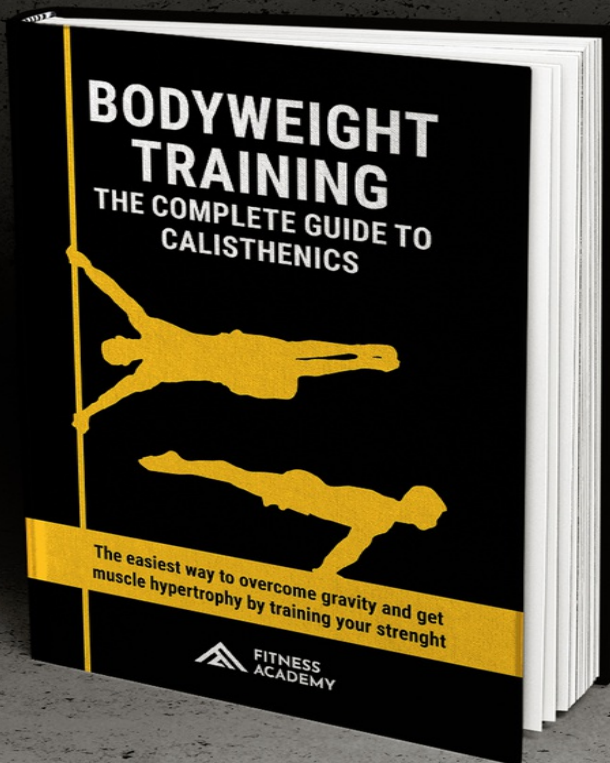
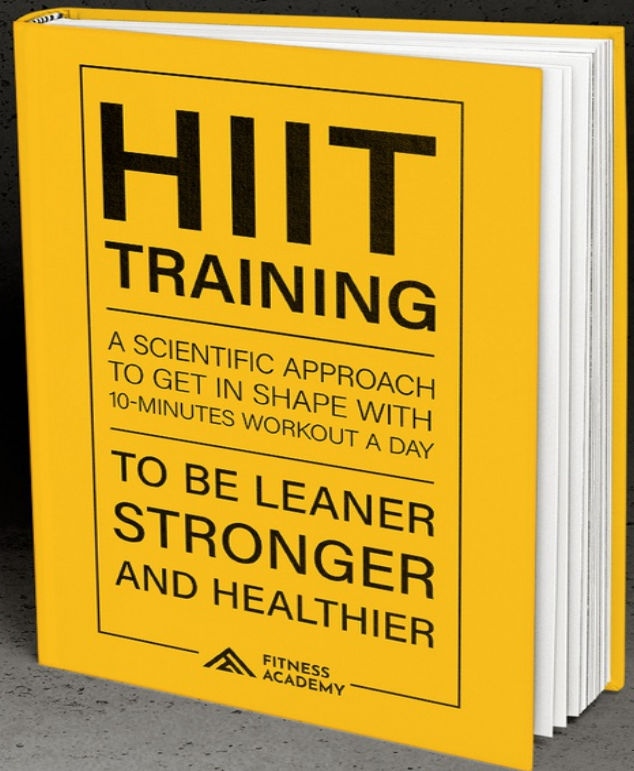


# Fitness Collection

Improve your body shape and reach your fitness goals  
with your  
Personal Workout Program



+



**FITNESS COLLECTION:**  
**2 BOOKS IN 1:**  
**BODYWEIGHT TRAINING**  
**+**  
**HIIT TRAINING:**

***Fitness Training and Workout Motivation:***

*Improve your body shape and reach your fitness goals with your  
Personal Workout Program*

**Fitness Academy**

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# **Bodyweight Workout: The Complete Guide to Calisthenics in the 2020s.**

*The easiest way to Overcome Gravity and get Muscle  
Hypertrophy by Training your Strength*

**Fitness Academy**

## ALL YOU NEED TO KNOW ABOUT EXERCISE

Exercise is beneficial to the overall body's health and growth. Its positive effects even translate to all areas of your life and allow you to live a happy, convenient, and great life. Starting an exercise or a new workout plan can be exciting, yet still, getting started is one of the most challenging parts of the process. Beginners as well as intermediate users of the gym or bodyweight training programs often make some little mistakes or have few misconceptions about how the body reacts to exercise, where to go, how to get the best of bodyweight exercises and what calisthenics is all about.

Before diving into exercises and workout, check out these amazing facts about physical exercise. It has been medically proved that when people are engaged in frequent physical activities or exercises:

There is a 30% lower risk chance of premature death.

There is a 35% lower risk of mental illness.

There is a 25% chance of physical disability.

There is up to 25% lower risk of heart diseases or stroke.

There is up to 50% lower risk of colorectal cancer.

Furthermore, here are more amazing benefits of exercise:

**It reduces the risk of contracting heart diseases:** during physical activities, the heart pumps blood faster and this improves the blood and oxygen circulation level to every part of the body. This lowers the blood pressure, prevent blood clotting as well as lower stress. Regular exercise contributes to improved cardiovascular health.

**It helps your body regulate insulin and blood sugar level:** insulin is a hormone produced by the pancreas and its goal is to help control the amount of glucose in the blood. Exercise ensures that the blood's sugar level is maintained as the insulin acts and does its job better, and this prevents and reduces the chances of complications from type 2 diabetes and metabolic syndrome.

**It strengthens and develops muscle mass:** exercising and working out in

the appropriate way make you get the best out of it. Frequent workout adds strength, tone, and development to the body muscles. After workouts, the body repairs and replaces worn-out muscle fiber through a cellular process which brings the formation and growth of new muscle protein strands. These new muscle strands increase in number and thickness to create muscle hypertrophy.

Exercises are all-round beneficial to the body. Besides its medical importance, its physical benefits contribute greatly to living better.

**It improves self-confidence and stimulates happy chemicals:** exercise enhances the mood by stimulating the part of the brain that releases happy chemicals, this in return creates a feeling of positivity and accomplishment. Setting constant attainable and realistic goals in your workout helps build up a feeling of self-confidence. Constant exercise also helps increase self-confidence.

**It boosts brainpower:** researches pointed out the fact that the Hippocampus which is a part of the brain critical to learning and memory, is always active during exercises. Frequent and timely exercises would help improve the release of the chemicals that improve this function in the brain.

**It helps control addiction:** thanks to workout you can overcome any form of addiction through the redirection of the mind and the reduction of cravings and withdrawal symptoms such as stress, anxiety, and depression.

If you haven't started exercising and working out yet, it's not too late. The good news is that you can start slowly and in time, through consistency, setting achievable and realistic goals, you will get to your goal and enjoy a healthy happy life.

These benefits we mentioned will help you form a basic knowledge of bodyweight training and calisthenics exercises.



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## **THE BODY AND BRAIN RESPONSE TO WORKOUT EXERCISES**

The mind and the body experience a whole lot of changes as you begin to exercise. These two elements are deeply connected, and the best result of your workout can only be obtained when they work together.

Therefore, understanding how the body adapts to workout, the brain's response to stress and the mind-body connection is important. This also helps beginners to understand the workout technique that is best for them to achieve the results they desire.

The exercise involves movement, and this requires the activation of the musculoskeletal system, the cardiovascular and respiratory system and much more. Exercise also involves the ability to sustain movement through an

extended period.

When you exercise frequently, the mind, the brain and most especially the physiological system of your body go through a process of adaptation which increases the body's capacity and efficiency. However, the magnitude of these changes depends on the intensity and duration of your training, the type of exercise and the body's initial level of fitness. Similarly, as you begin to work out, your body begins to adapt to these changes and stress levels, however, when the training stimulus is removed, the capacity and efficiency already achieved can be lost through a process called detraining.

There are three stages of the body's reaction or acclimatization to stress. The first stage known as the alarm or signal stage occurs when you have just kicked off training. At this point which corresponds to the first induced exercise, the body readjusts and prepares itself for continuous exercises. The next stage is the resistance stage: the body tries to adapt to the developing changes being caused by the repeated level of applied stress. The body resources are over at this point and exhaustion sets in.

However, with a controlled level of workout, proper dieting and rest periods for recovery between each cycle of stress and exhaustion, the body will have enough time to recuperate. Consequently, muscle development and strengthening occur. Also, the work capacity of the body rises to a much higher level than the initial period of performing the workout.

The brain as well performs its duties to ensure your body gets the best of workout exercises. First, to ensure muscle growth and strength development, the brain triggers the immediate release of growth hormones. To cope with repeated applied stress, the brain produces many relief and stress reduction hormones. Endorphins and BDNF (Brain-Derived Neurotropic factor) are the main secreted hormones. However, they further stimulate the release of other chemicals for neural health.

## **THE BODY PHYSIOLOGIC RESPONSE TO CALISTHENICS EXERCISES**

The body is built in a way that it can respond and create a balance to any induced stress, training and workout. The body physiologic responses to repeated aerobic or cardio endurance workout and strength training exercise occur in the musculoskeletal, cardiovascular and respiratory system.

### **Cardiovascular and respiratory systems**

The major functions of the cardiovascular and respiratory system include the transportation of hormones to target organs, hormonal balance maintenance, and to provide the body with oxygen and nutrient while also getting rid of carbon dioxide and metabolic waste products. The cardiovascular system is made up of the heart, the blood and the blood vessels which produce significant responses and changes during workout periods. During exercise, there is an increase in the cardiac output of the heart understandably to meet the increased demand of the body for oxygen. Similarly, blood flow changes drastically, as more blood is sent to the active skeletal muscles and also to the skin when the temperature increases. A high-intensity workout is always accompanied by an increase in cardiac output of the heart and redistribution of blood flow.

Furthermore, during prolonged or high-intensity exercise, the body's oxygen demand is increased. Therefore, more air volume is inhaled into the lungs, the respiratory rate at this point increases and the lungs adapt to ventilating larger volumes of air.

### **Skeletal Muscles**

The musculoskeletal system defines the body. The muscles respond to changes in exercises through the potential to store more fuel (Carbohydrate, fat, and glucose) as well as extract oxygen. Development and strengthening of muscles and bones are key to training adaptations.

Calisthenics is a great way to achieve all these effects easily.

# BASIC TERMINOLOGIES ASSOCIATED WITH BODYWEIGHT WORKOUTS

## Bodyweight training system

Bodyweight exercise includes core exercises, aerobic workouts, and functional training to enhance strength, muscle growth, endurance, mobility, and agility. Calisthenics consists of exercises that rely on bodyweight with no added equipment to cardio and strength.

- **Bodyweight training and workout:**these are workouts that consist of multi-joint movement such as squats, lunges, press-ups, pushups, etc. which uses bodyweight to develop muscle strength and endurance.
- **Core Stability workout:**this workout consists in exercises whose aim is to develop the body's stability during movement by targeting muscles of the abdominal wall, lower back, and pelvis.
- **Aerobic workouts:**these workouts aim to target and enhance cardio-respiratory functions through continuous full-body movement at varying intensities.
- **Repetitions and set:**repetition and set are terms used to describe the number of times you perform an exercise. A repetition or rep is a single exercise movement. It is the number of times you perform a specific exercise or a workout movement. For example, when you are doing a push up 15 times. However, set is the number of cycles or times you perform the repetition of a given exercise. For example, doing 4 sets of 15 rep push-ups.
- **Tempo:**tempo is how you perform an exercise. It deals with how fast an exercise is performed or how long it takes for the body's movement to complete a single phase of an exercise. A tempo, for example, is expressed as a numeric ratio, such as 3:2:1. This number for example used to describe a squat exercise would mean: lowering to a squat position for 3

seconds, pause or remain at that point for 2 seconds, then move to start position in 1 second.

- **Circuit:** circuit is the completion of a series of exercises to develop strength and endurance. A circuit ensures that you complete a planned routine of a combination of workouts before moving to the next phase or circuit.
- **Missed workouts:** a missed workout occurs when you fail to carry out a planned or routine exercise, thereby skipping the workout. It is recommended that once you miss a section of workout more than once, you should restart the overall training.
- **Active rest:** active rest is a period of several periods within a set of workouts in which a lower intensity workout or exercises is carried out mainly to help the body recover from high-intensity activity. When used during a workout, an example could be running in place or stretching.
- **Cheat rep:** a cheap rep occurs when you fail to take perfect form during a workout rep and using another body part to complete the rep. Completing a set of reps or lifts using cheat reps may lead to an injury because you are not doing an exercise properly. An example of this could be trying not to maintain a straight position when performing a bicep curl.
- **Form:** forms are techniques used to carry out an exercise or a workout. A good form helps you target the specific muscle groups and the maximum return from a workout. On the contrary, a bad form or technique increases the risk of an injury.
- **Fixed resistance:** workout exercises can be performed with plate loaded machines such as back extension, leg raise, etc. to carry out strength training. It involves moving progressively through a fixed range of lifts or movements. This is usually suitable for beginners to improve core strength before moving to more complex and free lifts.
- **Freeweights:** free weights are strength training workouts that require you to support your posture and form when using a dumbbell, barbell with squats, deadlifts, etc. to perform a lift.



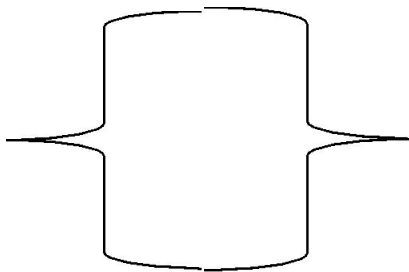
- **Compound movement:** a compound movement may as well be referred to as a compound lift. This movement or workout targets and works on multiple muscle groups. For example, a squat works on the posterior chain muscles, lower back and calf muscles. Similarly, a bench press works on the triceps, shoulders, and chest.

Knowing the listed terms has already given you a good head go to performing calisthenics exercises.

In the following pages of this book, we will move to advance workout terminologies which will help you understand various terms associated with workout. This is very important for beginners and experts as well.

## **HOW TO GET THE BEST OUT OF YOUR WORKOUT**

The primary aim of any workout is to build muscles and enhance strength and endurance, whichever you prioritize. Getting the most of your workout activities is the major driver and this directs and dictates all your energy and momentum. This drive, if not properly channeled into doing the right type of exercise correctly, could create sore muscles without any muscle development and growth and increased risk injury. Physical fitness or muscle development can neither be achieved by wishful thinking nor outright purchase.



**Physical fitness cannot be  
achieved by wishful thinking**

So, what can you do to get the best out of calisthenics workouts? That's easy! First, you need to understand the right type of workout for you combined with a proper diet. Here in this book, you'll find some dos and don'ts.

## **DECIDE WHEN TO WORKOUT AND HOW MUCH TIME YOU CAN TRULY SPEND TRAINING**

When you start a workout program, planning the workout days and the workout time duration is essential. Setting the appropriate time will ensure you stay dedicated to your workout and this will help you in the long run. Most people, especially beginners get overzealous in setting up a realistic and achievable time for the workout. You shouldn't fall victim of this. If you can work out effectively for 10-15 minutes, 2-4 times a week, then you are fine. However, the length and number of training times have a way of determining the level of progress. The trick to getting the best out of calisthenics exercises lies in staying dedicated and concentrating without split attention during workout periods. This will boost your progression and make you reach your desired goal faster.

## **REST, RECUPERATE AND REPEAT**

This is a simple formula to ensure the best is obtained in calisthenics. Rest is an essential part of any workout routine. Taking out the proper time to rest helps the body recuperate from stress and worn-out muscles and boost better adaptation for the following exercises. After a proper rest, your body will have the ability to do more than the previous workout. Calisthenics exercises create tears in muscle tissue. However, during rest, these tissues are repaired, healed and grow in a stronger bigger muscle. Skipping rest days can lead to burnout or overtraining. Overtraining exposes the body to high risk of injury, through repetitive stress and strain of the muscles. Although, it is essential to note that there are guidelines for incorporating rest days or knowing the right rest methods for various calisthenics exercises. For example, taking a rest from a part of the body engaged with a particular workout routine and focusing on lighter exercise on a different body part could be a form of resting. This is further explained in detail under the types of bodyweight and calisthenics exercises in this book.

## **GET A JOURNAL AND KEEP TRACK OF YOUR PROGRESS**

Keeping track of your workout helps you realize your progress and get some inspiration and motivation to get you going with your workouts. Keeping a journal also helps you keep track of the goals you set for yourself. This is highly recommended to get the best out of your calisthenics exercises. Having a journal and keeping track of your progress ensures that:

- you never give up;
- you see and take note of physical changes;
- you are motivated to set better goals;
- you are honest about your workout routine;
- you will find the right pattern to carry out your workouts, incorporate rest and proper diet;
- you are kept on your toes and always want to achieve your set goals.

## **EAT WELL, GAIN MORE**

Developing muscle mass requires proper diet and the right number of calories. During exercises, calories are burned down in the body and it is only wise to replenish the calories lost. Although, different bodies have their calorie requirements. To help you, this is the equivalent simple math for better body development during exercise:

### **Calorie In > Calorie Out.**

Especially when developing muscle mass through calisthenics exercises your body requires an additional calorie intake of about 200-500kcal per day. To accomplish your set goals, a proper diet should be incorporated.

In the end, to get the best of your workout, a step by step approach should be taken to develop strength and endurance. This ensures a strong base and proper foundation for further development. Similarly, choose wisely the exercises to match your goals and move progr

essively to other workouts.

## **BODYWEIGHT TRAINING AND CALISTHENICS WORKOUT**

Bodyweight training and calisthenics exercises are strength and endurance exercises that only require the bodyweight to develop muscle mass to make balance and proper coordination of the body, also enhancing its strength and flexibility. Calisthenics teaches you to master and use your body weight to develop physical health, strength, and stamina without the use of weights or any special apparatus. It just involves the natural use of the body. Pushups, pull-ups, squats, lunges, etc. are the most common type of these exercises.

Without weight? Yes. Calisthenics is the best way to develop strength as well as muscle mass. However, this can be achieved in a form of progressive overload, with a step by step process, whatever your goals are, they will be achieved. One of the best things about calisthenics is that it doesn't require any special apparatus and getting started with bodyweights training is easy since the foundation of its exercises is known. It can be done anywhere.

The nervous system also benefits from various calisthenics exercises targeting the cardiovascular system. Similarly, calisthenics engages the whole body through its multipoint exercises such as benches, dips, squats, and pull-downs. Correct application of all these exercises can be used to develop the upper body and lower body parts.

## **COMPARISON BETWEEN CALISTHENICS AND FREE WEIGHT TRAINING**

Developing muscle mass and strength can be achieved both by calisthenics and weight training, however, calisthenics edges out weight training in some ways. Although, both are consistently helpful for bodybuilders and athletes. Here is a comparison of what you get from calisthenics and why it is good for you.

### **No Equipment Vs Equipment Needed**

Calisthenics is a high-intensity workout that builds muscle mass and improves the cardiovascular system without the use of free weights, and no special need for the gym. This makes calisthenics easy to perform anywhere at any time of convenience.

## **Targets compound muscles groups Vs Isolated**

Calisthenics focuses on targeting compounds muscles in the body through various workout routines. For example, a single calisthenics exercise such as a pull up works on the back, biceps and the core. This points out an essential benefit of calisthenics. It targets almost every muscle in the body, and this helps you achieve proportional muscle growth and attaining an overall strength.

On the contrary, weight training only targets isolated muscle groups and mostly a single part of the body. This could result in neglecting other body parts, causing an out of balance muscle growth of some parts of your body.

## **HERE IS WHAT YOU GET FROM CALISTHENICS WORKOUTS BENEFITS OF CALISTHENICS**

- Calisthenics just uses body weight, so there is no need for special equipment or apparatus.
- Calisthenics can be done anywhere at any time. You can decide to carry out your calisthenics workout routine at your convenience since it does not need carrying any gym equipment.
- Calisthenics workouts promote overall body (muscle) growth and strength. Calisthenics includes compound exercises that target various muscle groups. Doing a single calisthenics

exercise will affect a variety of muscle groups. Thus, stimulating a proportional and overall muscle strength known as functional strength.

- Calisthenics exercises are quick and easy. The foundations of bodyweights workout are very common and very easy to do. Exercises such as squats, pushups are easy to practice and carryout. However, learning to do the workout properly is very important.
- Calisthenics trainings are easier on joints. Bodyweight trainings have less stress on the body's joints, therefore less risk of an injury. Calisthenics helps prevent injuries; however, you will always have to be careful while doing the exercises.
- The upper body and the lower body can be developed through calisthenics workout programs.
- Calisthenics improves the nervous system and cardiovascular system. It also improves the body's strength and endurance. The nervous system and the cardiovascular system benefit from the high-intensity calisthenics workout by putting enough strain on the heart and lungs.
- Muscle mass can be achieved with calisthenics. Similarly, calisthenics training improves the body's mobility and stability through various movements, engagement of muscle groups and body parts.

## **PARTS OF THE BODY TARGETED DURING BODYWEIGHT (CALISTHENICS) WORKOUT**

**ABS-** also known as abdominal muscles. They are part of the core. They consist of a pair of muscles lying vertically on each side of the human abdomen. Well-developed abs enhance strength for physical activities. They play very important roles and assist you in the act of breathing. During



exercises, they help you to keep the internal organs intact. Calisthenics exercises such as sit-ups, crunches, planks help you develop a strong sturdy and well-shaped abs.

**BICEPS**-also known as Biceps Brachii. They are a bi-articular muscle attached to the upper arm between the shoulder and elbow by connective tissues called tendons. Biceps have two points of origin or head in the shoulder and both end up connected to the elbow. Biceps are essential for lifting and general movements, rotation, flexion and supination of the forearm. The biceps can be strengthened and developed with major upper body exercises. Calisthenics workouts like pull up, pushup, chin-ups and side planks help you develop strong triceps. The biceps together with the triceps give the arm a masculine and power physique. More so, strong biceps are required to perform tough exercises that require only the arms to suspend the entire body.

**CALF MUSCLES**- the calf muscles also known as the leg muscles are in the posterior compartment of the leg. Achilles tendon attached the calf muscles to the leg and heels. These muscles allow forward movement and they can be strengthened through basic calisthenics workouts such as squats, jumps, jogging, etc. however, exercises targeted at the calf muscles should be done with caution to avoid calf injuries.

**CORE**- the core widely called the torso refers to the muscles in the abdominal region, pelvis, and posterior and lower back. Functional movement of the part of the body is facilitated by the core muscles. It also helps you enhance the posture of the body and tightens the stomach. The core also acts as a stabilizer and gives strength and balance to the lower body. Strong cores are essential for extremely physical exercises. Exercises like the human flag, muscle up, burpee require a strong core. Exercises such as crunches, squats, L-sit, wall sit, etc. can help you in strengthening the core muscles.

**DELTOID MUSCLES**- Deltoid are also called shoulder muscles. They are a triangular rounded muscle located from the upper part of the arm to the top of the shoulders. This muscle involves 3 sets of fibers called anterior deltoid (front Delta), lateral deltoid (middle or side delt) and lastly the posterior deltoid (rear delts). Through calisthenics exercises, you can develop and

strengthen each side of your shoulder muscles. Example of exercises that targets the shoulders and deltoid are chin-ups, pull-ups, pushups, etc. These exercises have several variations that are well situated to work out the deltoid. The wide arm pushup and pull up strengthen the shoulders and make it bigger, giving the upper body a broader physique. Furthermore, strong shoulders are very important when it comes to lifting heavy loads or tasks involving heavy objects. You need strong deltoid muscles to do exercises like the human flag, one arm pull-ups, one arm Superman pushup, etc. However, start developing your shoulder strength with simple and basic exercises like pushup and pulls-ups.

**Hamstring-** Hamstrings are the muscles located behind the thighs and they are part of the posterior chain of the leg. They are important for activities that require movement, like running, walking, etc. Hamstring gives good strength to the lower body, developing and strengthening the hamstrings would enhance stability and balance of the body. The hamstrings also help you improve your posture and walking posture. Calisthenics exercises like quads, wall sit, mountain climbers, etc. can help you strengthen the hamstrings.

**Lats-**Lats also called the latissimus dorsi are large muscles located on the back of the body. The muscles run on either side of the back down to the hips. They are involved in motions of the body like opening and closing of doors or objects, carry heavy loads, or performing other upper body exercises. The back muscles or the lays gives a good overall upper body physique and enhance the body proportion. Exercises such as chin-ups, pull-ups, planks and push up variations strengthen and develop the lats. Good Lats or back muscles provide a strong sturdy base for any kind of physical activity.

**Oblique:**the oblique muscles are found at the side of the abdominal region beneath the rib cage down to the hips. The oblique muscles are internal oblique and external oblique, with the internal oblique located just below the external. Being one of the largest abdominal muscles they control and facilitate a range of motion in the torso, especially while twisting. Calisthenics exercises such as pushups, oblique crunches, bicycle crunches, Spiderman plank, Russian twist, etc. can help you develop a strong and well-formed oblique muscle.

**PectoralMuscles:**often referred to as Pecs and located in the chest region, the

pectoral muscles connect the front of the chest to the upper arm and shoulder. They facilitate movement in the arm, shoulders, and torso. The pectoral muscles are made up of four muscles which are, pectoral major, pectoral minor, pectoral fascia, and the subclavian muscles. These are a few examples of calisthenics exercises and bodyweight workouts you can do to enhance your pectoral muscles: press up of different kinds, diamond pushups, dive bomb push-ups, etc. and chest dips. A well-developed chest enhances the physique.

**PosteriorChain:**the posterior chain refers to the muscles located on the backside of the body, involving the low back gluteal, hamstrings and calf muscles. A strong posterior chain is essential for good body strength and help good movements of the body for any kind of athlete. It ensures the overall improvement of athletic performance. Calisthenics exercises will help you improve the strength and power of the posterior chain. Major exercises carried out will generally involve the contracting and lengthening of the muscles. Lunges, squats, and planks are major exercises to strengthen the posterior chain.

**Quadriceps (Quads):** these are groups of muscles found at the front of the thigh. The quad muscles are made up of rectus femoris, vastus intermedius, vastus lateralis, and vastus medialis. Strong Quads are essential in movement and propulsion of the body with good body strength. Major Bodyweight workout to improve the strength of the quads is squats, leg press, and lunges. A well-developed quad enhances the strength of the lower body parts and also helps you improve an overall lower body physique.

**Traps (Trapezius):** traps are large muscles that run from the occipital bone in the skull, lying on either side of the back down to the middle of the back. They also extend to the shoulder and create a wider back. They support and provide movement and stability of the neck, the back, and the head. Calisthenics exercises also target the traps muscles, wall pushup, upward row, and shrugs.

**Triceps:**triceps are large muscles at the rear of the upper arm and generally composed of three muscles, which are: the lateral head, long head, and the medial head. The triceps act as the antagonist of the biceps. They support the arm extension and the elbow and forearm movement. Working out the triceps

will create a well-structured and strengthened arm. Different variations of Dips, Triceps dips, pull-down and push up variations work on the triceps muscles.

## **CALISTHENICS PHILOSOPHY OF STRENGTH TRAINING**

Strength training is an integral part of calisthenics. It is a complete fitness program that improves your muscles' growth and development, it preserves the bone while also improving its strength. It involves the use of resistance to induce muscular contraction which helps to enhance strength, to build muscles, anaerobic endurance, and bone density. Using calisthenics for strength training is typically anaerobic activity, however, some bodyweight exercises also have aerobic exercises in them. Strength training when properly performed will improve your wellbeing and health, will ensure bone and muscle increase, ligament strength and toughness, increased metabolism, increased bone density, and fitness level. Strength training with calisthenics is usually very progressive; a progressive overload of the muscles, alternating between some reps and sets of an exercise.

