyweight Exercising

Build Strength Using Your Own Body Weight

If you want to incorporate strength training into your workout, but aren't much for the fancy machines that come along with the process, you are in luck. You have everything you need to start an effective strength training program today. Your own body can function as the equipment. You can lift, bend, lower and move your body in ways that provide resistance, increase heart rate and get results. Plus, a bodyweight routine is great for traveling, budget friendly and can add variety to your existing workout.

A Light Warm-up — Do some walking or march in place for a few minutes — anything to get your body ready for more intense exercise.

Common Bodyweight Exercises

• The **push up** is a perfect example of a bodyweight exercise. It will utilize almost every muscle in your body. If you are in fairly good condition already, start on your hands and toes. If you need to adapt the exercise, start on your knees.

• Try a **side jump**. Place an object on the floor like a book or small pillow. Stand with your feet together. Jump to the right of the object keeping knees bent. Jump back to the other side and continue jumping side to side.

• Remember the **squat-thrust**? Stand with feet together. Squat all the way to the ground and place your hands on the ground, kick your legs straight out behind you to a push up position, return feet to your hands and stand up.

• **Pull ups** are also a great bodyweight exercise, but require a bit of equipment. A strong tree branch or a bar on a park's swing set can work.

Equipment — You may need to incorporate a few basic items, such as a chair, to complete some bodyweight exercises.You may also want to consider incorporating resistance bands into your workout. These bands are very inexpensive ($10 to $15) and take up little space.
For more information on bodyweight strength training, or to find a personal trainer, call the Eisenhower Renker Wellness Center at 760-773-2030

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