### **The technique of strength training**

The basic principle or philosophy behind strength training involves the use of calisthenics exercises, and manipulation of the number of repetitions, sets, tempo, force to cause the desired change in muscle size, endurance and strength. Your desired goal is always a determining factor in the way you combine these elements of a routine, set, reps, exercise, rest and proper diet.

For instance, to gain muscle mass and strength, few reps and a lot of sets are vital. Typically, reps should not be more than 15, although you could perform as many sets (four or more) as possible. Rest is, however, an important part

of strength training, both during a routine and after a workout session.

Another technique of strength training is to ensure training in a good way. Failing to use good form in calisthenics exercises could result in an injury or the inability to meet your training objectives. When the desired muscle groups are not sufficiently challenged, the threshold of progressive overload is not reached, hence the inability of the muscle to gain mass or strength. Cheat reps won't make you work out the desired muscle group for growth.

For beginners, fewer sets of an exercise are better to get the proper form and technique of the exercise. Few sets even work better at this stage, although as you progress, additions should be made.

### **The principle of progressive overload for beginners and expert alike**

Calisthenics exercises can be used to develop muscle strength through progressive overload in which the muscles are overloaded or worked to failure. It simply involves, working out with large sets of exercises in a short time to progressively overload the muscles. The muscles respond to this by getting large and stronger. However, performing this sort of calisthenics exercise in this tempo is considered a bit risky for beginners with a low experience level. Although, for experts, this is one of the best ways to perform strength training. Upper body exercises like pushups pull-ups, dips can be performed with this principle.

### **Split training for experts**

Split training involves working no more than three muscle groups or parts per workout routine. This is used by experts and instead of training all parts of the body, only the selected part of the body is trained until exhaustion for several workout routines. Split training involves exhausting individual muscle groups and allowing them to recover through enough rest. During rest periods of the muscle or body parts, other parts of the body can be trained.

For example, with split training technique, an expert trainer can use calisthenics exercises, such as wide arm pull-ups and push-ups to train the side shoulder, trapezius, and upper shoulders to full exhaustion in a single routine, then move on to another part of the body like arms, biceps, and triceps on day two. The day after chest and the pecs muscles. With this method, all the muscle groups are allowed adequate rest, before being trained again. Also, a single body part can be trained for a week. You can train up a part in the lower body, then move up to another part in the upper body and alternate these exercises.

However, it is important to ensure that overtraining does not set into your routines. Alternate the frequency and training intensity as well as the volume of training sets and reps, a common training strategy is to set volume and intensity of training to be minimum then progressively increase the intensity, number of sets and reps.

Periodization is a technique used in split training to divide all training programs into periods for accomplishing a specific goal. Weekly goals and target should be set. With each target achieved, you can alternate the volume and intensity of training to allow the muscle to recover and gain mass.

Another common principle of strength training is the use of plyometric-power and speed training and incorporating aerobic and cardio to the exercises of calisthenics.

## MANAGING HEALTH AND ACCIDENT RISK WITH CALISTHENICS

Workout injuries can happen to anyone, regardless of the skill level. But sometimes, accidents and health risks are caused by been negligent to safety tips and precautions.

Common workout injuries that may be experienced when performing calisthenics include:

- Muscle pull and strain
- Sprained ankle
- Shoulder injury
- Dislocation
- Wrist sprain
- Knee injuries etc.

Preventing these common accidents is essential to having a successful workout routine. There are several ways to avoid these injuries;

- I. **Through warmups and cool downs:**your workout routine should always begin with a warmup and end with a cool down. Warmups help the body to get active prior to exercising. They increase the heart rate, blood circulation and help the muscles get ready for stretching. An example of warmups are light jog and a little jumping jack. A cool down is also essential to bring the heart rate down after exercise and to relax the muscles as well. Stretches are one of the ways to perform cooldowns to relax and ease the muscles.
- II. **Ease gradually into your workout routine:** to reduce the risk of an injury even after warm-up, you should progress gradually into your routine. The lighter exercises first before moving up to the heavier exercises.
- III. **Perform exercises the right way:** this is one big way to keep off from injuries. Ensure you can adequately perform the



exercise the right way before doing higher reps or sets of the exercises.

- IV. **Cross train or perform a split workout:** for beginners, you can alternate between various sets of exercises to ease the pressure on a body part or muscle group. Repeating the same movement frequently might lead to overuse, overtraining and repetitive use of a part. Expert trainers can use split training to prevent accidents or injuries as well.
- V. **Stay hydrated:** water is crucial to the body's health as it helps with waste removal from the body. It also helps to speed up the rate of metabolism of the body. Drink water before and after performing an exercise.
- VI. **Listen to your body:** once you start feeling uneasy about a part during training, it is expected that you stop to see if you are doing the exercise right. If the pain persists, then you should stop and take a rest or see a health care practitioner.
- VII. **Rest:** one final important way to stay away from accidents or injuries during and after the workout is to take adequate rest. Taking adequate rest between each workout session will help you get into better shape for another workout routine.

## **TRAINING THE NERVOUS SYSTEM AND MUSCULAR SYSTEM**

Calisthenics can be used to develop power, the strength of the nervous system and also to build muscle mass. Bodybuilders generally focus more on muscle mass building while athletes switch a bit more to the nervous system training. However, both can be incorporated correctly into a training routine and can lead to an overall body and mind fitness.

Training and developing robustness of the nervous system increase the strength and power of the body. The brain and spinal cord are trained to enhance athletic abilities, stimulate other muscles, motor and nerves of different body parts to develop and function well. High intensities interval training coupled with a high impact exercise helps the heart and respiratory health. Unfortunately, most beginners don't have their nervous system built to deal with intense exercises, however, with calisthenics, the Nervous system capacity can be improved.

The nervous system's training consists of plyometric training which sometimes involves quick and explosive movement to increase strength. They are multi-joint exercises, aimed at different parts of the body. Examples of these exercises are squats, bent over rows, pull-downs, dips, and benches.

The frequency of training the nervous system is usually kept very high. Exercising two times a week with high impact exercise will ensure you attain a better result. However, depending on the volume and intensity of exercise, exercising as high as three or four days a week will produce amazing effects. Building up the nervous system requires a step by step process and progressive momentum. For beginners or a new athlete, whole-body training can be incorporated into the routine.

### **Alternating between nervous system training and muscular system training**

To create and maintain a balanced cardiovascular growth and size, it is expedient that both the nervous system and muscular system training are done. Switching between the two training is important for maximizing physical growth and the body nervous capacity. Although there is no such rule of how to alternate or switch between training the nervous system and

building muscles, new trainees or beginners would however need to spend more time building up the body's nervous system capacity. This will result in having the flexibility and strength needed for bodyweight exercise aimed at building muscle mass.

For instance, a perfect example would be a person assigns 2-4 months for nervous system training then switching to body part training for 2 months, and back to nervous system training again. This cycle is continuously repeated. With this routine, progressive changes will be observed, and more bodyweight training can be incorporated with time.

Building muscle mass is quite different from nervous system training. The exercises involved target muscle groups and unlike nervous system training, the exercises are performed for a long time until the muscles are nearly drained out. The primary aim of the workout method is to exhaust the muscles, make them adapt to repetitive load and increase in size. The more the strain, the more the muscles recuperate grows and develop strength. For maximum results, 10-20 reps of exercise are advisable and no more than 5 sets of each exercise. Calisthenics exercises for building muscle mass should not be done fast pace, the concentric and eccentric movement should be defined and done at slow paces. Proper form and techniques for mass building exercise is essential. The angle of movement of the body is just as important as the number of reps and set done.

How does the muscle grow and develop strength? The muscle undergoes repair and recuperation during rest. During exercises the muscles are challenged with tension, stress and strain and this exhaust tear down the muscles, however, rest allows these muscles tissues to rebuild and grow into a bigger and stronger form. Proper rest together with appropriate diet makes up for the strain and stress placed on the muscles during exercise.

## **BULK UP YOUR MUSCLE MASS (HYPERTROPHY) WITH THE SET AND REPS THEORY.**

Developing muscle size requires low reps as these overloads and causes micro-tears in the muscles. Working or jacking high reps will only build strength in the muscles and not size. Using calisthenics to develop muscle mass means you must drop the number of reps to allow muscle overload. Fewer sets can be achieved in two ways:

- **Redistribution of the body weight during workout-** weight distribution is an effective way for ensuring you do a fewer set while also working out the muscles to maximum tire and limit. During workout, it's normal to have the body in a balance point of 50/50 but pushing up a part of the weight to the other side will increase the difficulty. An example is during pushup or pulls up exercises. Once you regulate the body weight proportion this way, the muscles will be thoroughly workout and you will fatigue within 8-12 reps.
- **Change the angle of exercise-**angular training is the technique used to alternate the angle in which an exercise is done. Slightly changing the tilt of the body increases the difficulty of the workout thereby increasing the load and strain on the muscle. For instance, when performing a pushup, you can make it more challenging by placing your legs on a higher level to create a position in which your body faces downward. This inclined change from the normal pushup position will create a better effect on the muscle.

The number of sets performed during calisthenics workout defines whether you want to build muscle mass or strength. Doing several sets of a single workout will make the muscles undergo enough strain. Four or more sets of workouts is basic standard to bulk up your mass. For endurance training, fewer sets are adequate, but to completely fatigue the muscles, various number set is vital. Incorporating a progressive overload technique will ensure your workout gets tougher over time. Adding more seats to your workout will make the muscle experience a new level of change and

adaptation.

Your end goal will help you decide and form a suitable number of reps and sets of workouts.

## **BUILDING STRENGTH AND MUSCLES WITH CALISTHENICS.**

Calisthenics comprises of a whole lot of exercises aimed at developing and stimulating overall body growth. And virtually no part of the body is neglected or isolated. Muscular strength and cardiovascular strength can be achieved, muscles mass building can be attained with the high-intensity interval training of calisthenics. Having learned through preceding pages of this body what calisthenics is, the next thing is incorporating its exercises and get right on the way with it.

Now, in building muscle and body strength, there are several sections of calisthenics exercises divided into the building the upper body parts and the lower body parts training. Both can be incorporated into your routine correctly.

## **DEALING WITH PLATEAU IN CALISTHENICS EXERCISES.**

Plateau in workout means a sudden or gradual decline in the result of a workout. At this point strength or muscle, the mass increase seems to stop. This is because the body has adjusted and adapted to the series of routines and cannot produce any further changes. Plateau in calisthenics can be experienced due to several reasons.

You may experience a workout plateau if:

- **You do the same exercises everyday-** performing a constant

set of exercise leads to a workout plateau soon or later. The body at this point in performing a similar routine of exercises would adjust and adapted to the demands of the exercise and no significant result would be seen. Depending on your fitness goals, experts suggest that you switch your routine and alternate between new variations of exercises for maximum result and to avoid plateau.

- **You are overtraining or training one muscle group too hard-** if you are pushing your workout routines too hard, without rest then, you may easily get to a workout plateau. Overtraining won't get you any muscle gain or strength but stuck to a plateau. Signs of overtraining include, muscle and joint pain, fatigue, tired and lack of strength. During calisthenics exercises, the muscles are stretched and stressed, the body at this pint requires adequate rest to rebuild and repair these muscles for optimal results.
- **Your diet is poor and not complementing your training-** the kind of meals and food you take may make you experience plateau and halt your strength training progress. A proper diet is required for maximum results. Proteins, vegetables, and fruits should be present in diet. If you keep taking high processed foods will fats, you may soon be approaching plateau.
- **You don't get enough rest and sleep-** for effective strength training with calisthenics, you need to get adequate sleep. During this period, the muscle rebuilds. If you dint get enough sleep, you may have little energy to complete your routine and may soon be on your way to a workout plateau.
- **Setting unrealistic goals-** when you set unrealistic goals, you tend to push yourself too hard and this could lead to overtraining and consequently a training plateau. Keep your

goals realistic, follow them and move progressively to higher goals.

### **Tactics to avoid training plateau and to also get back on track**

If your strength training progress has been stalled, you can try these tactics to get back on track.

- ✓ Take enough rest- making quality time for recovery is vital to helping you fight plateau. Rest is essential to your strength training routine
- ✓ Switch to a more challenging variation of an exercise- after taking a full rest recovery, it's time to up to a more challenging exercise. For instance, you can change to a more difficult variation of a pushup or pull up exercise. This would help your body readjust and get ready for more changes. You can as well increase the number of the set you perform. This is an easy way to avoid plateau or break through it.
- ✓ Change the speed and tempo of your workout- even after changing your exercise, you might still want to change the tempo at which you perform the exercise. Or you may decide to keep doing the same types of exercise but at different tempo. A tempo, for example, is expressed as a numeric ratio, such as 3:2:1. This number for example used to describe a squat exercise would mean; lowering to a squat position for 3 seconds, pause or remain at that point for 2 seconds, then move to start position in 1 second.
- ✓ Create a circuit of exercises- circuit training, links individual exercises together in a progressive form to increase its intensity. With circuit training, you can cut out plateau. Try mixing different exercises, like the upper body, lower body and core exercises together. Perform these series of exercises together, then rest and repeat the circuit. For example, planks, wall sit, crushes, regular pushup, diamond pushup, pull-ups, leg raise and squat. This can be a good circuit training to prevent plateau and work more muscle groups.

## **UPPER BODY CALISTHENICS WORKOUT**

The upper body is one essential part of the body to build for strength and an overall good physique. The chest, arms, (biceps and triceps), shoulders (deltoids, anterior and posterior deltoids), back and oblique can be referred to as the major parts of the upper body. Upper body development is made easier with calisthenics exercises, you don't need to isolate body parts, e.g. arms and chest, etc. for separate workouts routines. Calisthenics exercises are compound exercise, and this helps to create an overall development and functional strength of the upper body. Listed below are some upper body workouts that will help you achieve that upper body strength and physique you need. Also included after each exercise is a prescribe routine for beginners, intermediate and expert alike.

***Note: some upper body exercises are not advised for beginners, in such situation a blank is left on the beginner***

***section of the routine.***

### **PUSHUP AND VARIATIONS**

A pushup is one of the most popular and age-long exercises used in developing the upper body. Pushup primarily targets the chest, arms and shoulder muscles. The biceps and triceps, deltoids and pecs are worked during pushup workouts.

Doing pushups in the proper form is essential and each rep of the exercise can be ascertained and measured to note progress. Try as much as possible to avoid cheat reps, like trying not to get the chest down enough or sticking up part of your body in the air, etc. no development will be noticed with this bad form and technique.

### **HOW TO DO A REGULAR PUSHUP PROPERLY**

- Position your legs and foot slightly close together on the



ground.

- Stretch out your upper body and set your hands at a distance that is a bit wider than your shoulder width. Make sure your foot and arm feel comfortable and steady.

**NOTE: Keeping the feet wider apart would make the pushup quite easy to perform, it is advised that the feet are kept close together.**

Try having your body stretched out in a straight line from the top of your head to your feet. Your back and lower body shouldn't be sticking higher than the body. At this point, you feel your abs and core engaged and tightened.

Ensure your head is looking slightly ahead of you and not straight down.

- At this point, gradually lower yourself until your elbow are about 90 degrees or lesser

***NOTE: Ensure your elbow are moderately close to your body***

- Go lower until you feel your chest almost hitting the ground, pause a little then slowly move back up until you are at the starting position.

***NOTE: Make sure your arms are out straight and support your weights.***

You just completed one rep of a normal pushup. Try doing 5-12 reps with this correct form.

### **Difficulty and Prescribed Routine**

Difficulty of exercise: Easy

### **Workout routine**

BEGINNERS- **7 Reps and 3 sets** of the normal pushup exercise

INTERMEDIATE- **10 Reps and 3 set** of the normal pushup exercise

EXPERT- **12 reps and 4 sets** of the normal pushup exercise

## **VARIATIONS OF PUSHUPS**

### **WIDE ARM PUSHUPS**

The wide arm pushups predominantly work more on the chest, the front shoulders (anterior deltoid), and triceps. This exercise is slightly different from the regular pushup as the arms are kept far apart than the shoulder width.

#### **Benefit Overlook**

- The wide arm pushups targets compound muscles in the chest, anterior deltoid and triceps.
- According to recent researches doing the wide arm, pushup enhances core stability, balance, and posture.
- Wide arm pushup also targets the serratus anterior muscles which gives support to the neck, back, and shoulders.

#### **How to properly do a wide arm pushup**

- When on the ground, start in a plank position with your hands placed wider than your shoulder width.
- Ensure your hands are pointing away from your body and rest all your body weight on your arm.
- Your core and gluteal muscles will feel engaged at this point, move downwards at a controlled pace, elbows bending to the side of your body.
- Pause when your chest is just below the elbow and almost touching the ground.
- Engage your core as you push your hands into the ground to move back to starting position.

Repeat the process for 10-12 reps of sets, for beginners.

## **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced

### **Workout routine**

BEGINNERS- **5 Reps and 3 sets** of the wide arm pushup exercise

INTERMEDIATE- **7 Reps and 3 set** of the wide arm pushup exercise

EXPERT- **10 reps and 4 sets** of the wide arm pushup exercise

## **DIAMOND PUSHUP**

The diamond pushup is another modified form of regular pushup. It targets mainly the muscles in the arm, triceps, chest (pecs) and a part of the core. The position of the hands when doing a diamond pushup is Close together almost forming a triangle.

### **How to perform a diamond pushup:**

- start in a plank straight position and have your hands close together forming a triangle under your chest.
- Stretch out your body and ensure you feel your core and glutes engaged.
- Have all your weight rest on your arm. In this position lower your body towards the floor. Your head and body should lean

- forward of your hands as you move toward the floor.
- Get close enough to almost when you feel your chest touching your hands
  - Push into the ground with your hands to slowly move your body back to the starting position.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced/Normal

### **Workout routine**

BEGINNERS- **5 Reps and 3 sets** of the diamond pushup exercise.

INTERMEDIATE- **7 Reps and 3 set** of the diamond pushup exercise

EXPERT- **10 reps and 4 sets** of the diamond pushup exercise

## **STAGGERED PUSHUP**

The staggered pushup is an advanced form of the regular pushup and provides an overall functional strength for the body. It is a multi-joint exercise that targets multiple muscle groups such as the core, anterior and medial deltoid, triceps and the pectoral muscles. Staggered pushup test and improve your strength and stability, endurance as well as power.

Staggered pushups can be performed by positioning in the regular pushup

position, but one arm is placed higher up (forward) the other however at shoulder-width apart.

With your arms bearing the whole weight of the body, go down until the elbow is slightly below 90 degrees then return to starting position at a controlled motion. Control the pace of going into the lower position and coming back up.

Perform 8-12 reps with this outlined procedure. Switch your hand position (change the arm been placed higher up than the other) in between each reps of the workout.

***NOTE- avoid having your lower back form a curve or higher than the rest of the body. This could cause pain and stress of the core and lower back.***

The staggered pushup may be challenging to beginners with a weak core, keeping the right neural spinal position as well as balance while engaging with the workout will be difficult. However, with proper practice and progression core stabilization and muscle strength would be improved and the workout gets less difficult.

## **Difficulty and Prescribed Routine**

Exercise Difficulty: expert/ hard

### **Workout routine**

**BEGINNERS- 3 Reps and 2 sets** of the staggered pushup exercise.

**INTERMEDIATE- 5 Reps and 2 set** of the staggered pushup exercise

**EXPERT- 8 reps and 3 sets** of the staggered pushup exercise

## **CLAP PUSHUP**

This is another variation of the pushup progression that utilizes quick explosive movement to increase strength. Building muscle mass and strength can easily be achieved with the clap pushup. Just as the name implies, during the reps, you lift from the ground and perform a clap before landing with palms to starting position. Through this, you build power and work out the chest muscles, biceps and triceps. Core stability, strengthening, and balance can be achieved also through this exercise.

### **How to do a clap push up:**

- Position yourself just like preparing to do the regular kind of pushup, ensure the body weight is resting on both arms and a straight body line position is maintained.
- Lower yourself to the ground, at this point, your clap begins when coming back to the start position in which the arms are stretched.
- As you come up, propel yourself off the ground to have enough time and space to perform the clap before landing for the next rep.
- As you land lower yourself into the next rep and repeat.

***NOTE: The clap pushup is a variation of pushup that is plyometric exercise and it combines speed, power, landing the elbow slightly at a bent position will help absorb the shock and impact of landing.***

### **Difficulty and Prescribed Routine**

Exercise Difficulty: expert / Hard

#### **Workout routine**

BEGINNERS- -----

INTERMEDIATE- **3 Reps and 3 set** of the clap pushup exercise

EXPERT- **5 reps and 4 sets** of the clap pushup exercise

## **SUPERMAN PUSHUP**

Power, balance and strength are the gains of this variation of advance pushup. This is one of the toughest kind of pushup and it requires speed and power. Superman pushup are explosive pushups that involve pushing the body, not just the torso, but the entire body off the ground.

### **How to perform a superman pushup:**

- Get into a normal pushup position, core held tight, body kept in a straight position with the hands firmly on the ground.
- Descend and lower your position with your elbow flexed to 90 degrees, push upwards and propel yourself up into the air with both hands and feet off the ground.

**NOTE: Both hands and feet should leave the ground.**

- Extend your arms forward so that your body is kept in a straight line while in the air.
- Land back into starting position to complete one rep of the superman pushup exercise.

**NOTE: Allow your momentum to move you to carry on into a lower position to continue the repetition.**

The superman pushup requires that you have attained enough body strength and stability, so it is expected that you have practiced enough with a less advanced form of pushups.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: expert / Hard

#### **Workout routine**

BEGINNERS- -----

INTERMEDIATE- -----

EXPERT- **3 reps and 4 sets** of the superman pushup exercise

## **PULL UPS**

**(ON YOUR WAY TO BIGGER AND STRONGER UPPER BODY)**

Pull-ups are upper body strength exercise and they involve the movement of the body to and from when suspended by the hand hanging on a bar. During pull-ups, the body is lifted towards the bar, the elbow flexes and the shoulders adduct to bring the elbow to the torso. Pull up is a compound exercise and it targets, works the biceps, triceps, shoulders, chest and the back. In a single controlled rep, pull up engaged multiple upper body muscles. It demonstrates a superior strength to bodyweight ratio. However, not everyone has mastered this bodyweight exercise.

Pull-ups increase physical physique just as it improves strength and muscle definition.

### **Basic Method for doing a Pull up workout:**

- With arms extended and distance at the shoulder width from each other, grasp the bar with an overhand grip. To ensure you do this exercise properly, begin from a dead hang. (Arms hung on the bar and fully extended).
- Pull up towards the bar by bending your arms and move all the way up till your chin get slightly above the bar.
- Pause at the top for a second then descend to starting position with controlled motion and movement. Repeat the same procedure and do about 8-12 reps of the exercise.

### **TIPS AND NOTES**

- ✓ **The speed at which the pull up is performed is vital. The movement of the body to and from the bar must be slow-paced and controlled throughout the reps.**
- ✓ **The core must be kept tight and the body (torso) maintained in a straight position.**
- ✓ **Avoid swaying, rocking during the pull-up. Maintain a balanced movement.**
- ✓ **Use negative reps to help you perform the exercise better. For**



instance, imagine pulling the bar down to your chest as opposed to hoisting your body up to the bar.

- ✓ **Avoid cheap reps. the start position for the pull up is when the arms are fully extended at dead hang. Also, the chin should be raised slightly above the bar.**

## **PULL UP PROCESS IN EASY STEPS**

For beginners and anyone who cannot complete a single perfect pull up exercise, below are step by step main process that will help you build the right form and required strength.

**Dead Hang-** Dead hang is designed to introduce you to hanging from a bar and increase your grip strength. This is done by gripping the bar and hanging from it with the arms fully stretched. Try performing this first progression exercise for about 10-12 sec, three to four times to build core strength and grip strength of the arms.

The second progression exercise is the flexed arm hang. Once you have successfully mastered the dead hang, perform the flex hang by simply holding yourself at the topmost pull-up position with your chin over the bar without any supports other than your arm. Maintain this position for 10 sec and repeat 2-3 times.

***NOTE: you can use a support to get into this position of flexed hang then continue the process without support.***

The next progression is the negative pull up which is mainly performing the lowering phase (eccentric position) of the pull-up exercise. From the flexed arm hang, slowly lower yourself into a dead hang position (starting point of the pull-up exercise).

**NOTE: you can use a resistance band to help properly train this movement if you lack the strength to control the descent and drop quickly. However, you would need to do pull up without this aide with time.**

The final progression to ensure you can perform pull up unaided and

correctly is the body row. To perform the body row, grip a bar that is suspended at about waist height with your feet resting on the ground pull your chest and upper body to the bar. This is an easy replica of the pull-up exercise.

Doing all this progression exercise will help you master and create the strength to perform pull-ups in the right form unaided.

## **PULL UP VARIATIONS WITH PROGRESSIONS**

- **LEG ASSISTED PULL UPS:** this uses support to help get into position and right form for the pull-ups. The supports are used through the rep of training.
- **ECCENTRIC PULL UPS:** eccentric pull-ups involve jumping into the position of pull up with your chin above the bar, then gradually flex the body into a lower position.
- **HALF PULL UP:** start the pull up at mid-range position and pull through until your chin gets above the bar. Then gradually lower into starting position (mid-range) where the elbow is set at 90 degrees.
- **NARROW GRIP PULL UP:** the hands are kept close together during this variation of pull up. It lays more emphasis on developing the biceps.
- **WIDE GRIP PULL UP:** like a regular pull up except that the body is placed wider than shoulder-width. This emphasizes the latissimus dorsi at the upper back.
- **ARCHER PULL UPS:** archer pull up is a pull up done with one arm while the other hand straightens over the bar during each rep.

This variation of pull is advance and only reps less than 6 should be done on each arm. It typically helps in working towards muscle-ups.

- **STERNUM PULL UP:** this variation is an important step towards muscle-up. Here, the pull up is done until the bar is at chest level. The elbows should be close to the body during the rep of the pull-up movement.
- **BELLY BUTTON PULL UPS:** this is like the sternum pull-ups only that the pull up is done more forcefully until the belly button is at the level of the bar. During the pull-up, your elbows should brush past your sides and the shoulders.
- **ONE ARM TOWEL ASSISTED PULL UP:** this requires using towel support to do the pull-up. Grip the towel with one arm while the other arm grips the bar. You can change each arm in-between workout sessions.
- **ONE ARM TOWEL ASSISTED PULL UPS WITH ECCENTRIC:** this requires that you release your grip off the support (towel) and keep the arm straight beneath the bar. Inter change each arm over 4 reps.
- **ONE ARM PULL UP:** this is the final progression and variation of pull-ups. Pull yourself from a dead hang position with one arm till the chin gets over the bar.

The one arm pulls up can be difficult to do without first going through the step by step progression highlighted above. Go through the easier variations of pull up and ensure you perform it with proper form. You would have accumulated enough strength, power, and balance to do a one arm pull up.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced / Expert

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of the regular pull up exercise

INTERMEDIATE- **5 Reps and 3 set** of the regular pull up exercise

EXPERT- **10 reps and 4 sets** of the regular pull up exercise

## **CHIN UPS AND ITS VARIATIONS**

Chin-ups are a strength training exercise that works the biceps and shoulders (deltoids). Chin up works generally on the upper body and can be used or combined greatly with pushups. Pull up and chin up have slight variations in terms of the position of the bar, the angle of winding up or pulling toward the bar. For chin-ups, it is more of pulling towards the bar horizontally than vertically as used in pull-ups and its variation.

Focusing more on the rear Delta and back, chin-ups can be performed by gripping a bar that is waist height and pulling towards it until the top chest touches the bar.

***Note: You can grip the bar with an over hand or under hand grip to change the difficulty of the exercise.***

The bar used in chin-ups should be waist height or slightly higher. This would change, the angle of pull towards the bar and make it different from pull up.

While pulling towards the bar, your feet may slightly be touching the ground. This serves no hindrance to the exercise.

Chin-ups can be used as alternate to pull up exercise to increase the number of reps and develop the upper body, back, and chest in a balanced proportion.

Other variations of chin-ups are one arm Chin up, one hand Chin up.

One arm Chin up requires you pull horizontally towards the bar with just one arm while the other hand may support by holding onto towels, or the pulling arm. One hand Chin-ups, however, are more difficult, as they involve pulling up with a single arm.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced / Expert

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of the chin up exercise

INTERMEDIATE- **5 Reps and 4 set** of the chin up exercise

EXPERT- **10 reps and 4 sets** of the chin up exercise

### **DIPS.**

#### **(The ultimate upper body builder)**

Dips are an upper body compound workout that gives strength to the body. They primarily target muscles in the arm, the triceps, anterior deltoid, pectoralis (chest) muscles, and the back. Dips are performed by grasping two parallel bars at shoulder-width apart and raising yourself to an initial position where the arms are fully extended supporting the entire weight of the body. Now, lower to a position where the elbows are bent to below 90 degrees and shoulders stretched. Raise yourself back to starting position at controlled pace and fully stretched arm.

#### **Muscles Worked by Dips**

Dips are compound exercise and it works on more than just the triceps. They give overall functional strength to the upper body and a part of the lower body.

**Arm:** a bigger and stronger arm can be achieved with dips. The triceps are stretched during this workout and more muscle tissues are targeted which helps the arm get big. The forearms are also worked while holding and gripping the bar.

**Chest and shoulders:**dips target the upper pectoral (chest) muscles. During the up-down movement of pull-ups, the pecs and the shoulder are worked and stretched.

**Abs:** dips cut across more than just working the arms, chest, and shoulders. It helps create a balanced and strengthened the lower back. The abs muscles during dips keep the lower back and core tight and neutral. Dips also target the serratus anterior muscles which are located slightly above the ribs.

## **DIPS SETUP**

**(The step by step process of Dips)**

**Grip and Grab:**grab the bar and raise your body till arms are fully stretched. Ensure your elbows are locked to hold fully the weight of the body.

**Dip:**lower yourself till elbow are at 90 degrees or slightly lower. Ensure your chest are raised and body kept straight.

**Press Backup (Rise up):**lift yourself back to starting position by pressing into the bar. The arms should be fully stretched, and the back maintained in a straight position.

Repeat.

## **Body Position during Dips**

**GRIP:** the arm should be at shoulder width and straight just outside the hips

while gripping the bar or bench for dips. Too wide grip on the bar could lead to injuries or aching on the shoulders.

**FOREARM:** the forearm should be vertical always during the exercise. This allows you to push straight into the bars when raising and lowering yourself. The arms should be kept close to the body and not swaying.

**ELBOW:** during Dips the start and end position should be when the arms are straight. The elbows should be lock when your body is raised with all the weight resting on the arm. The elbow should be locked also as you descend for each rep. This works the upper body muscles through a full range of motion. The elbows should be tucked at 90 degrees with the forearm when descending for each rep.

**CHEST:**the chest should be raised, and the back kept straight during lowering in each rep of the exercise. This helps prevent around back and aching of the shoulders.

**HEAD:**the head should be straight and in line with the torso. Swaying the head during dips could cause injuries. Look ahead of you when performing dips.

**TORSO:**to maintain balance, the torso must be slightly inclined. When descending in dips and with the arm contracting, lean the body slightly forward.

**LOWER BACK:**keep a straight line when with your shoulders down to the lower back when performing dips.

**LEGS:**depending on which variation of dips being performed, the legs can be crossed, inclined, straight or stretched forward.

## **Dips Position and Features**

**AT the top or start position-(arm fully extended):**arms are straight. Elbows locked. Chest raised and out. Shoulders pushed down and the body slightly leans forward.

**Bottom-(descent):**at this point break parallel by lowering yourself until your shoulders are slightly below your elbows.

**Way up-(second rep):**rise by straightening your arm and keep the shoulders down.

Locks: the arms should be straight, elbows locked, chest up and shoulders down. The legs can be crossed depending on the variation.

## **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced / Beginner

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of the dip exercise

INTERMEDIATE- **5 Reps and 4 set** of the dip exercise

EXPERT- **10 reps and 4 sets** of the dip exercise

## **DIPS VARIATION**

### **BENCH DIP.**

Bench dip is done mainly with benches. Grasp the edge of the bench and keep your feet together and leg pointed out straight. Lower your body straight down gradually and press back into your grip on the bench to raise your body. Ensure the elbows are pointing back and a straight posture is maintained from the torso to the lower back.



## BENCH DIP WITH FEET UP

This variation of dip requires that your feet are raised or supported at a higher level while performing the dips. This adds more toughness to completing the dip exercise. However, the procedure for performing this variation of bench dip is the same with other former variation except that the feet are raised and kept at the same height as the hips during the reps of the exercise. Some parts of the lower back and core is targeted with this method of dip workout.

**WEIGHTED DIPS:** this dip requires the addition of an extra weight other than the bodyweight. Adding weights to the dip exercise makes it more tasking and tough. However, weighted dips should be done when you have already mastered doing the regular dips with proper form. A loaded weight, dip belt with plates (weights) hanging on the body to add more force to the normal dips.

**NOTE: The number of reps you can do with a weighted dip will be lower than the regular dips. It is advised that you move progressive until you have enough strength and balance for the dip variations.**

The most efficient and effective way to do proper dips is to keep doing dips. Keep going at it. Do negative reps to learn rising and descending, learn to get into the starting position with proper form and with time you would be able to perform a full dip properly and unaided.

# **LOWER BODY BODYWEIGHT WORKOUT WITH CORE AND CARDIO CALISTHENICS WORKOUT**

## **LOWER BODY CALISTHENICS WORKOUTS**

Asides from developing large muscle mass and big upper body, calisthenics provides a balance by playing a major role in strengthening the general body, both the upper and the lower parts using just bodyweight. With calisthenics, you can empower, create balance, stability, and strength for your lower body. Calisthenics compound exercises target almost every muscle in the lower body, and this ensure you have an overall balanced physique and functional strength. Parts of the body such as the lower abdominal region, the quads, calves, hamstrings, gluteus and abs, hip stabilizers, spinal region, lower back, etc. and every other muscle from the lower body are engaged and worked with a different variation of these targeted exercises. The exercises may be done at a slow and controlled pace as well as also with explosive speed and power as in plyometric workouts. The cardiovascular system and nervous system also benefit greatly from the lower body exercise, weight loss program could also be incorporated with the lower body calisthenics workout.

These exercises are quite easy for experts and beginners as well. We will discuss various variations, type and target muscles of these exercises. The following exercises improve the general wellbeing of the body in terms of strength and endurance.

### **PLANKS**

This is one of the most common exercise for strengthening the lower body, the core especially the abs. The plank exercise targets the muscles in the abdominal region and the back. Other secondary muscles targeted by planks are the anterior shoulders, triceps and the leg. Asides from enhancing core strengths, plank helps improve posture and prevents lower back pain. Furthermore, overall body strength is gone from this exercise.

## How do you do planks?

### For low planks:

- ✓ get to the ground and lay your forearms with the elbows below the shoulders, arms parallel to the body and hands held together.
- ✓ Stretch your legs out as in a pushup position and ensure that your body is kept in a straight-line position. At this point, the bodyweight is just being suspended by the stretched arm and toes.
- ✓ Tighten your core and gluteus.
- ✓ Hold this position for about 1-3 minutes or if you can, when you start to feel hurt.

**For high planks**-get into a pushup position and keep your palms and toes firmly planted on the ground.

- ✓ Form a straight posture Keep the back high, straight and core tight.
- ✓ Remain in this position as long as possible.

**NOTE: only your toes and palms are touching the ground as in case of high planks and for low planks, the forearm and toes should be planted on the ground. Avoid a saggy back during the exercise as this may contribute to lower back pain.**

## PLANK VARIATIONS AND PROGRESSION

- **Regular plank:** this is done by placing the forearms on the ground under your shoulders with your hands kept close together. Fully stretch out your lower body and stay on your toes. While maintaining a straight-line position, and core tight, remain in this plank position for as long as you can.
- **Plank with reach:** this variation takes plank to a whole new level as it involves raising and stretching out each arm one after the other to as high as the body position. Start in the high plank position, then slowly reach or stretch out an arm while the other remains on the floor. Interchange the arms throughout the

exercise.

- **Plank walk down:** this is done by starting in a high plank position and moving one arm at a time to a low plank position while still maintaining a straight-line body posture. This variation works the chest, triceps, and shoulders, back together with the core. Ensure you try not to shift your hips from side to side. A balanced position is needed to get the right form of this exercise.
- **Side to side plank:**the side to side plank involves twisting of the waist from one side to the other. This enhances the body flexibility. Start in a regular plank position and twist your hips to one side. Try to touch the outside of your hips to the grounds while the forearms are still firmly placed on the ground then come back to the Centre before twisting to the other side. Make sure your toes and forearm are kept static to the ground.
- **Single arm plank:**this variation targets the abs and in lesser degree targets the shoulders and hip flexors. Get into the regular low plank position. Take one arm off the ground so that all the body weight will be on the other arm. Hold this position for a while then switch hands.
- **Plank with opposite reach:**balance is essential for this variation of plank. From a high plank position, reach one arm to the front while also lifting off the ground the opposite leg at the same time. Return to start position and let your momentum take you to stretch the opposite arm and leg in like manner. Alternate this through the process of the workout.

One major beneficial aspect of the plank is that they don't just work your core or lower body, they work your entire body. Planks require the arm, legs, core and abs making it a compound and efficient workout.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy / Beginner

## **Workout routine**

**BEGINNERS- 40 sec at the normal plank position**

**INTERMEDIATE- 60 sec at the normal plank position**

**EXPERT- 2-5 minutes at the normal plank position.**

## **LEG RAISE**

**(THE CORE ENHANCER)**

Leg raise are calisthenics exercises that strengthen the core. Doing leg raises only requires the legs and fewer muscles are used in the lower back and arms as the exercise is done while lying on the back. Leg raise increases the strength and flexibility of the hips and lower back thus providing an overall functional strength for the body. Leg raises can be performed by lying on the ground with the arms placed by the sides and the leg stretched out still closely joined. At this position, raise your legs until they are pointing straight upward. Lower back the legs until they are hovering close to the ground at a controlled movement, ensuring the same pace for lowering and raising the legs.

**NOTE: with the leg descending and hovering close to the ground, raise the leg raise again for another rep of the exercise. The arms and the upper body should remain static throughout the leg raise exercise. The legs must be slightly above the ground when doing the reps.**

Although, leg raises could be difficult at first especially getting the legs to a perfect 90 degree to the body. You can make the exercise a bit easier by

raising the thigh then practicing raising the legs to a straight position perpendicular to the body.

## **LEG RAISE PROGRESSION AND VARIATIONS**

**There are three main variations of leg raise and they all enhance the body core stability, strength and balance.**

**KNEE RAISE-** When practicing the right form for a leg raise, the knee raise is a good progression exercise. It helps develop the core strength necessary for leg raise. To perform knee, raise on a bar, grip the bar with your back on the bar, while you raise your knee to your chest and back at the slow and controlled movement.

This could also be done while lying your back against the floor. Keep your arm by your side and raise your knee and thigh till they are 90 degrees with your body.

**SINGLE LEG RAISE:** you can make a single leg raise by just raising one of the legs while the other lay still on the ground and act as support.

**HANGING LEG RAISE:**this variation of leg raise requires that you raise your legs until they are parallel to the ground when hanging from a bar with the hands stretched at dead hang. This demand lots of body strength, grip strength and great body flexibility. While gripping the bar, the arms are fully stretched at dead hang and only the leg raises till they are perpendicular to the body.

**NOTE:** while performing the leg raise, contract your core to prevent lower back strain and backache. Keep the legs raised, 90 degrees to the body to get most of the exercise work on the lower abs.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: easy/normal

### **Workout routine**

**BEGINNERS- 5 Reps and 3 set** of the Leg raise exercise

**INTERMEDIATE- 5 Reps and 3 set** of the Leg raise exercise

**EXPERT- 10 reps and 3 sets** of the Leg raise exercise

## **LUNGES**

**(Enhances lower body definition)**

Lunge is one of the widely used calisthenics exercises for lower body strength and definition of the leg. It targets the glutes, quads, and hamstrings. Lunges are done with one leg is positioned forward with the knee bent at 90 degrees to the foot flat on the ground while the other leg is positioned behind on the resting on the toes.

### **How to perform a Basic Lunge:**

- get in standing position and space your legs at shoulder-width apart.
- Step one foot forward and land on the heels as you shift your weight to the advanced leg to create a balance for the body.
- Lower your body until the thighs are parallel to the floor. As you do this genuflect your back knee. This causes the back foot to be supported only on the toes.
- Press into the heels of the advance foot to drive back up to starting position.
- Repeat the exercise and alternate the legs.

**NOTE: Your back and upper body must be kept straight and perpendicular to the ground throughout the whole exercise. Also, the arms should be at the sides of the body.**

## **VARIATIONS OF LUNGES**

- **Long Lunge**-this focuses more on the glut. The space between the feet increases in this variation of the lunge, although the

front knee should still be at 90 degrees to the lower leg.

- **Walking Lunge**-walking lunge engages and works more on the cardiovascular system due to the additional movement in the exercise. Start in a basic lunge position with one leg and instead of returning to a standing position, move the leg backward and lunge forward with the other leg in the same manner. Continue the walking motion alternating the legs.
- **Reverse Lunge**-this uses the same technique as the basic lunge, but you start the exercise by stepping backward with a leg.
- **Straight Leg Lunge**-start in the basic lunge position and lunge a foot forward, bend the knee to below 90 degrees and make the back leg straight and not bending to the ground.

NOTE: Your back should be straightened as your leg moves backward. This can be achieved by leaning forward. You can also place your arms on the floor during descent for support.

- **Elevated Front foot Lunge**-in this variation of the lunge, the lunged foot is placed higher on a raised surface. It is sometimes referred to as a split squat lunge and it is best performed on steps or stairways.

NOTE: the lunged foot should only be altered after a set of reps.

- **Elevated Back foot Lunge**-this is like the elevated front foot lunge but only that the back foot is lunged to a raised position.
- **Side or lateral Lunge**-in addition to working the hamstrings, quads, and gluts, the inner thigh muscles are also worked with the lateral lunge. Start in a standing position with the feet spaced out a little. Step out the left leg and bend the knee as you push the hips to the other side. Push off with your right leg



to return to start position.

**NOTE: The arm should be held up together to avoid intercepting the exercise. Switch to the right foot and perform the side lunge.**

### **Mistakes to avoid during Lunge workout**

- I. Twisting the front knee to more than 90 degree – the knee should not be bent more than 90 degree as this can cause injuries or lot of stress on the foot.
- II. The back knee not pointing straight downwards – the back knee should always be pointing downwards as you lunge forward. It is important to do this to avoid cheap reps in lunges.
- III. Looking down – the head should be kept straight and forward. The neck should also be inline and kept straight with the torso.
- IV. Starting lunges with the feet too close or too wide apart – the normal distance between the feet when doing lunges should be at least your shoulder width.
- V. Back knee touching the ground – the back knee should never touch the ground during lunges, but it should be 1-2 inches off the ground.
- VI. Leaning forward or bowing during lunges – this is a cheat rep. The back needs to be kept straight throughout the lunge workout.

**NOTE: you may experience a little sore when first starting off the workout. Don't be startled and worried. It is your body responding well to the changes. However, ensure you do the exercise in proper form.**

Lunges are a powerful calisthenics exercise. For overall functional strength and development of the lower body.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy / Expert

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of the basic Lunge

INTERMEDIATE- **5 Reps and 4 set** of the basic Lunge

EXPERT- **10 reps and 4 sets** of basic Lunge

### **WALL SIT**

#### **(Lower body workout)**

Another lower body calisthenics exercise is the wall sit. Wall sit targets the quads and to a larger extent the calves, glutes, and hamstrings. As this is a bodyweight workout, no special instrument is needed except a wall to rest the back on. Endurance and core strength can be achieved with this workout.

#### **How to perform a wall sit:**

- Start by standing straight with your back against the wall.
- Place your arm by your side and lower yourself while also bending the knee until the thighs are parallel to the ground.
- Hold this position for a specified time duration.

**NOTE: Your knees should be at 90 degrees to the lower leg. Your back should be kept straight against the wall. The hands also should stick by the side and not placed on the knee.**

#### **Common mistakes to avoid with wall sit:**

- ✓ Thighs not parallel to the ground. The thighs should be parallel to the ground during wall sit.

- ✓ Knees not 90 degrees to the lower leg. The knee should be 90 degrees and the foot pointing straight away from the body.
- ✓ Knees extending beyond the ankles. The knees and the angle should be kept straight.
- ✓ Looking downwards with back not kept straight against the wall. This is a very bad form for wall sit and it should be avoided.

## VARIATIONS

To make the wall sit a more challenging exercise, there are many variations:

- **Straight leg lift wall sits** -while in the standard wall sit position, lift one leg to a straight position and hold for a specified time. Do this without shifting the pelvis and keep a straight back. Push into the wall for support and keep your arms by the side. Alternate your legs during the reps of the exercise.
- **Marching wall sit**-this variation of wall sit requires that you lift one leg to the chest, hold for a second before dropping back to the ground and raising the other leg. This exercise engages the core and the lower back. Press into the wall with your back for more support during the workout.
- **Lift heels and hold**- this variation of wall sit engages the calves and the inner thigh. From a normal wall sit position, lift both heels and hold them on the toes. Ensure that while doing this exercise, your form is maintained, and your back kept straight.

## Difficulty and Prescribed Routine

Exercise Difficulty: Easy / Experienced

## Workout routine

BEGINNERS- **30 sec at the normal Wall sit position**

**INTERMEDIATE- 60 sec at the normal Wall sit position**

**EXPERT- 2-5 minutes at the normal Wall sit position.**

## **SQUATS**

**(Endurance, balance, power and strength)**

Squats are often referred to as the king of all bodyweight exercises and one of the simplest calisthenics workout anyone could do. Whether you are trying to build muscles or lose weight squats is all you need. It burns calories faster than most other bodyweight exercises, being a compound exercise, it targets the erector spinae and virtually all the muscles in the lower body providing an overall functional strength for the body.

Squats are easy to perform. Just start by standing straight with your feet at shoulder-width apart. Then, gradually lower yourself by hinging the hips and bend the knee like you are going to sit on a chair. Keep your back straight still and stop when the thighs are parallel to the ground, then slowly come back up to start position. The speed at which you descend and move back up is essential. Squats should be done at a paced or slow movement to thoroughly engage all the muscles for maximum benefit.

It may be challenging as first to get used to this workout, but remember as, with most calisthenics exercise, you need to take your time and move up progressively. Speed and focus during squats workout are key to working the muscles harder in each rep.

## **BENEFITS OF SQUATS**

Squats are compound exercises. During squats, multiple muscle groups and joints are engaged in a single rep. The lower body muscles such as quadriceps, hamstrings, gluteus Maximus, core and the erector spinae are worked.

Squats can be used to lose weight and build muscles. Squat, due to its utilization and working of almost every group in the lower body against the bodyweight, burns more calories than any other calisthenics exercise and this increases anabolic hormones required to lose weight and build lean muscles.

Squats improve overall body strength. It increases the strength of the bones, creates balance and improves the endurance of the body. Thus, providing an overall functional strength for the body.

Just like most calisthenics exercise, squats can be performed anywhere.

## **SQUATS VARIATION**

Below are some advanced squats. This squat variation should only be done when you have fully engaged basic squats and gotten convenient with it.

- **Squats jacks** –this variation of squat is plyometric as it uses both speed and power. Start in a basic squat position with the arms placed behind the head. Jump on your feet, closing the space between them and then back in, maintaining a squat position.
- **Jump squats** –jump squats are plyometric squats that require the muscles to exert maximum force within a short time. To do this, assume in a basic squat position, drop down and on the way up, explode or lift off the ground through your toes into a jump. Then land softly, immediately back into a squat position

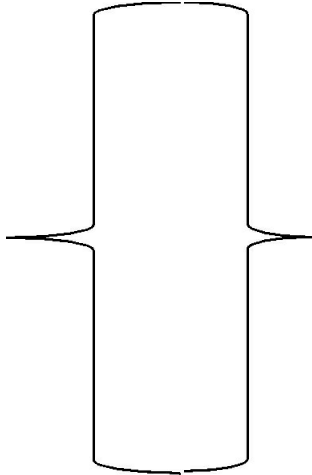
and explode up again for the next rep.

- **Side kick squats** –this involves adding a kick to the squats performed making it a more cardio workout. Start in a basic squat position, when coming up, raise or kick one of your legs up as high as possible. Then drop back and get into a basic squat position again before raising the other leg.
- **Single/One leg squats** –this variation of squats engages one leg for the squats while the other leg is raised off the ground and placed stretched out in front of you.

### **COMMON MISTAKES TO AVOID WHEN DOING SQUATS**

- ✓ The knees should not be folded when going down in squat position.
- ✓ Skipping warm-up. Before doing squats, it is advisable to have engaged in little exercises to activate the muscles.
- ✓ The thigh should not go too low. The thigh should be slightly below parallel with the ground.
- ✓ Avoid rounding your lower back during squats. Maintain a straight, flat neural spine during squats.
- ✓ Performing the squat exercise hastily. The exercise should be performed at a controlled and low pace.
- ✓ Always raise your hips and shoulders at the same time. Never raise the hip in a rush. This is a bad form of exercise.
- ✓ Looking sideways or downwards during squats. This is discouraged. Always maintain the head, neck and back in a forward straight position.
- ✓ Ensure you can do a basic squat before proceeding to more complicated variations.

The benefits of squats are enormous and there is no denying its effectiveness in building strength, muscle mass, losing weight and an overall cardiovascular system improvement.



**KEEP YOUR SQUATS LOW AND YOU  
STANDARDS HIGH**

***SQUATS IS AN OVERALL EXERCISE***

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Normal/Expert

### **Workout routine**

**BEGINNERS- 5 Reps and 3 set** of the basic squats

**INTERMEDIATE- 5 Reps and 4 set** of the basic squats

**EXPERT- 10 reps and 4 sets** of basic squats

### **CRUNCHES**

Crunch is an exercise that works the abdominal and oblique muscles. It is used to tighten the stomach and develop the abs. There are several variations of crunches that helps in core strengthening as well as the stability of the lower back.

## How do you do crunches?

- Lay on your back with the knees bent and feet placed on the ground. Keep your legs close together.
- With the fingers clasped and placed at the back of the head, hold your elbows out to the sides.
- Ensure there is space between your chin and upper chest as you slightly pull your abs inward.
- Curl up and pull your upper off the floor at a controlled movement and pace.
- Hold the position for a moment then lower back down slowly.

### Note:

- ✓ Don't rush through doing the crunches, go at a slow and controlled pace.
- ✓ Ensure your hands are still placed at the back of the head as you curl up. Keep proper form when doing the exercise.
- ✓ The legs should not leave the floor and it should be kept together throughout the exercise.
- ✓ Keep your abdominals pulled in so you don't over ache your lower back.
- ✓ When you curl up, lift the head, chest, back, etc. And every part of the upper body all at once.

## Difficulty and Prescribed Routine

Exercise Difficulty: Easy/Normal

### Workout routine

BEGINNERS- **5 Reps and 3 set** of the crunch exercise

INTERMEDIATE- **5 Reps and 4 set** of the crunch exercise

EXPERT- **10 reps and 4 sets** of crunch exercise



## **REVERSE CRUNCH**

Reverse crunch is an alternative to the regular crunch exercise. It strengthens the core, lower back, abs, hips, and spine. Reverse crunches are fine by bringing your lower body up to the body to put tension on your abdominal muscles. The knee must be brought close to the chest for maximum result.

### **How to do reverse crunches easily**

1. Lay down flat on the floor with your legs placed together and fully extended, arms stretched to the sides of your torso.

*Note: the arm is static and should remain in this position throughout the period of exercise.*

2. Lift your thighs and keep it in a perpendicular position while from the knees to the feet are parallel to the floor.

*Note: this position is the starting point for the reverse crunch.*

3. Elevate the hips off the floor and nice your knees towards the chest.
4. Hold this position for a second then return to starting position at controlled pace and movement.
5. Repeat for the reps.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced/Normal

#### **Workout routine**

BEGINNERS- **3 Reps and 3 set** of the reverse crunch exercise

INTERMEDIATE- **5 Reps and 3 set** of the reverse crunch exercise

EXPERT- **10 reps and 3 sets** of the reverse crunch exercise

## **TWIST CRUNCH OR RUSSIAN CRUNCH**

Another variation of crunches is the Russian twist. It works the oblique and strengthens the lower back. The Russian twist like most calisthenics exercises requires just the bodyweight unless you want to add a little weight to the exercise.

### **Technique:**

1. Lay on the ground and place your feet together. Your legs should be bent at the knee and the thighs raised.
2. Lift your upper body so that it forms a v shape with the thigh.
3. Extend your arms and keep them perpendicular to the torso while the hands are clasped.
4. Curl or twist your upper body (torso) as much as you can until the lower arms are parallel to the ground.

***Note: the heels should be slightly held above the floor.***

5. Hold this position for a while then return to the starting position.

***Note: inhale at the beginning of the twist and exhale while returning to starting position.***

6. Twist to the other side using the same technique.
7. Repeat the procedure for a number of reps.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy/Normal

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of twist crunch exercise

INTERMEDIATE- **5 Reps and 4 set** of twist crunch exercise

EXPERT- **10 reps and 4 sets** of twist crunch exercise

## **BICYCLE/BICYCLE CRUNCHES**

This is another variation of crunches. It works the oblique and the core.

Lay on the floor with your lower back pressed to the ground and knees brought towards the chest.

Put your hands at the back of your head and raise your shoulder blades off the ground.

Stretch out your right leg to about 45 degrees off the ground while also twisting and turning your upper body to the left side, bringing your right elbow towards the left knee.

Swap side and replicate the same motion, turning to the other side and stretching out the left leg.

***Note: form is important when doing the bicycle crunch. Turn to the side and propel the legs forwards at moderate speed and controlled pace.***

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy/Normal

### **Workout routine**

**BEGINNERS- 3 Reps and 3 set** of the bicycle exercise

**INTERMEDIATE- 5 Reps and 3 set** of the bicycle exercise

**EXPERT- 10 reps and 3 sets** of bicycle exercise

## **JUMPING JACK**

### **(Explosive power and strength)**

Jumping jack is a calisthenics exercise that is plyometric to some extent as it requires a burst of power and speed jumping to the sides while the arms are held up to the air above the head. This is an explosive movement that makes the muscles exert large energy within a short time. Jumping jacks works the heart, lungs, and muscles at the same time. Aside from targeting lower body parts such as gluteus, quadriceps and hip flexors, the abdominal and shoulder muscles benefit greatly from jumping jack.

### **HOW TO DO A BASIC JUMPING JACK**

- Start by standing with your legs straight and feet close together. Your arm should be by your sides.
- Jump up or hop and spread out your feet beyond hips and shoulder width while raising the arms upwards to full 180 degrees above the head.

**NOTE: The right leg goes right and the left leg to the other side. Your hands should clap/touch at the top as your feet just finished landing on the sides.**

- Bend the knee and press into your feet to jump back to start position with your hands coming down to your sides

### **BENEFITS OF THE JUMPING JACK**

- ✓ Jumping jacks improves overall body and functional strength.
- ✓ Jumping jack targets multiple muscle groups in the body and help build and strengthen them.
- ✓ Jump jack is a high impact exercise and can be incorporated into your workout routine for weight reduction.
- ✓ Jumping jack helps the cardiovascular system, nervous system as well as the muscular system.
- ✓ It can be performed anywhere.

## Could jumping jack be harmful?

Jumping jack is a plyometric exercise requires immense strength and speed as such, this poses a little risk of injury for the lower body joints like the knee and ankle. More so, as with most bodyweight exercises, high risk of injuries can be minimized when you start with a base level of strength and conditioning.

## Mistakes to avoid when performing jumping jack:

1. Locking the knee: do not lock the knee while performing the exercise. The knee, however, should be slightly bent hopping/ jumping.
2. Looking downwards: avoid looking downwards or sideways during jumping jack. Keep a straight head and look forward.
3. Improper breathing technique. It is important to use the proper breathing technique during jumping jacks. Breathe in while in the original standing position and exhale while jumping up.
4. Performing the exercise too fast with a wrong form. The speed and form of exercise are vital. Use the right forms and avoid been in haste while jumping.

## VARIATIONS

- **Low impact jumping jack** – this is recommended for people who can engage in plyometric exercise. Start in a basic jumping jack position and instead of jumping, raise one foot the side together with an arm. E.g. right foot and right arm

raised. Return to the start position and alternate the leg and arm.

- **Squat jumping jack** – this variation of jump jack requires that you lower into a squat position after performing each jump. Carry on with the momentum from the squat position again to begin jumping.
- **Plank jumping jack** – this variation is quite the opposite of all the types of jumping jacks. You start the plank jumping jack in a basic pushup position before jumping to the sides with your legs. After this, you hop back to start position which is the pushup position.
- **Power jumping jack** – this is usually practiced for speed training and muscle strength. It is like basic jumping jacks except that the hopping is done in the air. You may bend your knee a little further to allow you to spread your legs to the sides and bring them together before landing. The arms must be raised to 180 degrees when jumping to the side.

### **Safety Tips for performing jumping jacks.**

As much as jumping jacks can be done anywhere and won't require any special equipment, some basic safety tips still must be followed to prevent injury and get the best out of the workout.

- ✓ Warm-up exercises should be done before proceeding to doing jumping jacks.
- ✓ Jumping jacks should be done on a flat even surface.
- ✓ Ensure you have on supporting and good shoes that will help minimize the impact on landing the foot.
- ✓ Alternate the speed of the exercise. You can increase the speed of performing the jumping jack, however, it must be done in the right form.
- ✓ Learn the proper form of the exercise to get the best of it. It is good, you first start with the easier variations before moving to more complicated jumping jacks.
- ✓ When you feel hurt, you should take a break.

## **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy/Normal

### **Workout routine**

**BEGINNERS- 5 Reps and 3 set** of jumping jack exercise

**INTERMEDIATE- 7 Reps and 4 set** of the jumping jack exercise

**EXPERT- 10 reps and 4 sets** of jumping jack exercise

## **MOUNTAIN CLIMBERS**

Mountain climber's workout is a top-notch calisthenics exercise and complete body workout. While enhancing the overall functional strength of the body, it is a cardio exercise that gets the heart and cardiovascular system fired up. Mountain climbers' workout targets the lower body as well as the upper body. Besides, the exercise can be exciting and easy to and providing core strength, agility, and cardio endurance.

Like most full body workout, the muscles in the lower body, the quads, hamstrings, hip abductor, abs, and core are worked. Similarly, the triceps, biceps, deltoids, chest, and oblique are targeted with just this one powerful exercise, mountain climbers.

The basic mountain climbers' move is great and works effectively for beginners. As you perform the exercise, your shoulder, chest, and arm are worked while stabilizing the upper body. The quad as the prime mover to does a large proportion of the work.

### **How to perform mountain climbers**

- Get in a push-up position with the arms directly under your chest and at shoulder-width apart.
- Your weight should be evenly distributed between your hand and arm.
- Raise your right foot and move your knee towards your chest as close as you can.
- Then pull the right knee back to the initial position and alternate the leg bring in the left knee towards the chest
- Continue switching for a desired amount of reps.

**Note: move your knees close enough towards the chest as fast as you can.**

**Maintain the correct breathing technique, inhaling and exhaling only when switching the legs.**

**Mountain climber is an effective cardiovascular training when performed in a rapid pace.**

Common Mistakes to avoid with mountain climbers

- I. Body coming out of alignment: a straight body line posture



should be assumed throughout the workout. A swaying Burr or curved hip angle is a bad form.

- II. Locking the elbows: while maintaining a straight arm to hold your body weight as in pushup workout, don't lock your elbows. Locking the elbows may lead to injuries.
- III. Knee swaying to the side: the knees should move in a straight line and not flare out to the side as they come towards the chest.
- IV. Moving the knees too fast the wrong way: only once you can safely do the exercise, should you try to increase the speed.

### **Advanced variation of mountain climbers:**

- **Cross Alternate leg mountain climbers** – this is an advanced variation and it adds more tone to the lower body by working on the inner thigh and lower abs. Startup in a basic mountain climbers position, with your abs and core engaged, pick up a foot (right foot) and move the knee towards the left shoulder. Return to the initial position and do the same procedure for the other leg.

**Note: the cross alternate leg mountain climbers should be done only at moderate pace and not too fast to avoid injuries.**

- **Standing mountain climbers** – this is an effective cardiovascular training as it adds cardio exercises such as jogging/moving the knees up to hip level. After some jogs, drip down to the basic mountain climbers' position and perform a desired number of alternating the knees towards the chest, say 12 counts. This makes one rep of the exercise. Jump up again to return to the standing position and repeat the exercise.

**Note: the starting position for the exercise is to stand up straight for the jog before going into a basic mountain climbers' posture.**

**Mountain climbers are effective full-body workout.**

## **Difficulty and Prescribed Routine**

Exercise Difficulty: Easy/Normal

### **Workout routine**

**BEGINNERS- 5 Reps and 3 set** of the mountain climber exercise

**INTERMEDIATE- 7 Reps and 3 set** of the mountain climber exercise

**EXPERT- 10 reps and 3 sets** of mountain climber exercise

### **JACK KNIFE SIT-UP**

Jackknife is another calisthenics exercise for strengthening the abdominal muscles. It helps tighten the lower abs and enhance core strength.

The jackknife sit-up can be performed as follows:

- Lie flat on the floor and extend both arms and hands. Your hands should be slightly raised above the ground while all other body parts lie straight.

**Note: maintaining a neutral spine and avoiding a rounded back is important.**

- Contract your abs raising both arms and legs. Your knees should be about 45 degrees to the floor while you raise your upper body with arms to be in a parallel position with the legs.

**Note: use controlled motion as you bring your legs and arm up to avoid injuries. Bring your head off the floor at the same angle as the torso. Don't stick your head back as this could cause injuries.**

- Hold yourself in this position for about 3 seconds then inhale as you lower your arms and legs slowly to starting position.
- Repeat 10-12 reps per set.

**Note: try to keep the arms and legs straight even though it might require you slightly bend the knees.**

Furthermore, you could try a side jackknife by lying on your left side and raise your right arm and hips towards each other as you bring the right leg up. This alternative of jackknife works more in the oblique.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experience/Normal

#### **Workout routine**

BEGINNERS- 5 Reps and 3 set of jack knife exercise

INTERMEDIATE- 7 Reps and 3 set of jack knife exercise

EXPERT- 10 reps and 3 sets of jack knife exercise

**L-SIT**

This is another form of sit-up exercise for abs. L sit is a calisthenics exercise that works the whole body, focusing on the muscles in the abdominal region. L sits workout are isothermal I.e. the muscles are held in contracted form while bearing the weight of the static body with no movement in supporting joints. To perform an L-sit, you will need a strong core, strong arms and good hamstring flexibility. The L-sit workout strengthens your body even though it's been held static by the arm. The abs, Arms, triceps, biceps and hip flexors are being targeted by this workout.

When performing an L-sit exercise, your body will wind up to form an L shape. You can do this exercise on a bar by gripping the bar like you would have done in a parallel bar dip. Hold your body upright then start raising your legs straight out in front of you until they are parallel to the ground.

Workout such as planks and side planks, lunges, and regular stretches would be a good great way to develop the core strength needed for L-sit workout. It is recommended that you practice these easier workouts alongside L-sit to develop proper form and strength.

**NOTE: It may be difficult at first to lift the leg straight and parallel to the ground. You can practice with knees bent to get to full stretch position.**

L-sit could be done with the Palms on the floor, but these possess a more difficult variation because there is less freedom to grip and lift.

A more advanced variation of L-sit is to brace the whole body up with only the fingers. Once you can perform this, then you have enough core strength for tougher core exercises.

### **Basic tips for L-sit**

- ✓ Practice plank and other core improving exercises to help you perform the L-sit.
- ✓ Use the jackknife workout to enhance the flexibility of the hips.
- ✓ While engaging in the L-sit exercise, keep the back straight and chest out.
- ✓ Practice with your knee bent if it seems difficult getting the legs

into a straight position immediately.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Expert /Hard

### **Workout routine**

BEGINNERS- -----

INTERMEDIATE- **20 sec in the L Sit position**

EXPERT- **2-4 minutes in the L Sit position**

## **BURPEE**

Burpees are one of the most advanced calisthenics exercises. It's a plyometric exercise because of its use of speed and power; burpee works the entire body and gives you a great cardiovascular workout. The arms, chest, back, lower body, etc. Benefit greatly from burpee. However, for beginners, this exercise might be slightly challenging but with learning and progressive practice, burpee will be one of your best calisthenics' exercises.

### **How to do Burpees**

- Stand with your feet at shoulder-width apart. Ensure your back is kept straight.
- Bend at your hips and knee to lower into a squatting position.
- At a rhythmic pace, place your hands on the floor in front of you and nice your feet back to lie in a plank position.

***Note: your body should be in a straight line.***

- With your hands kept straight bearing the weight of the body,

flex your elbow and lower your chest like you're a push-up workout.

- Press up with your arms and jump with your feet off the ground towards your chest. Your position at this point would be like mountain climbers.
- Once your feet are under the upper body, jump straight up and land in a standing position with your arms raised over your head.

***Note: the core should be engaged through this movement from down to standing position.***

- Follow the process to perform another rep.

### **Progression in Burpees**

There are several stages in this bodyweight workout, and this could be too complicated for a beginner. The exercise on its own is quite complex, but with a little patience and practice, you would enjoy the whole process of the exercise. Although burpee workout has other exercise stylishly programmed into it, exercises like the squat, plank, pushups and mountain climbers are slightly involved in Burpees.

The first stage is maintaining a good balance straight position. The exercise starts with you standing, back straight and chest out. The core engaged.

The next position looks like the squat position. Squats, as we all know, are a powerful exercise. In Burpees exercise, and from a standing position move to a squat position at a good pace. However, this position isn't maintained for long as you make the next move in the workout.

The next move is to move into a plank position, the leg stretched, and the arm bearing the weight of the whole body as in a push-up workout. At the final move of the phase, you perform a push up just be lower your chest before pushing yourself up into a semi mountain climbers' position.

With a position like the mountain climbers, you jump up to your feet to make

one full rep of the exercise. Meanwhile, your arms should push and be raised to the air.

The above are the stages and progression of a burpee exercise. However, simpler exercises, like the pushup, squats and mountain climbers incorporated into the workout should be first practiced.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: expert/hard

### **Workout routine**

BEGINNERS- **5 Reps and 3 set** of burpee exercise

INTERMEDIATE- **7 Reps and 3 set** of burpee exercise

EXPERT- **10 reps and 3 sets** of burpee exercise

## **FULL BODYWEIGHT WORKOUT WITH ADVANCE CALISTHENICS EXERCISES**

### **HANDSTAND PUSHUP**

A handstand pushup is an advanced form of endurance pushup that requires absolute body strength, endurance, and flexibility. This can be done by standing upside down against the wall with the arms supporting the body weight. The first step to doing this exercise is to throw yourself against the wall into a handstand. Before progressing into the pushup, the first step to doing this exercise is to throw yourself against the wall into a handstand. Before progressing into the pushup, you should be able to hold yourself in the

handstand position for about 20 seconds. Once this can be done comfortably, then you can move to pushups.

This exercise enhances overall body strength, however, you would have attained a good body strength and balance, before attempting these advanced calisthenics workout.

### **Do handstand pushup successfully:**

Doing handstand pushups requires endurance and power. Once you are comfortable with resting with your hands with your body upside down against the wall, the next step is to practice lowering.

The first step to do a handstand pushup is to learn how to lower down slowly. Rather than diving down with the pushup, you should gradually lower yourself. Once you get to the ground, put your foot down and take rest for few minutes. Kick back up into the handstand and repeat.

This method would help you easily build pressing strength. In the process of lowering yourself and pushing back up, try holding and stopping at various points. This also help develop strength to perfect moving up at once.

Few reps and a good rest are encouraged with handstand pushups.

### **Progressive Exercise for Handstand pushup**

Great muscular strength is necessary for handstand pushup. Apart from the mentioned techniques and steps, there are other ways to help you build strong arms for the exercise.

First, you are to perform variations of pushup with the legs placed a raised platform. Start from a moderate height then progress to something higher like a desk. The higher you can place your feet, the more stress on your shoulders. Few reps and breaks are advised. Once you can conveniently perform pushups in this manner then you would have gathered enough shoulder strength.

Next is attempting pushups with the hands placed a little further down the body instead of the normal shoulder position. To explain, it involves you placing your hand by your side, leaning forward over your hand to perform



the pushup. With this position, the triceps and shoulders are thoroughly worked.

Furthermore, you could advance by lifting your legs to higher positions while still maintaining the hands at the sides. This variation also prepares the body for the planchet workout. At the end of this progression, you would have gathered and mustered enough strength to help you do conveniently the handstand pushup.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced and Expert

#### **Workout routine**

BEGINNERS- -----

Experienced - **5 Reps and 3 set** of handstand pushup

EXPERT- **10 reps and 3 sets** of handstand pushup

## **SINGLE HAND SUPERMAN PUSHUP (ARE YOU STRONG ENOUGH?)**

Earlier in this book, we discussed the superman pushup as a variation of the pushup. However, one hand superman pushup is a more advanced form of the exercise. The exercise primarily targets the muscles of the chest, arms, shoulders as well as abdominal muscles and deltoid.

### **SET UP FOR THE EXERCISE:**

Start in a basic pushup position with the feet shoulder-width apart.

Descend and lower into the bottom of the pushup with the arms flexed to the sides. Lift your right and your left leg off the floor as you to the top of the pushup. Pause at this top position for one second to complete one rep.

**NOTE: Your body should be in a straight line after raising your raise arm together with the left leg.**

Drop back into the pushup and replicate the action alternating the arms and legs.

### **CAUTION AND TIPS:**

- ✓ Maintain a straight position at the bottom and top of the pushups.
- ✓ When at the superman position (top), ensure your head and hips don't move or sag towards the floor.
- ✓ Your torso should be static at the top of the pushup.
- ✓ Keep the lower body especially the knee and leg form bending
- ✓ Warm-up before performing the one arm superman pushup.

### **PROGRESSIONS**

These are exercises that you should have performed before attempting the one hand superman push:

- Staggered pushup.
- Clap pushup.
- Superman pushup.
- Leg raised pushup/ hand by side pushup.
- One hand superman pushup.

Developing the strength and balance required to perform the one arm superman pushup can be obtained from this progressive exercise.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced and Expert

#### **Workout routine**

BEGINNERS- -----

Experienced - **3 Reps and 3 set** of one arm superman pushup

EXPERT- **5 reps and 3 sets** of one arm superman pushup

### **PLANCHE**

The planche is a full body weight training and a very important gymnastic technique in which the body is held parallel to the ground with just the arms. These advance calisthenics exercise requires a great amount of strength and balance. Previous calisthenics exercise dismissed in this book would help you develop the overall body strength required for this power demanding exercise.

Planche requires endurance and commitment and as with most bodyweight exercise requires you to engage in progressive exercises to get you into full form.

### **Body positions during full planche:**

- **Arms:** they should be fully stretched
- **Elbow:** the elbow should be locked as the arms are stretched
- **Torso:** the torso should be maintained in a straight body line parallel to the ground.
- **Leg:** the leg should be kept together and in line with the body.

### **Progressive Exercise**

The progressive exercises to engage in for planche are:

- **Frog stand:** this is the starting point for planche. It gives you the pace you need to be able to start and continue the exercise. To do the frog stand, start-up in a full squat position. Place your hands on the ground in front of the feet and the knee slightly resting on the elbow.

Next, try pushing your weight to your hands and remove your feet from the ground. With enough practice, you would be able to maintain that position for about 60 seconds.

- **Tuck Planche:** this progressive practice helps master having the whole bodyweight on only the arms.
- **Advanced Tuck Planche:** Practice this by extending the hips up until it straightens out. This exercise together with frog stand and tuck planche should be used to practice having the back held straight on only the arms.
- **Straddle Planche:** The straddle Planche exercise improves on the tuck planche by extending the legs out. At this point, the body is maintained in a straight line from head to toes by the

arms. To gain more balance, your legs can be wide apart, but try to bring them closer as you practice more.

### Notes:

- ✓ *In Planche the legs are held out straight close to each other.*
- ✓ *With Planche, you must be committed to a progressive training exercise.*
- ✓ *Be consistent with your training. Train s single move till you can do it almost effortlessly.*
- ✓ *During Planche make sure your elbows are straight while the body is suspended.*
- ✓ *Try to hold the hips at the shoulder level.*
- ✓ *During planche, maintain a single move and hold it for a while, if possible.*

### Difficulty and Prescribed Routine

Exercise Difficulty: Experienced and Expert

#### Workout routine

BEGINNERS- -----

Experienced- -----

EXPERT- **hold the position for 1-2 minutes**

### Clap Pull up

(EXPLOSIVE POWER SPEED, AND STRENGTH)

One extremely plyometric calisthenics exercise is the clap pull up. Speed and explosive power, strength, and agility are the characteristics of this advance upper body strength-enhancing workout. The speed and movement required to rise with chin to the bar, move above the bar, remove your hands, clap and place the hands back on the bar develop explosive power and strength.

## What it entails

Before doing this exercise, always keep in mind that practice makes perfect and every little progress makes you get better.

Speed of movement up and down the bar is essential to help you attain the height needed to clap in midair and return to the initial position while also building explosive power.

## Tips you need to know to carry out the clap pull up:

- ✓ Warm-up perfectly before going ahead to do the exercise.
- ✓ Start the exercise from the normal pull up position.
- ✓ Thrust your chest forward and lean back slightly when starting the reps exercise. This will help prevent injuries as your chin would be at distance from the bar.
- ✓ The exercise is all about speed, so move fast up the bar to have enough time and momentum for the clap.
- ✓ Use correct breathing technique. Inhale before the start of each rep and exhale powerfully as you go upwards towards the bar.

Grab the bar as in a normal pullup position. From there, pull up yourself as fast as you can so that your chin rises above the bar. Rapidly take off your hand and clap before returning them to the bar. Go down and have your arms at dead hand to complete a rep of the exercise.

## Difficulty and Prescribed Routine

Exercise Difficulty: Experienced and Expert

### Workout routine

BEGINNERS- -----

Experienced - **5 Reps and 3 set** of the clap pull up

EXPERT- **7 reps and 3 sets** of the clap pull up

## Muscle up

(UPPER BODY WORKOUT AT ITS TOUGHEST)

The term muscle-up should ring a bell in your ears. This is not just a basic bodyweight workout but an advanced level of strength training exercise in calisthenics. Muscle-up works the entire upper body enormously as it combines a routine of pull-ups and dips on a bar.

Basically, before advancing to doing a muscle-up, you must be capable of comfortably performing pull up and dips in proper form. Although there is no direct relationship between the numbers of reps you can attain in these exercises and doing a muscle-up.

## **TIPS**

Core strength is essential when doing muscle up. You should practice more planks and its variations as well as L-sit exercise to develop stronger core.

Pull up and dips are a vital part of this exercise. It is advised that you have done a whole lot of pull up variations and dips. Also, instead of stopping when the bar is above your chin, pull up down to your chest.

You could start muscle-up practice with bars that are a bit low to help you experience the exercise in a simpler form.

Practice consistently and in progressive patterns.

Practice negative progression as you did while learning pull-ups.

## **Do it yourself**

Grab a bar as in the normal pull up position and pull yourself up and over the chest position till your arms are fully straight upholding the body to the bar.

It is normal to experience flaws or hindrances getting to this position on the bar. So, you could use your legs and hips to develop additional power to get your chest beyond the bar.

Also, you could hold the bar with a false grip for assistance. This involves holding the bar with the palm downwards.

Muscle-up is a high physical exercise. The deltoids, biceps, triceps, trapezius, pectoral and all the upper body muscles are thoroughly worked.

## **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced and Expert

### **Workout routine**

BEGINNERS- -----

Experienced - -----

EXPERT- **3 reps and 3 sets** of muscle up

## **HUMAN FLAG**

The human flag exercise is one of the most challenging and advanced calisthenics workouts. It requires that you have strong arms, shoulders, back and core strength. Without these, it is nearly impossible to do flags.

There are several variations of flags, but you are expected to start with the least strength demanding variation and work your way into completing more rigorous and high strength demanding human flags. As with most calisthenics' exercises, there are progressions or prerequisites to enable you do the exercise properly. Before doing training for the human flag exercise, you must be able to do single arm hang on a bar. You must have done different variations of pull up, planks, hands stand pushup, etc. For core and shoulder strength. We would discuss these prerequisites in the latter pages of



this chapter.

Just as the name implies, the human flag requires that you hang from a pole with the body parallel to the ground or perpendicular to the pole like a flag.

## **STEPS TO DOING A BASIC HUMAN FLAG**

- The basic human flag is done by hanging from a bar and side pole with the body extended. You hang with the arms fully stretched.
- Grab and grip the pull up bar with one hand. The other hand rests on the pole as support. Ensure both arms are straight and the upper body muscles are engaged.
- Press into bar or support as you lift your feet off the ground with the arms still straight.
- Kick your legs forward to lift the lower body to a straight position. To avoid dragging your hips downwards, you can tuck your knees close to the body.
- Hold this position for as long as you can to strengthen the upper body.

This is the first stage of performing the human flags. Once you can do this less strenuous flag, then you can proceed to practicing the vertical and horizontal human flags.

## **HOW TO IMPROVE THE UPPER BODY STRENGTH FOR HUMAN FLAGS**

### **SIDE PLANKS AND PULL UPS**

The side planks or oblique too helps to strengthen your biceps and core as well. To do this, lie on your side with your legs and body completely on a straight line. Support the body with the arm and raise the hips until the body forms a straight diagonal line. Prop your body with the lower arm to work the biceps and engage the core.

Maintain this position for as long as possible. Alternate to the other side abs repeat the process for the other arm.

Pull-ups are essential to work your arms, shoulders and back muscles. Train with the pull-up exercise and its variations to help build the strength you need to perform a human flag exercise. Start from the normal pull up exercise and progress to doing harder variations like the one arm pull up and muscle up. Apart from working the muscles of the upper body, your wrist and hands are trained for proper gripping strength which is a necessity for human flags.

Perform handstand pushup and other variations if pushups to strengthen your shoulders. Handstand pushup completely works the upper body and more importantly the shoulders. Other variations of pushup up, like the Superman pushup, would give you enough strength and balance required for the human flag.

### **Build the core and abs**

To enable you to maintain the human flag position, body balance and stability is required; you need very strong cores and abdominal muscles. Exercises such as L-sits, planks, reverse crunches, jackknives are great to help you develop core strength. Incorporating other cardiovascular workouts like squats. Jumping jacks and burpee would help you develop good body balance. It is expected that before doing the human flags, you can conveniently do the mentioned exercises and its variation.

### **Exercise and develop your lower body**

Engage in squats, wall sit, burpees, etc. to improve the lower body strength and balance.

## **DOING OTHER VARIATIONS OF HUMAN FLAGS**

### **Vertical human flag**

Just like the basic human flag, Grab and grip the pull up bar with one hand. The other hand hands on the pole as support. Ensure both arms are straight and the upper body muscles are engaged.

Press into bar or support as you lift your feet off the ground with the arms still straight.

Kick your legs forward to lift the lower body to a straight position. To avoid dragging your hips downwards, you can tuck your knees close to the body.

From thus tucked position, lift your legs slowly above your shoulder until you're able to reach a diagonal position. Then move your legs to almost parallel with the side pole.

Ensure your knees and legs are kept straight. Hold this position for a while to maintain the vertical human flag.

***Note: to ease off the pressure, you can slightly bend your knees so that the weight of the body is evenly centered and distributed.***

Another variation is performing the human flag with the side parallel to the ground. At the vertical flag position, lower your legs and ensure your gripping arms are straight. Move your hips and legs slowly downwards, taking your time, make sure they are parallel to the ground.

At the end of this move, your arms should be fully stretched gripping the pole, and the body held out, parallel to the ground.

Other variations and harder forms of human flags are, pull up human flag, overhand grip human flags, etc.

### **Difficulty and Prescribed Routine**

Exercise Difficulty: Experienced and Expert

### **Workout routine**

BEGINNERS- -----

Experienced - -----

**EXPERT- hold the position for as long as possible**

## **CALISTHENICS**

### **ENSURING A SUCCESSFUL WORKOUT ROUTINE**

The best of your calisthenics program is to have a well-fit workout plan that would be ideal to achieve your desired goal. A workout routine is a habitual method or procedure of performing a set of exercises to meet a set goal. As

earlier stated in this book, before starting your journey into calisthenics, you should have a workout set of goals and objectives. Keep the goals short and be decisive about it. Setting a realistic and achievable target is a way to keep you on track and motivated. You set goals would be very vital to the type of workout routine you engage in. Typically, if you want to achieve muscle mass and strength with calisthenics then your routine would contain more strength training exercises than aerobics or endurance exercises.

A workout routine is a set of activities that you do, both during and after training. Occasionally, a workout routine starts with a warm-up and then the major exercises, cool down and rest. Finding the perfect combination for your routine is vital. It is usually best advised that when performing calisthenics exercises, you implement warm-ups and cool down into your exercises. Performing warm-ups and cool down before and after exercises helps the muscles to be in the best condition and prevent the risk of an injury. A routine of exercises completed without injury or risk of an injury is a successful workout to some extent.

Rest also is a major part of your workout routine. Rest helps the muscles to recuperate and get stronger and relaxed for the next set of workout routines. Overtraining is not a hood workout routine. Muscle soreness also isn't a good sign of a workout routine.

### **Secret of a good workout routine**

- **Consistency-** The first thing to consider about your routine is, how consistent you are with it. Consistency is key vital to your workout program. Avoid skipping workout days, and even when you don't do so, make up for it. Be consistent with your routine creates an impression in the brain and it triggers hormones to help you have a good routine.
- **Set Realistic goals-** You can exercise and yet still don't have any meaningful development to show for it. When starting with calisthenics, you should have your goals clearly stated, this, in turn, propel you to work with the right routine if exercise. Don't be too unrealistic with your goals. Set achievable goals and

work towards it. Remember, calisthenics is a progressive practice.

Apart from your major goal, such as using calisthenics to develop muscle or to lose fat, you can set up for yourself weekly and monthly goals. This would have a good impact on your routine. Weekly and monthly goals. Also, while setting goals, you need to take into consideration, the variations and types of exercises you will perform on each workout day. Be realistic about the number reps and set you can conveniently perform. However, you need to move in a progressive overload to achieve success with calisthenics. Weekly goals include things like number of training time per week, the duration and intensity of workouts. You prime yourself to achieving these goals.

- Get a journal and record your progress- apart from being consistent with your routine, keeping a good record of your progress, and achievement tells on how successful your routine will be. Create a journal to describe each routine day and how far you complete an exercise etc.
- **Rest-** another success factor in calisthenics routines is how to use rest to maximum benefit. How does this mean? Rest is essential to the development of muscles, strength, etc. Growth only occurs during rest periods and sleeping is a time of rest. Taking adequate rest between each workout session would help you get into better shape for another workout routine. Although, rest should not go on for too long, otherwise, it means consistency, which is a success factor in calisthenics routines is missing. It is important to know the adequate rest to incorporate between reps and set of exercise and, between subsequent routine.

For beginner's rest between reps and sets should not be more than two minutes. However, experts could alternate between different exercises with 10 to 30 seconds rest. For calisthenics workout, 2-4 days of rest is maximum before another workout routine.

- **Diet-** proper diet and meals enhances your workout routine. During rest days, you should eat more, but not just that, you need to eat the food of high nutritional value. Cut down on excessive processed food, eat more protein, fibers, and vitamins. A supplement can be taken too. With a proper diet, your routine should be smooth and productive.
- **Form-** performing exercises in its perfect form will help work the body better and this increases the rate of developmental changes. You must practice executing exercises with their proper form. This helps to achieve the best result of your routine and prevent any risk of injuries.

### **Key elements of a routine:**

- **Set and rep:** the first element of a proper routine is the set and rep. repetition and set are terms used to describe the number of times you perform an exercise. A repetition or rep is a single exercise movement. It is the number of times you perform a specific exercise or a workout movement. For example, when you are doing a push up 15 times or reps.

However, set is the number of cycles or times is you perform the repetition of a given exercise. For example, doing 4 sets of 15 rep pushups.

- Using calisthenics to develop muscle mass means you must drop the number of reps to allow the muscle overload
- The number of sets performed during calisthenics workout defines whether you want to build muscle mass or strength. Doing several sets of a single workout will make the muscles undergo enough strain. Four or more sets of workouts is basic standard to bulk up your mass. For endurance training, fewer sets are adequate, but to completely fatigue the muscles, various number set is vital. This is one element of a routine.

- Type of workout exercise: the variation of exercises you engage in a single routine says much on the success of the workout. Calisthenics exercises are divided into upper body exercise, cardio or aerobic exercises and lower body exercise. Your routine should be such that, all these phases of different exercises are included. A successful workout should be complete. If your goal is to build more muscle mass then, you should have more strength training and upper body calisthenics exercises like pushups, pull-ups, squats. Although, you should include some aerobic and endurance training.
- Warm-up and cooldowns: warm-ups and cool-downs are a good element of a routine.
- Warm-ups are used to get the body ready for exercise. Warm-up wakes the muscles and makes them alive and ready to cope with any expected stress. One major importance of warm-up is that it prevents injuries.

Cooldowns, on the other hand, are used to stretch and relax the muscles. Cooldowns help the muscles to regain form and prepare them for subsequent exercises. Examples of cooldowns are hip flexors and arms cross pull, overhead triceps and wide toe touch, etc.

- Rest: Rest is an essential part of a routine and an element of a good workout routine. Taking proper rest helps the muscles to recuperate and grow. Growth only occurs during rest periods and sleeping is a time of rest. Taking adequate rest between each workout session would help you get into better shape for another workout routine.



## **CALISTHENICS ACHIEVING WEIGHT LOSS AND DEVELOPING SIX PACKS WITH CALISTHENICS**

Calisthenics exercises can be used to achieve any set desired goal and having a well-developed and sculpted six-pack is a dream shared by many. Getting six packs requires dedication, endurance as well as hard work. You need to work towards it, however, progressively. You don't have to exercise seven days a week to get a six-pack.

There are several exercises involving calisthenics that can be used to develop six-packs. In this section, simple steps to develop six packs abs would be discussed.

### **Simple but strict ways to develop a six pack:**

- **Engage in more cardio activities and exercises-** cardio exercises also called aerobic exercises, are exercises that increase your heart rate and help the cardiovascular system. Regularly incorporating cardio into your workout routine can help you burn fat and speed up developing abs. the more cardio exercise you do like running, walking, jumping jacks, burpee the more rate at which you lose belly fat.
  
- **Exercise your abdominal muscles-** the abs also known as abdominal muscles forms parts of the core. It consists of a pair of muscles lying vertically on each side of the human abdomen. The muscles are essential for breathing, coughing, and bowel movement. Other parts of the abdominal muscles include the internal and external oblique and the transverse abdominals. Exercising these muscles would help you develop the six-pack abs. calisthenics exercises such as crunches, well sit, planks, v-sit, L-sit would help you exercise and as well strengthen the abs muscles. However, keep in mind that doing calisthenics that targets the abdominal muscles alone would unlikely to lead to a reduction in belly fat. Rather, for quick progress and

maximized result, pair your abdominal exercises with a healthy diet and regular cardio.

- **Consume more protein-** increasing your intake of foods with high protein content can help promote weight loss and reduce belly fat. Taking high protein meals supports muscle growth as well, repair and rebuild muscle tissues. Examples of healthy, high protein foods that you can add to your diet are meat, eggs, seafood, dairy products, legumes, nuts, and seeds. Taking protein reduces calorie.
- **Use high-intensity interval training-** lower body calisthenics exercises are high-intensity interval training. This is a form of exercise that involves alternating between intense burst of activity with short interval rest periods. High-intensity interval training keeps the heart rate up and increases the burning of body fat. Incorporating these exercises into your routine can promote weight loss and make it easier to get six packs abs. jumping jacks, burpee, mountain climbers are major high-intensity calisthenics exercises you can alternate with. Ensure you take very short breaks between each set.
- **Drink a lot of water and always stay hydrated-** water is crucial to the body health as it helps with waste removal from the body. It also helps to speed up the rate of metabolism of the body which in turn burns that extra belly fat and makes it easier to get six packs abs. when performing calisthenics always ensure you stay well hydrated.
- **Cut down eating processed foods-** heavily processed foods are typically high in calories, carbs, fat, and sodium. Similarly, these foods are low in the needed nutrients like protein and fiber that can help you achieve your goal of reduced belly fat and developing six packs abs. replacing these unhealthy meals

with proper diet would increase weight loss and reduce belly fat. Eating foods high in protein and fiber would make you fuller, reducing your craving for unhealthy foods. And, consuming this meal ensure you burn more calorie and it increases to keep your metabolism. Fruits, vegetables, and grains are alternatives to packaged meals.

- **Eat more fibers-** adding more fiber-rich foods to your diet helps to increase weight loss. Easting fiber like whole grains, nuts and seeds will keep you feeling full and will protect you against weight gain and fat accumulation.
- **Eat more whole grains than refined carbs-** cutting down on high consumption of refined carbohydrates can help you lose those extra weight and make you gain better abs. refined carbs lost most of its key nutrients when processed leading to a reduction in its nutritional value. Take more whole grains such as brown rice, bulgur, barley instead of highly refined carbs like pasta and pastries.

Desiring weight loss and well-sculpted abs requires conscious efforts. Exercise properly and watch what you take into the body. Exercise is not just enough; you need to be diet conscious. Although, this doesn't mean you deny yourself of a good treat sometimes, however, in a more mindful way.

## **BODY BUILDING**

### **MUSCLE HYPERTROPHY AND STRENGTH TRAINING**

As a beginner who wants to start working out, I would say you have chosen the right step and on the right path with this book. In this section is contained, several training methods and routine, diet and generally, information on how to build muscle mass and strength using calisthenics. Earlier pages in this book shared detailed vital information, so it is expected that you go through this book in out for adequate resourcefulness.

When starting a workout, you feel motivated and inspired, but what happens when you start to lose the drive? How do you maintain and manage to remain on track? What are the right techniques to get the best of your workouts? Facts about diet and many more subjected are properly answered in this section.

Explained extensively in this body, calisthenics is exercises that require just the bodyweight. They are a high-intensity workout and can be used for muscle hypertrophy and cardio or strength training. However, when properly scheduled into a workout routine, you would develop overall body strength and growth.

Beginners who want to build muscles would need to learn the basics and principles of using calisthenics appropriately. Developing large muscle mass is said to be muscle hypertrophy.

Muscle hypertrophy is a phenomenon in which muscle growth is created through the continuous overload of the muscle cells/tissues causing them to disintegrate, recuperate and grow into larger, stronger muscles. The basic principle in muscle hypertrophy is to engage the muscles to exhaustion and wait (rest) for it to undergo reformation and growth.

Now, note, working to exhaustion doesn't mean you over train or hurt yourself, it just simply means you work out the right muscles in the right way and with the right exercise without neglecting adequate rest.

Through calisthenics exercises such as pull-ups, chin-ups, pushups, dips, and squats (check upper body and lower body exercises in previous pages), etc. you can develop that amazing physique and muscle mass you always wanted.

Here is a few information to help you achieve muscle hypertrophy:

- Work hard- don't quit when it seems tough. Work hard to achieve your desired set goals. Push through the pain.
- Be Patient- the muscle growth or physique you want won't just happen overnight. Be patient and keep going.
- Set realistic goals and create a training schedule that would fit.
- You can seek professional assistance and get a training partner.
- Be consistent with your training routine.
- Eat what is wholesome and get adequate rest.
- Sleep adequately; during sleep, the body gets enough rest and the brain at these points produces growth hormones.
- Keeping a log is vital to ensure you track your progress.
- Engage in higher reps. and use shorter sets. To build muscle mass, you need to do more reps of exercises. Calisthenics is just about exhausting the muscles with high-intensity exercises in a short time.
- Warm-up and cool down after every exercise properly. Ensure you use appropriate workout wears.

## **WHAT YOU SHOULD KNOW**

### **Common mistakes that limit your workout benefits and muscle growths**

Just a little distraction when performing an exercise or a single bad form can prevent you from reaping the right benefit of your workout. Instead of getting bigger and stronger, you just develop sore muscles, oh no! Here are the mistakes that you make.

- Performing exercise with wrong form and technique. This can be seen in improper grips of the bar, not going low enough in your pushups, dips too low or not too low, etc. It is expected to go over each exercise and study the right form before doing high reps and sets.

- A low number of reps and sets. Developing muscle mass requires more reps of the exercise, however, in progressive form.
- Over resting and not resting enough. In calisthenics, balance is essential. You need to find the right balance and schedule for rest. Rest is important but if too much or blown out of proportion won't make you achieve any meaningful progress.
- Lack of focus during training periods. Pressing your mobile phone during a workout can cause a big distraction. To have the full benefit of your training, you should keep the mind and body working and focuses.
- Setting unrealistic goals. As starters, it's normal to get in the euphoria of workouts and set unrealistic goals that you may not be what you need. For example, setting a goal of 100 reps of an exercise as a beginner.
- Overtraining.

Always remember to build muscle mass with

calisthenics, quality is always to be picked over quantity.

## **UNDERSTAND WHAT YOU NEED**

Your body type matters when engaging in calisthenics for muscle hypertrophy. There are two types of body type, the Ectomorphs and the Endomorphs.

Ectomorphs are body types that are naturally skinny and have lean muscles. Gaining weight is usually very difficult for this type of people due to the high metabolism of the body. Endomorphs on the other have wider muscle body

build. It is easier to add weight in a short time for these categories of body type. It is also very difficult to lose weight.

Now, it is obvious that for someone with an ectomorph body type, muscle hypertrophy can only be achieved only by training harder and eating more. Endomorphs may not necessarily do as much as an ectomorph body type.

Several exercises are listed in this book for muscle mass building; the upper body training and the lower body training.

Upper body workout train only the upper part of the body. These parts mainly include the chest, arms, shoulders, biceps and triceps, core and the back. Exercises that target these parts are pushup, pull-ups, dips, chin-ups, etc. And their variations.

Lower body exercise targets lower parts of the body like the legs, abs, thighs, hamstring and lower back. It is essential to couple these two-body part training into your routine. Exercises such as lunges, squats, crunches, etc. Are the lower body exercise

For overall body strength and development, training the nervous system through cardio calisthenics exercises should be considered. Having enough cardio exercise together with muscle mass exercise will fasten your muscle development and increase overall functional strength. Squats and jumping Jacks are typical examples of cardio improving exercises.

## **Major calisthenics exercises for muscle hypertrophy and strength**

Major calisthenics exercises for muscle hypertrophy and strength training exercises for beginners are listed below.

**Pushups:** pushup exercises strengthen and develop the upper body and most importantly, the biceps, triceps, chest, and shoulders. Pushup has several variations that target a more specific part of the upper body. For example, the diamond push-up works the triceps and the upper chest while the wide arm pushup focuses on the biceps and lower chest. Beginners can make the most use of these variations of pushup and perform them in the right form.

**Pull up:** for beginners who want to add muscle mass, pull up is one of those calisthenics exercises that you turn to. The basic pull up exercise are highly recommended for beginners; however, they must be done in proper form to ensure maximum benefit for the muscles.

**Dips:** triceps dips can be used to develop the triceps, anterior deltoid, and chest. Different variations of dips are encouraged for beginners, although, bench dips are the easiest form of all dips exercise.

To develop the Nervous system as well as core strength, some exercises can be incorporated into your daily routine of developing upper body strength.

**Squats:** Squats are exercises that work the entire body. The lower body benefits much from the workout as they are strained/ worked against all the upper body repeatedly. Apart from strengthening the lower body and the core, they help the nervous system become more active and enhance the ability of the build to build muscle mass.

**Burpee:** The burpee exercise is a good exercise for beginners. It is a full-body exercise that can be used to as strength training as well as aerobic exercise. Burpee enhances the cardiovascular system. They build core strength, endurance and improve muscle tone.

**Jumping Jack:** jumping jacks are plyometric to some extent and they are highly beneficial to beginners in building core strength and endurance. The exercise involves hopping to the side of the leg while the arms are raised to the air concurrently. As such, jumping jacks help enhance muscle toning, strengthening, and development. It also helps to activate and up the activities of the nervous system and cardiovascular system improvement.

**Plank:** building muscle mass requires that you have enough balance and stability as well as core strength to perform some exercises. The plank strengthens the abs, hip flexors, and the core.

**Crunch and its variations:** crunches are abs and core strengthening exercises. It is the perfect abdominal exercise for strength training. Other variations of the exercise are reverse crunch and the bicycle crunch. Other simple exercises that can be incorporated into beginners' strength training programs include wall sit, L-sits, and lunges.



As beginners, building muscle mass and strength may seem tough or difficult but with proper technique highlighted in this book, you can achieve your fitness goals. It is, however, important to note that building and developing muscle strength is a progressive process. You don't need to over rush and you don't need to be lazy either. Work hard, eat well, and use the right form and techniques of exercise. Go gradual, keep hitting new landmarks, set new milestones and above all keep a workout log or book to monitor and record your progress. This is how you build muscle strength with calisthenics.

### **How to stay Motivated**

Staying motivated is essential when engaging in calisthenics exercises as a beginner. Through the period of exercising, you may sometimes get to the point of quitting, or relaxing on your workout routine. This hinders and hampers muscle growth and development, consequently preventing you from reaching your set goal.

- ✓ Have your fitness goal clearly stated and written down – one rule staying motivated is to always know why you started your workout or why you want to develop muscle strength, etc. either for better health or to get in shape, write down these and be precise about it. So, when it seems like you are wearing out or less motivated, go back to these written goals and read them to yourself.
- ✓ Give yourself a good treat or reward from time to time - You can stay motivated when you give yourself a good treat or reward after achieving a milestone or completing a week's workout routine. With time this encouragement becomes intrinsic, thus stimulating the release of some feel-good chemicals and the brain starts feeling motivated to carry on. This has been proven over time!

- ✓ Share new milestones and achievement in your workout with friends to training partners - You can tell friends about your new milestone and share your accomplishments. This keeps you motivated and makes you be on your toes to breakthrough even more targets.
  
- ✓ Get a training partner or a coach – with a training partner, you can stay motivated. Your partner would do more to push you to your limits and beyond. A fitness coach too is an ideal tool to stay motivated.

## **Workout Routine For strength and Muscle Hypertrophy**

Below is a workout schedule to develop muscle mass and at the same time improve the nervous and cardiovascular system. Beginners can use this and alternate week in week out for best combinations.

**MONDAY** 3 sets| 30 seconds rest between reps.| 2 minutes between sets

**Theme: Chest workout**

**Warm up exercise:** bent over huggers

10 normal push up.

10 diamond push up

10 wide arm pushup

5 pull ups

5 dips.

**TUESDAY** 3 sets| 30 seconds rest between reps |2 minutes rest between set

**Theme: Arms and Leg workout**

**Warm up exercise: Huggers and arm circle series**

10 dips

10 bench dips

10 wide arm pushup

5 burpee

**Leg workout**

10 squats

10 lunges

20 mountain climbers.

**WEDNESDAY** 3 sets | 30 seconds rest between reps| 2 minutes rest between set

**Theme: chest, Back workout + cardio**

Warm up exercise: arm circle series

10 regular pushup

10 wide arm pushup

10 dips

10 diamond pushup.

5 pull ups.

**3 minutes rest before cardio**

**Cardio exercises**

10 squats

10 jumping jacks.

5 Burpee.

**Cool down exercises: overhead triceps**

**THURSDAY** 3 sets |30 seconds rest between each rep| 2 minutes rest between sets

**Theme: Full body workout + cardio**

**Warm up exercises: light jog, bent over huggers**

10 bench dips

10 pushup.

5 clap push up

5 narrow grip pull up.

5 wide grip pull up.

**3 minutes rest**

10 jumping jacks

10 lunges

10 squats.

## Cool down exercises

**FRIDAY** 2-3 reps | 30 seconds between each rep | 3 minutes rest for each complete set.

**Theme; Cardio.** Cardio and core strength

**Warm up exercise, arm swings, mountain climbers**

Wall sit

Planks

10 squats

15 lunges

15 jumping jacks

5 burpee

5 Jackknife.

Cool down exercises

**Saturday and Sunday**

**Rest**

NOTES:

- ✓ Beginners should make use of this workout routine and modify it to fit their schedule.
- ✓ Always perform warm-ups and cool-downs at the beginning and

end of a workout respectively.

- ✓ Eat properly after workouts.
- ✓ During workouts, ensure maximum concentration of the body and mind.

## **WARM UP AND COOL DOWNS**

### **Warm up**

Warm-ups are used to set the body into motion and perfect condition for the workout. Warm-up wakes the muscles and makes them alive and ready to cope with any expected stress. Aside from increasing the consciousness of the muscles, one major importance of warm-up is that it prevents injuries. If you are not walking or jogging to the gym or park for your workout then, you need to do a warm-up.

A little bit of cardio is needed when about to start a workout. Here are some exercises you can perform.

### **Light jog**

Perform a light jog before workout to improve blood circulation to every part of the body which will be useful by the muscles. Cardio exercises as jog help to set the body in right pace and consciousness. A minute jog is essential.

## **Jumping Jack**

As increasing the body exercise awareness, you should do more cardio exercises like jumping jacks that target so parts of the upper body muscles. Planks Jumping jacks are a great dynamic stretch that prepares the lats, shoulders and upper back for the workout. 10-15 jumping jacks should set you in motion.

## **Forward and backward arm cycle series**

The forward and backward arm cycle series are less strenuous exercises that keep the arm and muscles ready for stress. The forward arm cycle series is done with the arms held out straight to both sides and rotated forward in circles with a controlled pace and motion. The backward arm cycle is done in reverse order as the arm is rotated backward. Do each exercise for about a minute for maximum benefit.

## **Hugger and Bent over Huggers**

Huggers and bend over huggers are used to stretching and relax the muscles at the same time. To do this, swing your arms towards yourself like an embrace then repel them off by stretching the arms fully out wide. Bend over huggers is done in like manner except for this time you bend your back. Do each for about a minute.

## **COOL DOWNS**

Cooldowns are used to relax the muscles of the body after workouts. Cooldowns help the muscles to regain form and prepare them for subsequent exercises. Examples of cooldowns are hip flexors and arms cross pull, overhead triceps and wide toe touch, etc.

Wide toe touch can be used to relax and stretch out the muscles in the leg after the workout. Bend low with your lower arms resting on the floor and stretch out your legs fully to the sides. Maintain this position for a while.

The overhead triceps are used to work the arms, majorly the triceps after exercises. Pick one arm and stretch as much as possible over the head to the

back of the body. Repeat this same technique for the other arm.

Hip flexors and arms cross pull works and stretch the upper body and lower body. Just like in Lunges, but step foot forward and at the same time stretch the arm fully to across the body to the other side. Alternate the arms and leg and continue the exercise at a rapid pace.

Standing quadriceps works on stretching the quadriceps. In a standing position, pick one foot and hold by the toe, extend your legs to the back, pull upwards.

## **DIET FOR MUSCLE HYPERTROPHY**



## **PROPER DIET = PROPER GROWTH**

High-intensity exercises in calisthenics exhaust the muscles and the only way to get back is through diet. Proper diet and nutrition are crucial to achieving your fitness goals and bodybuilding objectives. And with the right eating plan, you can gain and maintain that physique you desire.

If your fitness goals are to achieve muscle mass or bodybuilding, you need to eat more calories. Whereas, if yours is to lose weight or get in shape, you don't necessarily need to cut down your calories, you just need to eat right, get physical and reduce junk foods.

Eat as much as you exercise.

Eat well with the right workout plan.

Developing muscles and mass requires proper diet and the right number of calories. During exercises, calories are burned down in the body and it is only wise to replenish the calories lost. Although a different body has its calorie requirement, the equivalent simple math for better body development during exercise is:

### **Calorie In > Calorie Out.**

More specially, developing muscle mass through calisthenics exercise requires an additional calorie intake of about 200-500kcal per day. To accomplish your set goals, proper diet should be incorporated.

### **Proper diet involves:**

Cutting down junk foods to eat more healthy foods. If you want to achieve the right body physique, you need to ensure that you avoid lots of sugar and fat-filled foods. Eat more unprocessed food and reduce the amount of process food intake.

Eat fruits and vegetables. Fruits and vegetables are loaded with lots of minerals and vitamins that help the body function properly and help you build muscles. Bananas, oranges, apples, carrots, spinach, cabbage, and salad are vegetables and fruits that can be easily included into everyday meals.

Eat enough bodybuilding foods and protein. Proteins builds, repair and speed

up muscle growth. Eat enough proteins such as eggs, salmons, lean beef, and soybeans, etc. Proteins are essential for muscle hypertrophy.

Balance eating grains and dairy foods. Take carbs as much as you do dairy foods like eggs, cheese, etc. grains like oats and rice should be supplemented into your diet. Balance your meals such that you have this whole component and nutritional classes present in your meal. You must eat adequate three-square meals, every day as you train to build muscles.

## **AVOID THIS IN YOUR DIET**

Cut down on highly processed foods. Your body won't benefit enough from processed foods as it would have when eating a whole unprocessed meal.

Avoid sugars and fats. Cut down on the excess amount of sugar and fat intake. Major health problems have been noticed to spring up from excess sugar and fat.

Avoid low calories meals. When you eat, be deliberate about it. Eating high calories would make you build weight faster. If your goal is to add weight and build muscle mass, add 200 -500 more calories to your daily meal intake.

Taking or relying heavily on supplement. A supplement is not the main meal and so should not replace daily meals. They are just to add more nutrients and balance to your meals. Taking the right macronutrient is required to ensure you hit your goal faster.

## **SUPPLEMENTS IN YOUR DIET**

Supplements can help you reach your fitness goals faster. Although they are not meant to replace your daily meals, just to supplement your training and diet. Regardless of what your fitness goals are, supplement can help you achieve proper physical physique, health, and overall performance.

Supplements can be used to enhance your and speed up your muscle growth or development. With the right use of the appropriate supplement, achieving any fitness goal would be faster. Supplement, however, is not supposed to replace your balanced diet but to supplement and enhance it.

## **There are several types of supplements:**

**Protein supplement:** helps develop muscle mass and strength. They come in three forms as whey protein, soy, and casein protein. Whey protein is the most commonly used protein, and more importantly a water-soluble milk protein. After heavy workout sections, taking protein supplements can help you recover very quickly.

**Creatine:** Creatine improves performance and strength for high-intensity activities. It is normally found in muscle cells where it recycles energy called ATP- Adenosine Triphosphate.

About 95% of the body's creatine is stored in the muscles as phosphocreatine. When you supplement with Creatine, you increase the storage of this phosphocreatine in the muscle which leads to enhance strength, improved exercise performance and muscle gain.

**Fish oil:** First oil supplement boosts overall health and not just muscle development. Fish oil supplement is derived from tissues of oily fish and it contains omega 3 fatty acids.

It is important to know that supplement intake should be controlled and used appropriately. It shouldn't replace meals.

## **SETTING GOALS**

### **How beginners should set goals**

Earlier mentioned, goals keep you motivated. It is expected that beginners set workout goals when starting a workout or strength training programs. Setting a realistic and achievable target is a way to keep you on track and motivated. There are three types or levels of goals, targets you can set for yourself to accomplish any fitness goal.

Weekly goals or primary goal or short-term goal – the weekly goals include

things like the number of training time per week, the duration and intensity of workouts. You prime yourself to achieving these goals. Once you can achieve it, then your weekly targets have been met. Weekly targets or should term targets would keep you going to the very end of your workout.

Monthly goals – this is your second goal and it should involve something connected to your workout/ exercise that you would like to achieve. For example, doing all the variations of pushups within a month, increasing the number of reps of an exercise you do or achieving muscle, etc. For your monthly goal, set something decent and realistic and work towards achieving it.

Lastly, long term goal. The long-term goal is the main reason for engaging in calisthenics and bodyweight training. This goal should be thought of, decided upon and concluded before committing to calisthenics workout. Questions like, what do you want to achieve with calisthenics? Do you want to build muscle mass? Do you want to lose weight or get in shape? Do you want to develop and train the cardiovascular system and nervous system to get fit? Etc. These are the questions to be answered in your long-term goal or targets for calisthenics exercises.

## CONCLUSION

This book has vastly pointed you in the best and appropriate direction of using the calisthenics workout program. Bodyweight training isn't just a training, it is the real deal and with it, you can achieve all you ever wanted to be, either in terms of bulking up your muscle mass, strength or weight loss and fitness. The tips on performing different workouts, proper diet and workout routine, etc. provided in this book are just enough to ensure you keep getting better and staying fit and in good body condition. However, you can do more to constantly improve yourself, read over the book, look up various instructions and be a master of Calisthenics.

Progressive practice is the best to achieve any goal you might have set up for yourself. You don't just wake up the next morning to see the goals have been achieved, all you do is that you work towards, progressively and cautiously. Training in a progressive way and with progressive exercises is important with bodyweight workout. Exercise, step by step, help you learn to follow a process. Achieving muscle mass and strength, or weight loss is by the gradual progressive process. This book has been set up in a way that you go from one exercise to the other progressive. The exercises come with after practice, which you can immediately perform. Each calisthenics exercise here is outlined to help you progressively achieve your goal much more with a good pace. It is thus important to stay true and follow these processes to achieve any goal.

For beginners, I'm well impressed you have chosen this path to achieve body fitness. I announce to you that, calisthenics is one of the most top-notch programs you would ever come across. Bodyweight training has enough benefit that would set you apart from the rest of the world who doesn't have this great knowledge. The beginner section of this book is packed with a whole lot of information that would make you achieve your desired goal. Have you set a fitness goal for yourself? If not, look up the chapter that talks about setting goals for either fitness, muscle growth or strength development. Read and practice through the beginner column and get more insight and workout experience to help you achieve these goals. The sections talk about the types of exercises you can use to develop muscle mass, the type of exercise particular to strength training and how to incorporate both. Proper

diet and the right supplements required for you to achieve these is also being included. It is advised that you go through the lower body exercises and upper body exercises, mentioned in preceding chapters to get more information about various types of calisthenics exercise and how to perform them. This would ensure, you have full knowledge right for calisthenics.

Bodyweight workout and calisthenics training is the real deal for overall body development, fitness as well as overall body fitness.

## **Reviewing the Benefits of calisthenics**

### **You can exercise anywhere, and it doesn't require the use of equipment**

Calisthenics is a bodyweight exercise. You don't need any special equipment for the workout routine. You can perform the exercises within the comfort of your home as a home workout. No carrying of equipment or fixing a time at the gym. Calisthenics ensure you use your bodyweight only to develop strength and for muscle growth. Simple equipment like jumping rope or a resistance band can be gotten to add a more interesting complexity to the exercise.

### **Calisthenics and Bodyweight exercise strengthens the whole body**

Most calisthenics exercises are compound exercises that target more than one muscle group in the body. Thus, working out almost the whole body just with a single exercise. Unlike other forms of exercise that target isolated muscle groups, calisthenics gives overall functional strength to the body. For example, a pull-up or pushup workout, you work the chest, triceps, and biceps shoulders and lower back. Even during these exercises, you lower body, like the quads, abs, core gets involved. Calisthenics doesn't spare any part of the body.

### **Calisthenics ensures balance and develops coordination in the body**

With calisthenics, you don't just experience muscle growth and strength and physical body fitness, but also coordination. Performing a single bodyweight exercise requires that your mind, body parts are in the right position and move rhythmically as you go up and down in any exercise movement. For

example, in full-body exercises such as squats, burpee or jumping jacks, you need to move the body uniformly. With this, the body motility and coordination are improved as a whole, making the body experience an increased level of fitness.

### **Calisthenics develops endurance**

Ability to endure, remain in a position for a while, and do multiple reps of a single exercise, are some of the qualities you must possess before even going into bodyweight exercises. Moreover, with any level of endurance, you may have before bodyweight, calisthenics improves it. If the calisthenics exercises are done with the appropriate number of reps and set as well as form, they can boost your body endurance. Bodyweight is essentially great for muscle endurance, especially exercises that require staying in a position for as long as possible, or when doing reps during an exercise until muscle failure, and exhaustion. Planks, V-sit, squats, pull up, clapping pushup, burpee, etc. are great examples.

### **Calisthenics improves flexibility**

Flexibly is one human physical capability that can be achieved through calisthenics. Exercises like the planche, one arm superman pushup, and human flags cannot be performed without a unique level of flexibility. Calisthenics helps you achieve flexibility through its stretching exercises and movement. Most bodyweight workout includes moving or extended movement amplitude which results in building strength and at the same time flexibility.

Performing stretches at the end of your warm-up's and static stretches at the end of your workout routines also has a way of improving flexibility. Human flags and planche require muscle strength and flexibility- hence, the more flexible you become, the more range of movement you can perform in your exercises and vice versa.

## **Calisthenics helps you to lose weight or fat effectively**

If your objective and set goal is to lose weight or fat and get muscular, calisthenics is the real deal for you. Most calisthenics exercises are high-intensity exercises and they are also plyometric requiring power and speed. With these exercises, you can effectively burn down calories and lose fat. With cardio targeted exercises, your workout should also include some strength training routines to help you build muscles while at the same time lose fat, thus, giving you a better, slimmer and fitter physique.

However, it is important to note that, to lose fat or weight, the calories expended should be much more than the calorie intake of the body. Cutting down on fat-rich food and diet would do a lot to help you achieve your goal.

## **Calisthenics target and improves the cardiovascular and nervous system**

Calisthenics can help improve the overall functioning of the cardiovascular system. The functions of the cardiovascular and respiratory system include the transportation of hormones to target organs, hormonal balance maintenance, and to provide the body with oxygen and nutrient while also getting rid of carbon dioxide and metabolic waste products. The cardiovascular system is composed of the heart, the blood, and blood vessels and doing major calisthenics exercise, they experience significant changes that increase their functions. Plyometric and high-intensity exercises like jumping jacks, burpee, clap pushups, squats, helps the cardiovascular system.



## FREQUENTLY ASKED QUESTIONS

1. Do calisthenics supersede weight training?

Answer: yes, calisthenics helps bodybuilding, strength and enhance overall body performance through compound muscle exercises.

2. Does calisthenics build muscle mass in the body?

Answer: yes, calisthenics can be used for muscle mass growth and development through various upper and lower body exercises.

3. How do I build muscle mass with calisthenics?

Answer: you can build muscle mass with calisthenics using the bodyweight exercises listed and explained in earlier chapters. Challenge yourself to doing the exercise in the right form and perform the exercise in the right form. That is how you can achieve muscle development with calisthenics.

4. Do calisthenics train the whole body?

Answers: yes, calisthenics trains the whole body. The upper body, lower body as well as the cardiovascular system, nervous system, through strength and cardio exercises.

5. Does the Cardiovascular system and Nervous system benefit from calisthenics?

Answer: calisthenics exercises enhances the performance of the cardiovascular system and the nervous system.

6. How many set and reps should I do to increase body muscle

mass?

Answer: Well, for beginners, it is advised to stay with lower reps of exercise until you get the right form. The number of sets and reps depends on your skill level and initial body's fitness. But more reps lead to bigger and stronger muscle.

7. How can I get strong with bodyweight exercise?

Answer: to get stronger with bodyweight exercises, do exercises that improve the nervous system. Exercises such as squats, burpees pull up, etc. help you get strong.

8. How long should I rest between the calisthenics workout?

Answer: Rest is important for you to recover and get in better shape after a workout. You should two to three days, depending on the period and intensity of training.

9. Can I do calisthenics exercises every day?

Answer: yes. You can. Choose days where you do tougher training and lighter training on other days. Rest is; however, importance ad must be incorporated into your calisthenics workout.

10. How long should I do Calisthenics?

Answer: well, it depends on your goals and long-term targets. You can as well choose to make calisthenics a lifestyle to keep the body and mind healthy.

11. How many times of the week should I train as a beginner?

Answer: three to four times in a week should do as a beginner. Having the right exercises incorporated into your routine for these training periods is important. Ensure you work out the whole body, the upper and the lower body parts. Check the training routine for more information. Remember that above all, rest is very important.

12. How soon do I start seeing improvement in muscle growth and strength?

Answer: Once you start training, your body begins to change, little but progressive changes. Building muscle growth and strength through calisthenics requires patience and consistency. Your nervous system and cardiovascular system all undergo noticeable changes. And within two to three weeks, you start seeing changes

13. How much more calories intake should I include in my diet as a beginner?

Answer: To build muscles and strength, you need food and a proper diet. Replenishment of the muscles after training and exhaustion is key to muscle growth. You need to add up about 200kcal to your everyday meals.

14. Is there any benefit in performing lower body workouts?

Yes, most lowers body workouts are also cardiovascular training. They help build the lower body, provide balance and strength for the body and lower back. It also increases the cardiovascular system functions. Furthermore, when you engage in lower body workout, you have an overall body balance and functional strength.

### 15. What is the benefit of squats?

Squats are essential to the Lower body development and providing an overall functional strength for the body. Squats are full-body workout because they work the lower body parts and gives strength to the body in general.

### 16. Is it necessary to take supplements?

Supplement addition to your diet and meals helps to boost body growth, increase the pace at which you would achieve muscle gain as well as strength. However, the supplement shouldn't replace your meals, they should only enhance it. Through supplement, your muscles recuperate faster after the workout, it provided the body with enough energy as well as strength.

### 17. What is the best supplement to take for muscle growth?

There are several types of supplements. Whey protein, creatine, omega 3, etc. All these named supplements perform one functions or the other in the body. However, for quick muscle growth and development whey protein provides the best supplement.

### 18. I don't experience muscle gain.

If after weeks of training and workout, you feel you don't record any gains or strength, then it should be that you are not doing something right. Muscle gains and strength improvement should be at least recorded within the first 3-4 weeks of training. It's that easy. However, in cases where, no improvement is recorded, it should be that, you training without the proper form of the exercise, or you train absentmindedly with no mind and body connection, (refer to the chapter on how the mind and body works together for muscle growth and development), or you are not

bulking up your meals. One or more of the reasons stated above could be the cause of non-improvement in growth and strength. Although, reported cases of non-improvement in muscle growth and strength after engaging in calisthenics exercise are few.

19. Is it normal to experience a decline while still training with calisthenics?

You cannot experience decline while training with calisthenics. You can only exhaust the muscles and wear them out which however can be undone with rest. Rest is very important. Through rest, the muscles would recuperate and get stronger but not decline.

20. Can I use calisthenics for weight reduction?

Yes, you can use calisthenics for weight reduction. Through various cardio and lower body exercises, calisthenics is one of the best forms of weight reduction program.

21. What is the process of losing weight with calisthenics exercise?

The process of losing weight is to ensure your calories out are greater than calorie intake. How do you do this? When training with calisthenics, you burn out energy and exhaust the body. This means more calories are burnt through exercise. To however make sure weight reduction occurs, the calories intake should be less than the out calorie, not necessarily you cut down on your meals, but you reduce fat and sugar.

22. Are cool downs and warm up very important?

Warming up before engaging in calisthenics exercise is good for your body. After warms ups, the body get very active, and there is enough blood circulation in the body. This helps to successfully

ensure that you perform your exercises and without injuries. Likewise, for cooldowns. Cooldowns especially work to make your muscles relaxed after training. Cooldowns are very essential for muscle growth and strength development.

23. What cool down exercise can I do to help the muscle after training?

Stretch is one of the best cool-downs exercise you can do after each day's training. Examples of stretches are toe touch, wide toe touch, standing quadriceps, over triceps, lying torso twist, deep glute stretch, etc. These stretch exercise helps to relax the body after a workout.

24. What is the basic warm-up exercise to do as a beginner?

Many warm-ups help the body get active before training starts. A light jog or hop is good. Other examples of warm-ups that stretches the upper body are arm cycling, bending arm cycling, arm sideways flapping, etc.

25. How many days if training is recommended for a beginner?

Three and no less. Work as hard as possible on these days. Perform a full-body workout and ensure you have a good rest before performing another workout day. To build muscle strength, you must be consistent with training. Train with the mind and the body focused.

26. What calisthenics training can I use in

developing abs or six-packs?

You can achieve well-formed and sturdy abs with calisthenics exercise. The lower body exercises work on the abs, examples are, leg raise, wall sit, crunches, and its variations, etc. When doing these abs targeted workouts, you should be mindful of your form and always incorporate the right breathing technique.

27. Do squats target the abs?

No. Squat doesn't directly work on the abs. However, it gives an overall body balance and strength. It works in other parts of the lower body.

28. Why is calisthenics so good?

Calisthenics is a compound exercise. With just one exercise, you can achieve a lot by targeting different muscle groups.

## **GLOSSARY OF TERMS MENTIONED IN THE BOOK**

**ABS-** also known as abdominal muscles form parts of the core. It consists of a pair of muscles lying vertically on each side of the human abdomen.

**Absolute strength-** this is the highest amount of force that can be expended by a muscle.

**Active rest-** active rest are periods within a set of workouts in which a lower intensity workout or exercises is carried out majorly to help the body recover from high-intensity activity.

**Adductor muscle-** adductor muscles are a group of muscles situated in the upper thigh.

**Aerobic exercise-** aerobic exercise is also referred to as a cardiovascular

exercise.

**Aerobic workouts-** these workouts aim at targeting and enhancing cardio-respiratory functions through continuous full-body movement at varying intensities.

**Anaerobic Exercise-** these are exercising that short burst of high-intensity movement, increasing the oxygen requirement of the body.

**BICEPS-** also known as Biceps Brachii, is a biarticular muscle attached to the upper arm between the shoulder and elbow by connective tissues called tendons.

**BMI-** body mass index, is used to check the ideal weight of an individual.

**Burpee-** are exercises that improve both strength and cardio of the body.

**Bodyweight training and workout-** these are workouts that consist of multi-joint movement such as squats, lunges, press-ups, pushups, etc. which uses bodyweight to develop muscle strength and endurance.

**CALF MUSCLES-** the calf muscles also known as the leg muscles are in the posterior compartment of the leg.

**Calories-** it is the unit to measure energy. Either as energy intake or expended by the body.

**Cardio-** cardio refers to training or exercise which develops the cardiovascular system. Also referred to as aerobic exercise.

**Cheat rep-** a cheap rep occurs when you fail to take perfect form during a workout rep and using another body part to complete the rep.

**Circuit-** circuit is the completion of a series of exercises to develop strength and endurance.

**Cooldown-** this is the period at the end of a calisthenics workout, where stretching exercises are done to relax the muscle.

**Compound movement-** a compound movement may as well be referred to as a compound lift. This movement or workout that targets and works on



multiple muscle groups.

**CORE-** the core widely called the torso refers to the muscles in the abdominal region, pelvis, and posterior and lower back.

**Core Stability workout-** this workout consists of exercises that aim at developing body stability during movement by targeting muscles of the abdominal wall, lower back, and pelvis.

**DELTOID MUSCLES-** Deltoid are also called shoulder muscles. They are a triangular rounded muscle located at the upper part of the arm to the top of the shoulders.

**Detraining-** this is the period in which someone stops training and thus loses previous physical benefit and level of fitness.

**Eccentric contraction-** occurs when a part of the body or muscles is stretched and contracts at the same time when performing a bodyweight exercise.

**Ectomorph-** this is used to referring to body types that are naturally skinny and have lean muscles.

**Endomorph-** this refers to body types that have more muscle mass and are wider inbuilt.

**Endurance training-** this is a training program designed to improve the level of endurance of the body.

**Fixed resistance-** workout exercises can be performed with plate loaded machines such as back extension, leg raise, etc. to carry out strength training.

**Flexibility-** This is the range of motions or sleek movements in the body parts and joints.

**Form-** forms are the techniques employed in carrying out an exercise or a workout

**Free weights-** free weights are strength training workout that requires you to support your posture and form when using a dumbbell, barbell with squats, deadlifts, etc. to perform a lift.

**Hamstring-** Hamstrings are the muscles located behind the thighs and they form part of the posterior chain of the leg.

**Glutes-** glutes describe the Maximus muscles located in the posterior part of the lower body.

**High-intensity training-** high-intensity interval training of calisthenics involves exercising at maximum effort, high reps and set within a short time.

**Isometric exercise-** these are exercises that work the muscles in a contracted state and the part body remains static during the exercise. Examples are plank and wall sit.

**Lats-** Lats also called the latissimus dorsi are large muscles typically located at the back of the body. The muscles run on either side of the back down to the hips

**Metabolism-** metabolism refers to the various activities and process that take place inside the body.

**Missed workouts** - a missed workout occurs when you fail to carry out a planned or routine exercise, thereby skipping the workout.

**Negative repetition (reps)** - this involves placing more emphasis on the eccentric stage of an exercise, where the muscle strengthens.

**Oblique** - the oblique muscles are found at the side of the abdominal region beneath the rib cage down to the hips.

**Overtraining-** this involves exercising to the point in which the body does not have enough time to recover, leading to reduced performance.

**Pectoral Muscles** - often referred to as Pecs and located in the chest region, the pectoral muscles connect the front of the chest to the upper arm and shoulder.

**Plyometric training-** this is the type of training that utilizes quick, explosive movement to increase strength.

**Posterior Chain** - The posterior chain refers to muscles located at the backside of the body, comprising of the low back gluteal, hamstrings and calf muscles.

**Prime mover-** this is the muscles primarily responsible for a movement when performing an exercise.

**Quadriceps (Quads)** - these are groups of muscles found at the front of the thigh.

**Range of motion-** this is used to refer to how far a part of the body can move or rotate.

**Repetitions and set** - repetition and set are terms used to describe the number of times you perform an exercise.

**Resistance training-** also known as strength training.

**Set-** set is the number of cycles or times is you perform the repetition of a given exercise.

**Supplement-** these are additive nutrients that can be used to enhance the performance of the body during workouts.

**Tempo** - tempo is how you perform an exercise. It deals with the speed at which an exercise is performed or change in the body's movement to complete a single phase of an exercise.

**Traps (Trapezius)** - traps are large muscles that run from the occipital bone in the skull, lying on either side of the back down to the middle of the back.

**Triceps-** triceps are large muscles at the rear of the upper arm and generally composed of three muscles, which are, the lateral head, long head, and the medial head.

**Warm-up-** warm-ups are used to get the body ready for exercise.

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# **HIIT TRAINING**

*a Scientific Approach to Get in Shape with 10  
Minutes Workout a day:*

*To be leaner, Stronger and Healthier*

**Fitness Academy**

# Introduction

HIIT, High Intensity Interval Training was lately evaluated the #1 new wellness pattern by the American College of Sports Medicine and is the way to remain fit for big names like Britney Spears, Hugh Jackman, David Beckham, and Scarlett Johansson. Other than fat loss, it's been demonstrated to have significant medical advantages on cholesterol, diabetes and blood pressure. Through this momentous volume you'll realize why, and perceive how to get fit fast, and have a fabulous time and a genuinely reasonable exercise program, no expensive fitness coach required.

Whenever confronted at the same time with different forms of cardiovascular preparing, HIIT turns out to be at the top. That, however it does as such in a small amount of the time contrasted with steady state cardio training or continuous cardio. With HIIT, you will get higher gains than other different forms of training in all the following areas:

- Weight loss
- Improve the body's ability to burn fat
- Increase the anaerobic threshold, allowing you to work before starting combustion
- Improvement of maximum oxygen uptake (VO<sub>2</sub> max), a popular fitness indicator - Improvement of athletic performance
- Release of beta-endorphin provided a feeling of well-being
- Physical exercise
- And more

HIIT performs short duration high intensity sprinting along with an easy and pleasant recovery period such as walking or jogging laps. This makes sprints extremely tolerable and even fun. Discover the different forms of HIIT training like Tabata, Fartlek, Little Method and how to use them to the fullest.

In this guide, you will learn a series of high-intensity exercises and training

modes perfect for HIIT - Exercises you can perform in the gym, in the park or at home. Find out how to create and use your HIIT training projects, in particular to help you achieve your training goals in an incredibly fast time.

Reach your fitness goals in half the time or less. With HIIT, it only takes a few minutes!

## **What is HIIT?**

High-intensity Interval Training also known as HIIT has become popular in recent years because to its assurance of an efficient and effective way to meet fitness goals. Plethora of trainers and instructors approach HIIT in different ways, but at its core, HIIT should always involve alternating short intervals of high intensity, all-out exercise with short intervals of rest or active recovery.

As the name infers - HIIT, otherwise called Interval Training (IT) or Sprint Interval Training (SIT) comprises a set number of high intensity exercises, each promptly pursued by periods of recovery. The high intensity exercises can run anyplace from between 5 or 10 seconds to 5 or 10 minutes. In like manner the periods of recovery can run in duration as well.

HIIT likewise emancipateS you to stir up the powers of your high intensity periods just as your recovery periods. By keeping everything fluctuated during an exercise, your training session remains impressively all the more fascinating when contrasted with continuous training (CT). I'm certain you're mindful of what CT is be that as it may, just to explain CT generally includes exercising at a similar intensity for the whole duration of the exercise session; for instance, running, cycling or swimming at a similar speed or intensity for 45 minutes or more.

To achieve the greatest advantages from HIIT, with the least time venture, in a perfect world the high intensity exercise periods ought to be amazingly exceptional, as extreme as you can make them. They should enervate you

rapidly and you should give them all that you have. Anyway this will keep going for a brief duration as exercising at high intensity for extended periods is laborious. This will be because of the quick development of lactic acid just as an exhaustion of creatine phosphate (CP) stores, a vitality compound in your muscles that powers the body when occupied with extraordinary high intensity action. The lactic acid is a metabolic byproduct that makes no contribution to training or exercise performance. It leads to fatigue of the muscle and post-exercise muscle soreness. Most endurance athletes do not produce much lactic acid. Lactic acid build up will keep you from exercising any more extended at your present high intensity, so, on the whole, a recovery period will be required.

The recovery period ought to include light exercise, for example, strolling, delicate running or cycling at a simpler pace. This will stop blood pooling in your legs, something which happens following exercise without a chill off. The recovery period likewise aids the evacuation of metabolic waste items, for example, lactic acid. During this time, creatine phosphate stores will likewise be recharged, empowering the body to perform high intensity work once more, for example, dashing or high intensity cycling. The recovery period is utilized to set up the member for the following high intensity period of exercise which ought to before long be drawing closer.

The factors which can be controlled during a HIIT exercise are the following:

- Duration (time or separation) of high intensity interim.
- Number of repetitions of high intensity interval and recovery interval.
- Intensity of recovery interval.
- The intensity (speed, resistance) of high intensity interval.
- Duration of recovery interval.
- Mode of workout (running, cycling, rowing etc.)



# HIIT BENEFITS

The fact that High Intensity Interval Trainings gains are more than you would typically see with involvement in a traditional workout period while you work out for a shorter measure of time is illogical. However, logical investigations back up the outcomes. HIIT can sometimes be seen as unrealistic.

## **EFFECTIVE WEIGHT LOSS**

One explanation HIIT is very prominent is that it guarantees maintainable and quantifiable weight loss. In case you're willing to buckle down and screen your nourishment, HIIT truly is more effective than different types of activity for losing weight. One 1994 study at Laval University in Quebec, Canada, found that HIIT was nine times more effective for losing fat than unfaltering state cardio, for example, running. This is due to the fact that HIIT consumes fat not just while you're working out, it additionally consumes it for to 48 hours in the wake of working out.

## **Quick, FLEXIBLE, AND FUN**

Most HIIT workouts ordinarily last for around 30 minutes or less and should be possible anyplace, this makes HIIT the ideal decision for the individuals who don't have the chance or time to crush in an entire hour at the gym for their session. With HIIT you have countless activities to look over that can be assembled from various perspectives. The regularly changing method for these HIIT schedules will give you an exceptional and fun upgrade. HIIT is likewise adaptable; it very well may be completed anyplace and should be possible with zero hardware.

## **LOSE FAT, NOT MUSCLE**

In the event that you've at any point had a go at eating less junk food, you know it's very hard not to lose muscle mass alongside fat. Studies demonstrate that HIIT workouts permit the protection of muscle mass while

losing weight through fat loss. This is due to the fact that HIIT helps human development hormone (HGH) and testosterone levels, which are responsible for fat loss and muscle gain. HIIT animates the creation of HGH by up to 450 percent during the 24 hours after you finish your workout. HGH isn't responsible for expanding your digestion and stirring the furnace of your fat-consumer; it likewise keeps the aging process at a low rate.

## **IMPROVED HEART HEALTH**

Propelling yourself into an anaerobic zone, where it feels like your heart is thumping out of your chest, can really improve your anaerobic and aerobic endurance. A 2012 study distributed in the Journal of Strength and Conditioning Research found that only six HIIT workouts performed more than a little while, each enduring just a couple of minutes, created quantifiable enhancements in key markers of cardiovascular wellbeing.

## **GOALS**

Developing sound goals is critical to your HIIT performance. If you want to see long-term, sustainable success, then you need to be clear about what you want to accomplish. Successful goal setting requires SMART goals. Keep this acronym in mind when you consider what you want to achieve. Once you've made your goals, help yourself stick to them by writing them down, making a plan to achieve them, and sharing them with friends and family. Be prepared for setbacks, and don't let minor slip ups cause you to lose focus.

SMART GOALS ARE:

**Specific.** Simply and clearly define what you are going to do.

**Measurable.** You should be able to provide tangible evidence that you have met your goal. Achievable. Make goals that are both challenging and realistic.

**Results-driven.** Goals should be relevant and measure outcomes, not activities.

**Time-bound.** Goals should be linked to a time frame that creates a practical

sense of urgency. Give yourself a deadline.

# HOW HIIT WORKS

HIIT which is likewise alluded to as high-intensity discontinuous exercise, and furthermore sometimes called quick preparing. This strategy for preparing can be applied to any type of wellness, from cycling or swimming to home circuits, and its excellence is that it is straightforward and gets astonishing results rapidly, sparing you time. As intensity is vital, the main thing we should take a gander at is an outline you can use to manage and survey your intensity levels known as the Rate of Perceived Exertion scale (or RPE scale).

It depends on a scale of 1-10. A rating of 1 would be the manner by which you feel when you are sitting, so loose and not applied by any stretch of the imagination! The opposite finish of the scale would be a level 10, feeling physically applied to your most extreme. Utilizing this outline enables you to persistently survey in the event that you are working out at the correct level. We will for the most part be working between levels 4 through 7 in the book and will dare close to level 8 in just two or three the workouts. Every workout will reference the RPE level you ought to practice in.

## *TWO EXAMPLE WORKOUTS:*

### *Workout 1: 45-Minute Power Walk*

This workout is essentially a lively walk, which, in light of the scale of intensity, would be at level 4 (moderate intensity). This pace is kept up for the whole 45 minutes. This is as yet an entirely significant workout with wellbeing and wellness benefits.

### *Workout 2: 15-Minute HIIT Power Walk*

This workout would comprise of 2 minutes strolling at an energetic pace, which on the scale of intensity graph would gauge 4.5, at that point 1 minute strolling as quick as possible, pushing the intensity up to level 6 to 7.5. The

intensity would feel exceptionally hard. You rehash this proportion an aggregate of five times, and the advantages are huge. For those short 1-minute intervals you will have driven yourself to the greatest, and this is the way the body gets fitter and more grounded, delivering astounding results. The other impact of this workout is that you make an EPOC impact, while workout 1 doesn't. So out of the 2 workouts, the one that will consume increasingly fat and have an a lot greater effect is workout 2.

### **Get Rid of More Fat in Lesser Time**

On the occasion that you need to consume fat and augmentation your wellbeing, by then intervals should reliably be a bit of your workout. Other than being a smart technique to getting in a mind boggling workout, intervals are effective for switching your physical make-up. Joining genuine impacts of high intensity with short recuperation sections empowers you to keep the workout intensity high while so far keeping up extraordinary structure. The charm of high-intensity interval training lies in its ability to keep you expending fat even after you leave the activity focus. Essentially, your body can't get enough oxygen during times of determined work; therefore, you gather an "obligation" of oxygen that must be repaid present workout so as on come back to customary. The result—your digestion is started up for a serious long time after you have done your workout. Wellness pros insinuate this wonder as excess post-practice oxygen consumption, or EPOC. The phenomenal news is that it's really conceivable to opening these astoundingly fruitful lively workouts into any clamoring lifestyle, and this book gives you bounty workouts to investigate. So those events when you are involved, you can even now fit in the quick 5-minute HIIT workout. Despite how busy your agenda is, you will almost always find the time.

### **FOR WEIGHT LOSS**

If weight loss is your goal, you need to be aware of your caloric intake. HIIT provides a great fatburning workout, but at the end of the day, weight loss comes down to a very simple equation: calories in versus calories out. The quality of those calories is also important. While diet choices are a personal decision, I advocate following a few simple guidelines if you're trying to lose

weight.

- Eat three meals a day.
- Eat two to three smaller snacks between meals, such as protein shakes, raw vegetables, or almonds. These snacks should be 100 to 200 calories.
- Make sure your meals and snacks contain a good source and supply of lean protein. It's the building block of muscle. Cut out alcohol.
- Eliminate soda, sweetened coffee beverages, and other high-calorie, sugary drinks.
- Avoid foods made with white sugar and flour. Following this rule of thumb will help you stay away from the highly processed, simple carbohydrates that the body quickly turns to fat.
- Limit your carbohydrates to unprocessed, complex carbs, such as sweet potatoes.
- Drink lots of water. It will help flush toxins from your body and keep you feeling satiated.

## **HOW YOUR BODY MOVES**

A significant piece of any workout plan is to use the same number of planes of movement as you can to get incredible results. There are a large number of workouts that just ever center around one scope of movement, and the result of this is over-burdening focus muscle gatherings, causing wounds, and contrarily influencing stance. What's more, in the event that body chiseling and conditioning is the thing that you need, at that point utilizing the three planes is fundamental; it nips and takes care of you from each edge.

The 3 planes are:

- Sagittal (which is the forward and in reverse movement); this is the most ordinarily utilized plane.

- Transverse (which is bending and rotational movement).

- Lateral, additionally alluded to as frontal (which is the sideways movement).

The sagittal plane is the most well-known plane of movement that we don't just in exercise, yet additionally in day-to-day life; this is essentially pushing the body ahead or in reverse.

These exercises listed are done in the sagittal plane: strolling, running, paddling, cycling, lunges, squats, and push-ups. So on the off chance that you pursued a workout that was simply running and, at that point squats and push-ups, you would just ever be working your muscles through the front and back of your body and passing up the entirety of your side muscles.

Frontal movement is taking the scope of movement out to the side, so this movement would be utilized a ton in racket sports, where you venture out to the side or strike a racket by lifting your arm to the side. This movement is likewise in exercises, for example, skater's lunges or the acclaimed star bounce. (Utilized in the HIIT workouts, this is an extraordinary sidelong movement; truth be told, this diamond travels through every one of the extents.)

At that point at long last transverse is a rotational move, and genuine instances of this would be golf, boxing, or certain styles of swimming. What's more, an extraordinary case of this as an exercise is the Ab Shaper utilized in the 7-Minute HIIT Workout, as this objectives those side muscles, your inner and outer obliques, that help attract the midriff.

So at whatever point you are working out, it is constantly a smart thought to ensure you are utilizing at any rate two scopes of movement.

## **DURATION VERSUS INTENSITY**

What's more, INTENSITY comes out at the top, making HIIT WORKOUTS #1.

Like anything in life, the harder you work, the better the outcomes. A 7-minute home HIIT workout, contrasted with a 30-minute delicate bicycle ride in the exercise center, will pick up you such a significant number of more advantages, as those short blasts of high power are what have the most unfathomable impact on the accompanying.

- Increase your body's capacity to consume fat
- Improve your cardiovascular health
- Reduce your feelings of anxiety
- Save you time
- Able to continue this workout in your day-to-day life
- Tone everywhere
- Feel astounding
- Slow down the maturing procedure
- Improve your general health
- And at last feel loaded with vitality and be sparkling with essentialness consistently

## **FIT TESTS AND RESULTS**

### *RESULTS KEEP YOU MOTIVATED*

Probably the greatest motivator is getting results, and with this HIIT book,



you can hope to see them rapidly, in your body shape as well as in your fitness levels. In this way, I suggest you do the accompanying straightforward FITNESS TESTS and make a note of either the time or reiterations. You could basically choose one, or you might need to do more combinations. Re-try these tests every 3 weeks and I can guarantee you that on the off chance that you have been doing the exercises you can hope to see astounding results.

### **THE ONE-MILE TEST: RUN OR WALK**

For this test you can either run or walk, however basically guide out a one-mile course and complete this separation in as quick a time as you can. In the event that you are a finished fledgling to work out, at that point stay with a walk and simply pace yourself. In the event that you are a runner, at that point run it in your best time. Observe Date, Time, and How You Felt (e.g., depleted or thought that it was simple).

### **THE UPPER-BODY TEST: PUSH-UPS**

For amateurs to middle exercisers, perform on your knees. For cutting edge exercisers, perform full body. Push-ups are a great method to evaluate your upper-body quality and endurance. Basically execute the greatest number of as you can with great structure and make a note of what number of you can do. You will be intrigued to see that number increment over the course of about three weeks.

### **THE LOWER-BODY TEST: WALKING LUNGES**

The lower body will rapidly improve in stamina and endurance, and a great method to gauge this is by doing the walking lurch test. Essentially check what number of walking lunges you can do, while as yet performing them with great system. Each time you do an exercise, you will increment and improving your lower-body fitness, and you will be pleased with the expansion you see each time you re-try the test.

# YOUR HIIT KIT LIST

Perhaps the best thing about HIIT is that you need minimal more than your body and an extraordinary frame of mind to get an inconceivable workout. Be that as it may, there are a couple of bits of hardware that will upgrade your solace you're your work out the execution.

## *FOOTWEAR*

During your workout, it's essential to think about the position of your feet on the floor. Ill-advised positioning can prompt an insecure base of your body support and could cause damage. To make you increasingly mindful of your foot position, you should wear a minimalist-style shoe when training.

Two styles explicitly intended for HIIT are the Nike Free 1.0 Cross Bionic and INOV-8's F-Lite scope of shoes. In case you're new to minimalist footwear, it's ideal to switch back and forth between your old shoes and the minimalist shoes for around about fourteen days, enabling your body to change according to the decline in padding and backing.

## *YOGA MAT*

You may wish to utilize a yoga mat for floor exercises. It will give footing and might be progressively comfortable for exercises done on the back.

## *WATCH OR TIMER*

A watch or timer is fundamental for monitoring the work and rest interims during HIIT schedules. Utilize whatever is comfortable and simple to work, regardless of whether it's a game watch, a pulse screen, or a cell phone application that enables you to program interims.

## *TOWEL*

HIIT can get you sweat-soaked! Have a towel close by to wipe the perspiration from your forehead and to keep your work surface dry.

## FOAM ROLLER

Foam rollers are a reasonable apparatus used to give myofascial discharge similarly as static extending and back rub. Use of a froth roller can forestall damage and speed recuperation post-workout.

## OPTIONAL EXTRAS

HIIT is tied in with using many muscle bunches as would be prudent as one during quick unstable exercises. Including loads or performing segregation exercises, for example, bicep twists can be restrictive. Notwithstanding, for some center exercises, it's alright to challenge yourself by joining included weight. You can add protection from exercises like Russian turns, V-ups, and sprinter sit-ups by utilizing a hand weight, portable weight, or drug ball.

Discover a space in the house and utilize that as your exercise center space. On the off chance that you can, keep the things in your kit list in this area, prepared for when you are propelled to do one of my HIIT workouts. What's more, at long last, dress. The most significant workout tools from the kit list given here are the coaches and the games bra. Speaking of your workout gear, the most important thing is that you feel comfortable in it and if you are preparing outside make sure you are in noticeable.

## **Using Tools and Toys**

The use of portable fitness equipment in HIIT is an extraordinary way to build the challenge, add variety, and address different components of fitness, for example, quality, perseverance, and power. Equipment, for example, stability balls, medicine balls, tubing, suspension trainers, smaller than normal trampolines, skimming circles, iron weights, and free weights can add a measurement to your body-weight workouts. This part is about the sheltered use and best use of tools and toys in HIIT workouts.

## **Why Use Tools and Toys?**

Regularly alluded to as tools or toys, portable fitness equipment can add much in the way of power, variety, boost, and spotlight on explicit body parts to HIIT workouts. Even though it is basic body mechanics, free of any equipment, concentration during any HIIT grouping is the essential, also equipment can add involvement and fun. For instance, medicine balls can add another measurement to building continuance and quality in the chest area. Stability balls can offer a one of a kind encounter for the push-up; being off the floor offers an alternate sort of chest area and center challenge. Tubing can add a new perspective to opposition preparing for a specific body part.

These tools are moderately lightweight, portable, and simple to use and store, and they can add much in the way of focus and challenge while preparing.

On the off chance that you don't have these tools or toys, now you can perform HIIT workouts with bodyweight workout exercises where tools are not required.

## **Tool and Toy Safety**

When using equipment during HIIT workouts, security and safety must be your first need. How you use the equipment is a significant thought. Tools and toys ought to encourage the experience, not detract from it. If they are not making the activity progressively compelling or adding a one of a kind challenge, they may not be useful. Because HIIT conventions can be

incredibly physically requesting with high-effect and horizontal and progressions ahead, equipment that is lying around may turn into an interruption or a peril. When utilizing portable equipment, try to put it off the path of your moving body to abstain from stepping on it or stumbling over it. Following is a rundown of key focuses for the controlled use of tools and toys:

- Read directions for the correct use of and weight limitations for tools and toys, for example, stability balls and suspension trainers.
- Have a comprehension of your objectives, aptitudes, and capacities, including any past wounds or individual impediments.
- Choose loads or weights that you can control consistently.
- To abstain from slipping or dropping equipment, wipe down equipment that gets wet from perspiration.
- Place all equipment off the beaten path of moving bodies when not being used.

### ***Tool and Toy Options***

Of the many tools and toys you can use during HIIT workouts, sometimes it is hard to know which are best for you, depending on your fitness objectives and interests and also as what you have accessible. The following paragraphs address a variety of toys and tools that can be used during HIIT workouts, including size and weight suggestions and what they are most appropriate for.

### **Stability Balls**

Stability balls offer help and challenge during upper-and lower-body exercises. They additionally give included resistance and stability challenge

for core exercises. Burst-safe balls that are 55 or 65 cm (22 or 26 in.) are suggested.

## **Resistance Tubing**

Resistance tubing gives a multi-planar strength and continuance challenge and can be utilized for upper-or lower-body exercises. Also, core stability training quite often assumes a job when utilizing the resistance tubing. Utilizing the tubing in an assortment of ways can mirror genuine developments, in this manner adding to the practical part of the training.

## **Medicine Balls**

Medicine balls are used for upper-body pushing and pulling developments and continuance or strength-based core exercises and rotational developments. They likewise add weight to the lower body duringsquats or lurches or while tossing. Lightweight medicine balls are ideal; stay with 2-, 4-, 6-, or 8-pound balls (somewhere in the range of 1 and 4 kg).

Tubing can be long with handles or in a figure-eight shape. The resistance changes with the length of the tubing just as the thickness. Shading typically demonstrates the level of resistance.

## **Suspension Trainer**

A suspension trainer gives an exceptional method to prepare the upper body, lower body, and core. Once moored, the suspension trainer includes cardio, strength, adaptability, and continuance challenges to a HIIT exercise. Suspension training exploits gravity and the arrangement of the body comparative with the stay point. A few brands of suspension trainers are accessible, however, TRX suspension trainers are the most prominent and are

usually utilized for body-weight training. Suspension trainers have a more extreme expectation to learn and adapt and require more guidance than different instruments and toys, yet they are effectively received and immediately used.

### **Smaller than usual Trampolines**

Individual wellness trampolines, or smaller than normal trampolines are an extraordinary alternative for high-power interim training since they remove a great part of the ground response powers during high sway bouncing, yet at the same time take into account noteworthy force and challenge. Many trampolines available can support as much as 350 pounds (159 kg) of body weight and come in both spring-stacked and string joined models. A good strategy is essential when using trampolines during HIIT workouts to get the correct exercise improvement to traverse the anaerobic edge. For instance, it is essential to figure out how to push down or burden down, when utilizing the trampolines instead of hopping up.

### **Gliding Disks**

Gliding disks are little plastic or fabric disks that slide over the floor. They can add force and challenge to pretty much any exercise for the upper body, lower body, or core, for example, bouncing jacks, thrusts, and push-ups. The disks are about the size of a paper plate and slide effectively over the floor when weight is applied fittingly. Towels or paper plates can be substituted for gliding disks. Towels are ideal to use on wood surfaces; and paper plates, on covered surfaces.

### **Kettlebells**

Lightweight kettlebells are an amazing upgrade for structure strength, continuance, and power; controlling revolution; and traveling through multidimensional planes. Kettlebells are incredible for expanding grasp

strength and controlling energy, which requires huge core responsibility and all-out body engagement. Because kettlebells are swung, just one is important. The body reacts distinctively to an iron weight than it does to a free weight regarding controlling the joints and connecting with the muscles of the core. In light of the quick-paced condition of HIIT, lightweight kettlebells are unequivocally suggested: 4, 6, 8, 10, 12, and 15 pounds (somewhere in the range of 2 and 6 kg).

### **Free weights**

Free weights help increment strength, stamina, perseverance, definition, and tone in working muscles and can add critical burden to exercises inside a HIIT schedule. Hand weights are a sheltered and compelling approach to consolidate strength training with a cardio exercise. Make certain to utilize loads you can control; 8-, 10-, 12-, 15-, and 20-pound (somewhere in the range of 4 and 9 kg) loads are best for this kind of training.

Toys, devices, and other compact gear can be helpful in HIIT workouts since they offer an assortment and extra challenge. They can likewise be incredibly viable in the light of the fact that the dynamic development examples can add essentially to the HIIT programming results and generally exercise involvement. Instruments and toys additionally enable you to concentrate on specific body parts for expanded continuance, better muscle tone and advancement, and improved strength while performing HIIT.



# HIIT AND OTHER FORMS OF EXERCISE

## HIIT VS CIRCUIT TRAINING

Even though HIIT can use a portion of indistinguishable hardware and activities from high-intensity exercise, the key contrast with aerobics is that it is lower power and there are no timed recuperations. In high-intensity aerobics, you just move starting with one exercise then onto the next, with no recommended rest period in the middle. High-intensity aerobics, for the most part, includes opposition-based activities, for example, hand weight presses or weighted squats, which are extraordinary for structure quality and fit muscle. Be that as it may, the point isn't to push yourself into high-force training zones.

Along these lines, high-intensity aerobics doesn't have the equivalent cardio benefits as HIIT training and doesn't bring about the EPOC impact where you consume calories long after your workout is done. As per NHS GUIDELINES, grown-ups should go for two loads or opposition-based workouts every week that attention on structure slender bulk and expanding our bone thickness. In this way, quality based high-intensity aerobics is a valuable expansion to your workout plan, however, it shouldn't be mistaken for HIIT training.

## HIIT VS LISS

As opposed to HIIT, which we know is about short, sharp interims and timed recuperations. Low-Intensity Steady State (LISS) training is at the opposite finish of the range with regards to work out. You know those individuals that get to the exercise center and direct route straight for the closest curved coach and spend the following hour stirring up a sound 'sparkle' while perusing an issue of the most recent Hello magazine? Definitely, that is LISS. The issue is

that while you may have the option to consume calories during a LISS workout, the advantages stop when the workout does. Doing long, low-power practice essentially doesn't kick your digestion into overdrive, making that exceedingly significant after-consume impact. Clearly, in case you're a perseverance competitor with a particular objective that you're moving in the direction of then, LISS may be a piece of your training plan. In any case, in case you're a recreational exerciser hoping to take your wellness to the following level and truly change your body shape, you'll get undeniably more advantage in lesser time with a HIIT workout.

## **Who Is HIIT For?**

By far the majority of people won't have any issue with HIIT.

### **The Trained Individual**

For those better-prepared individuals, HIIT will allow you to further enhance your additions and at a lot quicker pace. HIIT will allow you to test your abilities to the greatest. On the off chance that you view yourself as cardiovascular prepared yet have never consolidated any type of HIIT into your training, you should discover you'll take to HIIT very quickly and will have no issues adjusting. The abrupt additional stun to your framework will compel your physiology to roll out those improvements to your wellness at a quick pace which you've never experienced through CT. I'm trusting and completely anticipating that you should turn into a fan and backer of HIIT.

## **The Untrained Individual**

If you're stationary or have little exercise involvement, at that point it's constantly proposed you check with a specialist before setting out on an exercise program to guarantee you're fit to participate. This is valid for any new exercise program, not simply HIIT. I need to make extra certain you comprehend the above point because the entire thought of HIIT is to work at higher powers when contrasted with different types of training, yet for shorter durations. While the facts demonstrate that you can do HIIT at agreeable powers when beginning, the point ought to consistently be to fill in as hard as you can; 100% of your maximal pulse. Ideally, you ought to likewise be planning to hold this intensity as well, for whatever length of time that you're capable.

The development of lactic acid in your muscles, just as the consumption of CP stores, will be the main factor in exactly to what extent you'll have the option to hold this intensity and it will be distinctive for each member. You can and should develop to this level, however, it must be comprehended this is the place you ought to mean to go, and the sooner the better. Consequently, in case you're an untrained individual, you should begin at the simpler finish of the trouble range. You can do this basically by making your high-intensity periods somewhat less exceptional and for a shorter duration. You can choose the length of your recuperation periods making sure it is correct for your body. In a short number of HIIT sessions, you'll have the option to build the intensity and you'll be astonished by exactly how quickly your wellness improves.

For the individuals who are stressed over arriving at such significant levels of effort, it is almost sure that there will be times in life when you'll be required to utilize blasts of high intensity and hard and fast exertion. Think about whenever you're hurrying to get a train or plane, having with you two overwhelming packs of baggage. Maybe you have a family crisis you need to take care of and you need to be home as quickly as possible. You won't mull over the degree of effort needed to return home under such conditions. What about when someone grabs your pack, wallet or mobile phone? Wouldn't it be amazing that you had training for the times that you needed it?

Of course, you'll leave a lot of fuel in the tank when you begin and you will slide yourself continuously into the hard and fast endeavors of HIIT in half a month. No one wants you to become an Olympic competitor in a medium-term. In any case, when things become simpler for you, as they will do quickly, you ought to be relied upon to build the intensity and not the duration of the exercise. Not at all like with CT, the intensity is the enchantment word and not duration. Quality not quantity!

### **The Busy Individual**

For those individuals who have very busy lives, HIIT enables you to accomplish every advantage of a more drawn out exercise session and in a shorter time. Because of numerous long periods of wellness counsel and promulgation, people wrongly accept that to lose pounds and to build a more advantageous body and heart requires a great deal of persistent training, which requires a great deal of time. Studies demonstrate that the number 1 purpose behind resistance to exercise projects is the absence of time. With HIIT, this can never again be blamed. In case you're the sort of individual who invests a lot of energy away on work excursions, remaining in lodgings or in the midst of a get-away at that point have confidence that with HIIT, there's little need for any gear and in certain cases, there's no need for a great deal of room either.

# **BEFORE STARTING HIIT**

## **Wellness ASSESSMENT**

Before you get into HIIT, you need to understand your present wellness level. This basic wellness appraisal will tell you where to begin and give you a pattern for estimating your advancement. The wellness appraisal comprises of four fundamental exercises: X-jacks, push-ups, squats, and sprinter sit-ups. Before you start, survey the directions for each exercise. At that point total these means:

1. Do each exercise for 30 seconds.
2. Rest for 30 seconds after each exercise.
3. Take a note of the number of reps you had the option to do of each exercise during the 30-second interim (for instance, 20 squats).
4. Include the all out number of reps finished for all exercises to get your absolute score.

If your score is:

- 0-80 - Begin with the Level 1 schedules.
- 81-104 - Begin with the Level 2 schedules.
- 105+ - Begin with the Level 3 schedules.

## **BODY FAT PERCENTAGE**

HIIT is experimentally demonstrated to consume body fat just as create slender muscle. Since muscle gauges more than fat, simply following your weight might be a poor sign of your advancement when undertaking HIIT.

Figuring your body fat percentage can be a superior method to measure results. There is a wide range of techniques for estimating body fat, some more precise than others. I backed utilizing a tape measure and the military technique, which is the equation utilized by the U.S. Branch of Defense for estimating body fat percentage.

## **GET YOUR MEASUREMENTS**

Use a tape measure to record the boundary of your neck, waist, and hips. Measure in inches or centimeters.

### *Neck.*

Measure your neck periphery at a point just beneath the larynx (Adam's apple) and opposite to the long pivot of the neck. Round up your measurement to the nearest or half centimeter (half an inch).

### *Waist.*

Measure your normal waist outline, against the skin, at the tightest purpose of the belly. This is as a rule about halfway between the navel and the lower end of the sternum (bosom bone). Be certain the tape is level and parallel to the floor. Round up the measurement to the nearest half-inch (or half centimeter).

### *Hip.*

Measure your hip perimeter, disregarding the estimating tape the fullest piece of the glutes as saw from the side. Ensure the tape is level and parallel to the

floor. Round up the hip measurement to the nearest half centimeter or half inch. You will likewise need to realize your stature in inches or centimeters.

# HIIT Versus Continuous Training

I figured out the best way to start this book is to persuade you by featuring the enormous hole in potential accomplishments when contrasting HIIT with CT, considering a scope of regular exercise points. As you'll see, HIIT is better than CT all around. We'll presently think about the two preparing techniques in the following themes:

- Exercise Enjoyment
- Weight Loss
- Exercise Duration
- Improved Fat Burning
- Capacity Anaerobic
- Threshold
- Beta-Endorphin Levels
- Maximal Oxygen Uptake/VO2 Max
- Athletic Performance

## ***Exercise Enjoyment***

At the point when the vast majority start an exercise venture, they accept that CT is the main type of high-impact exercise there is, even though there are numerous things you can do with CT; treadmills, cycling, paddling, skipping, stair climbing, circular mentors and so forth. Because of the typical fitness exhortation that new exercisers get, they conceive numerous hours worked away while gazing at a clear divider. For a great many people, CT before long gets boring. Practicing at the equivalent, or fundamentally the same as levels for 45+ minutes can be fairly tedious for most by far of people. Studies over and again demonstrate that weariness with exercise is one of the principal reasons people surrender. I'm certain you can identify with this. What can be more boring than sitting on a stationary exercise bike (or



supplement machine here) for 45 minutes, selling away at a similar speed and power for the whole term?

HIIT is unquestionably more fascinating because you are always changing the pace. Casual dialogs with customers demonstrate that as opposed to fearing the idea of an activity session, they anticipate the idea of a HIIT session and everything it involves. There's something very pleasant about running on full burners for just a couple of moments before having a decent delicate walk, at that point going max speed once more.

An issue with CT is that the idea of just being ten minutes into your run and having another 30+ minutes remaining and at a similar pace can be somewhat demotivating. Anyway with HIIT, realizing that you're running at an exceptional pace for just a couple of more seconds before having a decent simple stroll for a couple of minutes, for instance, can be satisfying to the brain and can spike you on inconclusively. Working at high powers is much simpler on the off chance that you realize you have a rest coming up around the following corner. This can be upheld up by investigating a study completed at Liverpool John Moores University in 2011. The point was to think about evaluations of perceived enjoyment between one group sharing in HIIT and another in CT.

The principal group of 8 men performed 6 high force interims running for 30 seconds at 90% of their maximal heart rate. These interims were mixed with 3 minute times of strolling at a simple pace. The subsequent group kept running for 50 minutes at a consistent pace equal to 70% of their maximal heart rate. All members surveyed their enjoyment by utilizing the Physical Activity Enjoyment Scale. This scale comprises of 18 inquiries where subjects rate their enjoyment on a size of 1 – 7.

The higher the scores – the more prominent the enjoyment. Appraisals of perceived enjoyment in the HIIT group were rated at 88 though the CT group

rated their enjoyment at 61 points. This was in spite of evaluations of perceived effort being imperceptibly higher inside the CT group. However, for those perusing this book who routinely take an interest in HIIT and for the individuals who are going to discover just because – The fact that HIIT is more pleasant than nonstop preparing should not shock anyone.

### ***Weight Loss***

Studies have demonstrated that regarding weight loss, HIIT is far better than CT. At the University of Western Ontario in 2011, 20 people were doled out haphazardly to a HIIT group or a CT group. In the HIIT group, subjects were required to keep running on a treadmill with 4 to 6 episodes of full-scale dashes enduring 30 seconds. Every 30-second episode of full-scale dashing was separated with recuperation periods enduring four minutes. The CT group ran on a treadmill at around 65% of their maximal heart rate for somewhere in the range of 30 and an hour. Instructional courses for the two groups occurred 3 times each week for a term of 6 weeks. What were the outcomes? After the 6 week study, subjects in the CT group lost a sum of 5.8% of their fat mass. This is incredible news. Be that as it may, shouldn't something be said about the HIIT group? Subjects in the HIIT group lost a sum of 12.4% of their fat mass. Don't hesitate to peruse the study yourself (all investigations utilized in this book are referenced at the back). The outcomes represent themselves that HIIT is unmistakably ground-breaking over CT with regards to fat or weight loss – At least this is genuine when taking an interest in HIIT sessions 3 times each week over a 6-week term as in the study. Be that as it may, does sharing in high power activities give prevalent outcomes when they are done routinely over a more extended timeframe?

Let's take a look at another study. In 1990, The American Journal of Clinical Nutrition analyzed data taken from the Canada Fitness Survey. In the survey, 1366 men and 1257 women aged between 20 – 49 were analyzed for body fatness, fat distribution (waist to hip ratio measurements) and energy expenditure, frequency, intensity and duration of habitual leisure time activities. All data were collected through the use of an extensive

questionnaire as well as by physiological measurements taken in a clinical setting. To determine the effect of exercise intensity on body fatness, subjects from each sex were divided into four sub-groups taking into account the metabolic equivalent of task (METs) value of their leisure time activities; Group A – subjects not reporting activities of 5 METs, group B – between 5 – 7 METs, group C – between 7 – 9 METs, group D – subjects reporting activities of 9 METs or higher.

Before I give you the results, let's take a look at a few examples of METs values; Sleeping scores a METs value of 0.9, walking at 3 mph (4.8 km/h) gives a value of 3.3 METs, whereas for HIIT purposes, sprinting or rope jumping would give a METs value of 10. Every single activity in existence has been given a METs value, which effectively grades the physical intensity of the given activity. If you're curious about how intense your job or favourite hobbies are considered then simply carry out a web search for the Compendium of Physical Activities.

The results of the study showed that group D had the lowest waist to hip ratio, lowest waist circumferences and lowest body fat percentages over all other groups and in both sexes. This held true despite group D using a similar amount of total energy during activities as did group A but much less than participants in groups B and C. Let's clarify here that in the study, participants in group D expended similar amounts of energy during activities as did group A (but less than groups B and C), yet their body compositions were completely different. Clearly there are other factors coming into play here and of course we'll be discussing them shortly.

So why is HIIT so superior for weight loss over CT? Well, there are two main mechanisms for this. It has long been known in physiology that when you increase the intensity of the exercise; you actually increase the rate of carbohydrate metabolism and therefore decrease the rate of fat metabolism. You're probably thinking that if you want to lose weight, or more specifically you would like to lose fat then this would run counter to achieving your aims. However, when you increase the exercise intensity, you also increase the total caloric expenditure increases exponentially.

So if you burn a greater percentage of fat calories from lower intensity exercise, the total number of fat calories burned off is far lower due to the lower total amount of calories used in the activity. Whereas if you increase the intensity; you'll burn off a lower percentage of fat calories but from a far higher total caloric expenditure. If you think about the logic behind this; a lower percentage of a greater number is far more than a higher percentage of a much lower number. Unfortunately, there remain many health care professionals that don't quite understand this logic and so their patients and clients never experience the benefits that come from higher intensity activities. It is understandable to assume that by engaging in lower-intensity exercise, patients would be oxidizing a higher proportion of fat to carbohydrate than by engaging in higher intensity activities and so this approach would appear superior for weight loss. By considering the energy spent during exercise, this hypothesis seems to be justified on some levels.

Be that as it may, as we are starting to learn, this isn't valid. Of course, different factors are working here, for example, what happens post-exercise. It's these post-exercise mechanisms that are time and again disregarded, even by human services experts and numerous fitness coaches, particularly with regards to cardiovascular preparing. The other instrument is excess post-exercise oxygen utilization (EPOC). If it's not too much trouble perused the section entitled Improved Fat Burning Capacity underneath as we'll be talking about EPOC in extraordinary detail there. Also, something else - Take another take a gander at the study above. There's one thing in that study that the sharp looked at peruser will have taken note. This carries us to our next sub-heading.

### ***Exercise Duration***

Take a gander at the term of exercise in the two subject groups above. What do you spot? When perusing this study, you'd think there was some sort of an error. In fact, for the study to have been reasonable, the two groups should have had comparative exercise terms yet this wasn't the situation. In the study, the CT group exercised for a normal of 45 minutes for every session. Thoroughly analyze that to the HIIT group that exercised distinctly for a normal time of 22.5 minutes per session. You read that correctly; the HIIT group exercised for absolutely a fraction of the time of the CT group. However, before the finish of the study and the subjects all had their body fat rates taken once more, the HIIT group had lost more than twofold the fact that the CT group had lost; 5.8% in the CT group and 12.4% in the HIIT group.

The study appears without uncertainty that you can lose more than double the measure of body fat by performing a large portion of the measure of exercise with HIIT over CT. In practical terms, this implies you can abbreviate your HIIT session significantly and still attain superior benefits well beyond any longer and less intriguing CT session. Is it true that you are starting to see the benefits of HIIT now? I ask you to peruse the study for yourself. In fact, what is the main motivation behind why the vast majority guarantee not to participate in any wellness activities?

It's not out of apathy or absence of cash, yet rather absence of time is referred to. By utilizing HIIT, you can attain superior benefits over CT with just a fraction of the time being contributed. As I notice different investigations in this book if it's not too much trouble take note of the exercise terms of the two study groups required as this will push home the above point considerably further. So we've set up that your HIIT sessions truly don't should be that long to accomplish mind-blowing and even superior benefits over CT. However, what amount of time during the actual week must you put in? What number of individual exercise sessions would it be advisable for you to partake in to see these benefits? Well in the study over, a 12.4% reduction in fat mass was accomplished in only three individual sessions for each week (for 6 weeks). I'm certain I don't have to disclose to you exactly

how mind-blowing this is.

In any case, I can allude you to one study that tried the aftereffects of just a solitary episode of HIIT every week on cardiovascular mortality; cardiovascular disease being the single biggest reason for death all through the whole world. This study was great, checking 56,000 people over a multi-year time span. The outcomes were that for cardiovascular disease anticipation, a solitary weekly HIIT session fundamentally decreased the danger of death in the two people. Curiously, they found that expanding either the length of a solitary HIIT session or the recurrence of weekly HIIT sessions had no extra benefits when it came to counteractive action of death from cardiovascular disease. This study demonstrates that if weight reduction isn't among your objectives, all you need is a solitary 22.5-minute session every week to accomplish this. As a general rule who would now be able to refer to absence of time as a reason for not working out?

### ***Improved Fat Burning***

It is proven that the more you exercise the more noteworthy fat consuming potential your body makes for itself. What I mean by this is the more you exercise, after some time your body turns out to be progressively productive at consuming fat regardless of in case you're out on the town taking part in your everyday business or any event, when you're sat on the love seat viewing a film. Why would that be? There are a few mechanisms inside the body that presents this the defense.

### ***Increment in Mitochondria***

The first of those mechanisms is the expansion in the quantity of and the size of the current mitochondria inside the muscle cells. Mitochondria are known as the cells "control houses" as this is the place glycogen is oxidized and vitality is made. When we exercise, after some time the expansion in mitochondria and their effectiveness improves the body's capacity to consume fat for us. So how does this expanded limit analyze among HIIT and

CT?

We should look at another study. At the University of Guelph, Ontario in 2008 the study was proposed to watch HIIT and its capacity to improve the body's fat and starch metabolic limits in untrained people. The subjects participated in 10 x 4-moment episodes of high force cycling isolated by 2 moment recuperation periods. Exercise sessions occurred 3 days every week for 6 weeks. Toward the finish of the study, a resting muscle biopsy was taken and there were seen as increments in citrate synthase (26%), a mitochondrial chemical and 2 distinctive fat vehicle proteins (14% and 30%). It was discovered that while cycling at an unfaltering pace of 60% of their maximal pulse potential, there was a stamped increment in fat and starch oxidation abilities.

Shockingly, one restriction of the study was that it didn't contrast HIIT subjects and CT subjects which would have been intriguing to watch. Just to explain, the examination demonstrated that the checked increment in fat and carbohydrate oxidation abilities were for CT exercises after the HIIT sessions. This demonstrates in the wake of performing HIIT for a while and after that coming back to CT, your body has turned out to be increasingly proficient at consuming fat. In another investigation at a similar college in 2006, 8 ladies partook in 10 x 4 episodes of high force cycling with two-moment recuperation periods. The subjects partook in 7 exercise sessions over a fourteen-day time frame. Toward the finish of the investigation, fat oxidation capacities had expanded by 36%.

Once more sadly, there was no CT group to contrast results with. You'd trust they would have taken in their exercises at this college yet the beneficial thing that left the examination was that you can see mind-boggling increments in fat consuming potential after just 7 exercise sessions. This is the intensity of HIIT. Anyway, I will currently carry your regard for another examination that occurred at McMaster University in Ontario in 2006. I'm expecting there must be some sort of competition between the Ontario establishments to turn into the expert in HIIT inquire about. 16 men were haphazardly doled out to either a HIIT group or a CT group.



Each group performed 6 instructional meetings more than 14 days on a bicycle. The HIIT group participated in 4 – 6 x 30-second full-scale episodes of activity with 4 moment recuperation periods between. The CT group partook in 90 – 120-moment sessions at around 65% of their maximal heart rate. The muscle biopsy tests are taken when the examination demonstrated that there were comparable increments in fat and carbohydrate oxidative capacity in the two groups. Be that as it may, once more - what stands apart from the examination above? Look again at the general exercise terms for the two groups because the distinctions here are enormous in reality.

The HIIT group practice sessions went on for a normal of 22.5 minutes contrasted with the CT group which went on for 105 minutes. Over the length of the investigation, this works out at 2 hours 15 minutes (HIIT) and 10 hours 30 minutes (CT). There you have it. With just a fraction of the activity span, HIIT is practically identical to CT with regards to expanding muscle fat and carbohydrate oxidative capacity.

### ***Abundance Post Exercise Oxygen Consumption (EPOC)***

The second system I alluded to is named oxygen obligation or overabundance post-practice oxygen utilization (EPOC). If you read a great deal on the subject of wellbeing and wellness, at that point you may regularly hear EPOC depicted as the after consume effect.

When you practice on full burners as you would with a HIIT session, the oxygen-consuming framework alone can't in any way, shape or form supply you with enough vitality to fuel the activity. Even though it will give a valiant effort and give all of you it has, the anaerobic framework will have no real option except to become an integral factor to give additional vitality help.



This point commonly comes in at between 65 – 85% of your maximal heart rate, as we'll examine in the following section. I will clarify the rule of EPOC with the assistance of a model. Envision you were taking a dip from one side of a lake to the next. You realized it would take an hour to finish this swim so normally, you choose to pace yourself.

Regardless of whether it was your objective to arrive at the opposite side of the lake in as quick a period as could be allowed, you would at present pace yourself so you wouldn't come up short on vitality too early. Yet, imagine a scenario where a shark abruptly showed up and began to swim towards you. Fortunately, you see an enormous rock directly in front, about a minutes swim away; so you turn on the full throttle and give it all that you need to arrive at the rock to spare your life. Presently, OK state you would inhale harder after arriving at the rock or in the wake of arriving at the opposite side of the lake? Of course, the appropriate response is that you'd inhale harder after arriving at the rock. This happens because turning on full burners has put quick and incredible weight on your oxygen consuming digestion; this is mostly for what reason you're breathing so hard. An exceptionally fundamental developmental and physiological rule is that your body adjusts to pressure.

So, on the off chance that you escape from sharks all the time, or even better, impersonate the shark part in a more controlled condition, for example, a pool then your body is going to improve. Another reason why you are currently breathing harder after arriving at the stone, than when you arrive at the finish of the lake is because at that moment you are requiring extra oxygen to recharge critical energy stores that were utilized in scurry using non-oxidative metabolic pathways (see Energy Systems underneath) to spare you from the shark.

Presently this part is significant; you will currently need to manage the amazingly a lot of lactic acid that has developed in your muscles during the swim because of turning on the max speed. The development of lactic acid has had nothing to do with the term of the swim by any means, yet it is there exclusively because of the high intensity of the swimming, having gotten away from the shark. This raised degree of oxygen use, which will keep

going for a few hours, will keep on having a preparation effect on the body. This is what is implied by the term EPOC or the after consume effect. You have completed the process of preparing, yet you are as yet consuming fuel or calories at a raised rate because of the high intensity of the activity.

It will be necessary here to emphasize that there is no EPOC from CT because the activity is simply not escalated enough. EPOC is just increased after high-intensity activity. To what extent will EPOC keep going for? That all relies upon precisely how serious the activity was. The more extreme the activity – The more prominent the EPOC. Normally, the effect of EPOC is at its most extreme during the initial couple of hours post-practice when the body has the best need to recoup. The effect of EPOC then step by step lessens over and up to the following 48 hours – The harder the intensity of the earlier activity, the more EPOC keeps going.

### ***Energy Systems***

Every system uses fat and starch for fuel at various frequencies. Every system is utilized in various extents depending on the activity intensity. They are working all the time out of sight and slide all through activity depending on what we're doing. The ATP system is utilized for high-intensity work, for example, run and endures for the most part for 10 seconds or less before getting to be exhausted. The term ATP alludes to adenosine triphosphate which is in uncommon stockpile in the body, yet don't stress when it runs out the body can rapidly make it once more, fortunately for the individuals who do HIIT normally. The glycogen/lactic acid system goes on for somewhat more, as a rule for between 30 seconds to as long as 3 minutes and past depending on your wellness.

Glycogen is the body's inventory of fuel which it utilizes for everything; it will, in general, be specially made accessible. The aerobic system is the system we utilize by far most of the time; when we're eating, resting, staring at the TV or performing light to direct exercise. When we perform CT for significant stretches, we are just in effect utilizing the one energy system; the

aerobic system. It's just when we cross the 65 – 85+% of our maximal pulse limit (depending on how fit you are) does the glycogen system become possibly the most important factor. This is the place we are in effect using energy on two levels. This is the spot we should plan to hit (or much higher), though for just a brief length when sharing in HIIT. Truth be told in HIIT we should mean to go for 100% of our maximal pulse to prepare our ATP system too. Along these lines, we're using energy on three levels, not two and not one.

Unlike CT, HIIT gives a workout to all three energy systems and not just the aerobic system. This gives us an all-round better workout and has many physical benefits for us that a less interesting CT session can't touch. By participating in HIIT, you receive a large increase in post-exercise fat burning over and above what CT can do. You should think of this as free training time because you have ended your workout session, but your body is still burning fat at an elevated rate. To clarify this point a little more, I'll reference a study that showed that 24 hours after a HIIT session, HIIT subjects were still burning calories at an elevated rate, whereas the CT subjects were not. Over the 24 hours that followed HIIT sessions, this equated to an extra 100 calories burned over the CT group. This is quite significant and why HIIT participants can burn more energy and lose more fat by carrying out a lot less work than CT participants.

To understand why you continue to burn fat at an extremely elevated rate following HIIT workouts, I will reference another study that took place at Laval University in Quebec in 1994. The study was designed to discover the outcome of CT and HIIT on body fatness and muscle metabolism. 32 men and women were assigned randomly to a CT group or a HIIT group. The CT group took part in a 20-week program whereas the HIIT group took part in a 15-week program. By the end of the protocol, the mean estimated energy cost of the CT group was 120.4 MJ and the mean estimated energy cost of the HIIT group was 57.9 MJ. Now consider that these figures represent the energy cost from the exercise activities only and not with the inclusion of EPOC. Consider also that the CT group's exercise program lasted for a full 5 weeks longer than that of the HIIT group. This isn't how I would have

designed the study, but let's run with this.

At the end of the study, body fat skinfold measurements were taken and the HIIT group were found to have undergone a reduction in body fat a full nine times greater than that of the CT group. Read that again. Nine times greater! All this despite the amount of energy used during the exercise activities were more than two times greater in the CT group over the HIIT group. Clearly, the only way this can be explained is that there is energy-sapping physiological changes taking place only following exercise that produces high quantities of lactic acid (HIIT).

It further goes to prove that it's not about the duration of exercise, but the intensity. I'm sure you've heard of the old saying "no pain – no gain" which was coined by Benjamin Franklin. It appears it is true.

### ***Anaerobic Threshold***

What does the anaerobic threshold refer to? It refers to that moment when you cross over from the aerobic system to the glycogen/lactic acid system. When exercising at any given intensity, lactic acid builds up in the bloodstream. The higher the intensity, the faster it builds up. When exercise intensity increases to an extent where the production of lactic acid is more than its rate of removal in the blood. Then it inevitably builds up to a more noticeable concentration where we begin to feel pain. This is termed the anaerobic threshold. In real terms, when exercising it's that moment when the painful, performance inhibiting the build-up of lactic acid can be felt in the muscles. Typically, in untrained individuals, the anaerobic threshold will arrive at around 65% of the maximal heart rate. The fitter the individual is, the higher the anaerobic threshold. Therefore if we only carry out CT work then we will seldom cross over the anaerobic threshold. What problems does this bring?

Well, it means you'll not be training your other energy systems. When we cross over the anaerobic threshold repeatedly such as during HIIT, we're regularly training the anaerobic energy systems (glycogen/lactic acid system

and the ATP system). So what effect will this have on us? Because we are creating more lactic acid within our muscles, our bodies will have to adapt to this. Over a short space of time, our anaerobic threshold will be pushed back. So instead of feeling that painful lactic acid build-up at 65% of your maximal heart rate, you'll now be feeling it at 70% of your maximum, and then 75%, then 80%. What is happening is that your body is becoming much more efficient at dealing with the painful lactic acid build-up, enabling you to work harder and for longer without feeling that burn.

If you push back your anaerobic threshold then by definition, you are increasing your aerobic capacity because the amount of work you can do aerobically has increased in proportion to anaerobic work. In real terms, what effect does this have on your life and functionality? Well having an increased aerobic capacity can improve your life in many ways, particularly if you were previously deconditioned. No longer will you be exhausted simply by going about your daily routine. No longer will you feel a build-up of lactic acid from taking part in any previously painful physical activity.

Can you see how this can improve the quality of life for unfit individuals? You'll be able to go on walks in the countryside, on vacation and play with the kids and not have to break a sweat. If shopping for groceries, for example, was previously strenuous for you, you should now be able to handle this chore without the feeling of exhaustion you had before. This is one of the positive training effects of HIIT. We are becoming fitter in ways that CT can't reach. HIIT increases our tolerance to ever more intensive exercise. This is why professional athletes such as Footballers will often train using HIIT since it helps delay the build-up of lactic acid and therefore fatigue. This has obvious benefits for those partaking in sports where there is constant stopping and starting action such as Football, Rugby, Badminton, Tennis, or pretty much the vast majority of sports in existence.

### ***Anaerobic Capacity***

While anaerobic threshold alludes to the intensity of work conceivable before arriving at the glycogen/lactic corrosive framework, anaerobic capacity alludes to the measure of work that can be carried out utilizing both the glycogen/lactic corrosive and ATP frameworks. It's the capacity of work that can be carried out between first feeling torment and stopping inside and out in a store on the floor. I will presently demonstrate how compact it's conceivable to structure your workouts while as yet accomplishing prevalent gains by referencing an amazingly renowned study by a Japanese researcher whose name you may well perceive.

In 1996, Dr. Izumi Tabata structured a study with the point of finding the effects of CT and HIIT (actually Tabata) on anaerobic capacity. Utilizing a cycle ergometer, subjects practiced 5 days out of every week for about a month and a half. The CT group worked for an hour at an intensity of 70% maximal heart rate. The HIIT group worked for 20 seconds at 100% maximal intensity with 10 seconds rest for a sum of 8 sessions. The all-out time for the HIIT workout was – just 4 minutes. Toward the finish of the study, the CT group was found not to have experienced any huge increments in anaerobic capacity. This isn't generally astounding considering subjects practicing at an unfaltering condition of 70% maximal heart rate would have been probably not going to have passed the anaerobic threshold. The HIIT group anyway had encountered additions of 28% in anaerobic capacity.

This from exercise sessions comprising just 4 minutes. Presently, while reading this book, you might think - well that is just fine, yet I rarely need to practice until I drop. To which I would state – ideally you'll never have a crisis where you'll have to run like your life, or the life of a friend or family member relied upon it. Yet, having an expansion in anaerobic capacity ought to be viewed as a little something extra for any expert or recreational sportsman who normally digs past the anaerobic threshold. Much the same as HIIT itself – Tabata, which is a type of HIIT is winding up progressively prominent the world over.

## ***BetaEndorphin Levels***

Beta-endorphin is the "vibe great" atom that is answerable for how we regularly feel euphoric after an extra strenuous workout. It's formed in the nerve center of the cerebrum as a response to pain. When we feel pain, either passionate or physical, it's before long desensitized because of the arrival of beta-endorphin. Different elements of beta-endorphin just as pain alleviation and giving us the feeling of happiness is that it's known to slow the development of disease cells and it can enable us to unwind as well. Since beta-endorphin is formed when we experience pain improvements, we realize that huge sums are blended when we perform strenuous action, for example, HIIT. This is in response to the painful feeling of lactic acid that develops in our muscles; the beta-endorphin attempts to dull that pain.

Consequently, when we just perform CT workouts, beta-endorphin isn't created to a similar degree. Truth be told: "Distributed investigations uncover that gradual reviewed and momentary anaerobic exercise lead to an increase in beta-endorphin levels, the degree connecting with the lactate focus." obviously, by "anaerobic" it implies that a continuously exceptional workout, for example, HIIT. The investigation demonstrated that a more noteworthy measure of beta-endorphin is delivered the harder you work out since you'll be making increasingly lactic acid and the beta-endorphin is created as a response to that. The investigation additionally proceeded to affirm that beta-endorphin levels don't increase with exercise performed at a relentless state, for example, with CT except if the CT goes on for longer than 60 minutes.

This would clarify the "sprinters high" marvel which is regularly announced by long separation sprinters. The general purpose of this segment is to show how the "vibe great" substance which influences our mind-sets is all the more effectively created from a HIIT workout over a CT workout and that via preparing in interims at high force you are setting yourself up for a day in a euphoric state. It has for quite some time been perceived that exercise triggers positive feelings, makes us feel stimulated and is additionally an extraordinary treatment for sadness, anyway the connection between the force



of the exercise and your feelings has not generally been known.

### ***Maximal Oxygen Uptake / VO2 Max***

It is a person's VO2 max which is often used to derive their overall fitness. Cardio-respiratory fitness is determined by oxygen consumption, technically termed VO2. According to the American College of Sports Medicine (ACSM). The "V" represents Volume, while the "O2" clearly implies Oxygen. It's deliberate as a relative rate in milliliters of oxygen per kilogram of body weight every minute (ml/kg/min). VO2 max alludes to an individual's general ability to ship and utilize oxygen during activity. As we practice to an ever-increasing extent, this limit improves as our lungs and heart become progressively effective at siphoning oxygen-rich blood around our bodies to the muscles which thusly become increasingly productive at utilizing it. So we should examine a few investigations which compare and balance HIIT and CT to VO2 max.

In one study, 27 heart disappointment patients with a mean age of 75 were part of HIIT and CT groups. The HIIT group practiced at a rate of 95% of their maximal heart rate. The CT group practiced at 70%. Sessions occurred 3 times each week for 12 weeks and VO2 max was estimated both previously and toward the end of the study. After 12 weeks, the HIIT group expanded their VO2 max by 46% while the CT group expanded theirs just by 14%. This is incredible news for HIIT.

In another study, 25 young men with a mean age of 10 were allocated to either a HIIT group or a CT group. The CT group cycled for 20 minutes for each session at 80 – 85% of their maximal heart rate. The HIIT group completed 30-second dashes on a stationary cycle blended by recuperation periods for 20 minutes. The VO2 max was estimated toward the beginning and end of the multi-week study. Toward the end of the study, the two groups demonstrated increments in VO2 max, with the HIIT group being the unmistakable champ. There you have it. With regards to improving your



general fitness, as estimated by VO2 max, which is as great a marker of in general fitness that has ever been created, HIIT is better than CT.

In any case, what else did you see about the two investigations above? Well, the primary study was completed with heart disappointment patients, the most seasoned of whom was 86 years of age. In the second study, the subjects were little youngsters. The two examinations involved strenuous exercise at 95+% of their maximal heart ability. These examinations together demonstrate that HIIT, in spite of being exceptionally energetic is for sure sheltered and even energized for totally anyone, regardless of what their age or physical fitness. Have you at any point considered being tried for your very own VO2 max? There are a few different ways of going about it. Maybe the most effortless technique involves the treadmill or stationary bicycle at your rec center (in case you're an individual from one).

Commonly you'll get ready for a couple of minutes then you will run, walk or cycle with expanding velocities, angles or obstruction until you can never again perform. Since the point is to find the maximum amount of oxygen your body is equipped for taking in, you'll be sent as far as possible (be cautioned) and now, the time you went on until is recorded. This time is then put into a condition, thinking about your gender (just as age and different factors depending on the condition utilized). You will be given a last number which is your VO2 max in milliliters of oxygen per kilogram of body weight every minute (ml/kg/min). With this number, you can compare it to the standards for your age and gender on the off chance that you decide to. In any case, more significantly, you should keep a note of your score and use it as a benchmark for VO2 max tests later on. I can guarantee you that by taking standard HIIT sessions, your VO2 max will increment at a promising rate.

### ***Athletic Performance***

Which sports involve long periods of continuous activity? There are a few

but not that many; distance running, distance swimming, distance cycling, and distance rowing, etc. When you think about it, nearly all sports involve some kind of stopping and starting an action. From combat sports like boxing and martial arts, racket sports such as tennis and squash, all the way to team sports such as football, both American and soccer as well as basketball or ice hockey. Also, there are track and field sports such as jumping, both long and high, shot putting or any throwing event and naturally, there is sprinting too; all these sports as a consequence of short bursts of high-intensity activity will involve the rapid build-up of lactic acid.

Along these lines dealing with this difficult performance devastating lactic acid is of principal significance to all competitors or even to the recreational sportsman. On the off chance that you can't deal with high lactate focuses, at that point you will be at a significant impediment when contrasted with any opponent who is HIIT prepared. What's more, your opposition either – As well as you will likewise be facing anybody competing for that equivalent situation as you on the games group, for instance, your partners. In anything throughout everyday life, in the event that you need to get good at something, at that point you have to rehearse it. So if in your game there is a need to deal with high groupings of lactic acid, at that point all together for your body to get good at expelling it, you're initially going to need to create a ton of it.

Your body will before long locate the most ideal method for dealing with the lactic acid and you will adjust as an outcome. At this point, you ought to be very much aware that HIIT is the absolute best technique for making this lactic acid build-up. At this point, you may not be astounded to realize that the improved capacity to deal with lactic acid build-ups can come incredibly rapidly by sharing in HIIT. One examination has demonstrated that lone six sessions of HIIT over fourteen days can essentially lessen the build-up of lactic acid in the legs following high force cycling.

# Diving Into HIIT

## WARM-UP STRETCH AND COOLDOWN

You ought to consistently set up your body by doing a warm-up before each workout. The motivation behind why is that it will help anticipate any wounds brought about by virus muscles since when they are cold they are less malleable, which means they are more tightly, and you will have a little scope of development. At the point when the muscles are warmed up, they become progressively malleable and more averse to reason wounds, and they become increasingly adaptable so you at that point have a lot more full scope of development. This implies exercise is simpler, and you will have a progressively compelling workout.

The most effective method to WARM-UP:

If you are doing one of my HIIT indoor workouts, at that point, you have two choices. You can either essentially march set up for a couple of minutes, and following a moment increment the tallness that you lift your legs as you march and circle your arms out to your sides. Or on the other hand, you can march up and down the stairs for a couple of minutes. On the off chance that you are doing one on my HIIT open-air workouts, at that point, you can essentially stroll at a lively pace for a couple of minutes. When you are warmed up, it's a good plan to stretch your significant muscle groups, and this is likewise basic to do toward the finish of your workout since this enables the muscles to fix and avoids muscle irritation.

### Calf Stretch

Venture back with one leg; keep the back leg straight and the impact point down, with the two feet pointing forward. Twist the knee of the front leg and spot your hands on the bent leg. Feel the stretch in the lower leg that is reached out behind. Hold for ten seconds for the warm-up & 15 seconds for your cool-down.

### Hamstring Stretch

Spot one leg in front, heel on the floor and twist the knee of the back leg. At

that point place two hands on the supporting leg and feel the stretch completely through the back of the straight leg. Hold for ten seconds for your warm-up & 20 seconds for your cool-down.

### Quadriceps Stretch

Remain with good posture and twist one leg behind you, bringing the foot toward the butt cheek. Delicately hold the foot or sock of the bent leg. Keep the supporting knee somewhat bent. Hold for 10 seconds on every leg for your warm-up and for 15 seconds on every leg for your cool-down.

### Triceps Stretch

Remain with a solid, firm, straight back, with knees marginally bent and tummy pulled in. Lift one arm and twist it behind your head, intending to get your hand between your shoulder bones. Delicately support it with your other arm. For your warm-up, hold for 10 seconds at that point rehash with the other arm. Hold for 15 seconds on each arm for your cool-down.

### Chest Stretch

Remain with good posture and bring your arms behind you, lifting your shoulders up and back to feel the stretch in the chest. Hold for 10 seconds for your warm-up. Hold for 15 seconds for your cool-down.

### Back Stretch

Remain with good posture. Keep the knees delicate and tummy pulled in. Hold your arms in front of you and envision you are embracing a major volleyball, feeling the stretch in the back. Hold for 10 seconds for your warm-up. Hold for 15 seconds for your cool-down.

# HEALTH AND SAFETY

This is one of the most significant areas to peruse in this book, because your wellbeing and security is the most significant thing, and you ought to consistently apply these guidelines when you work out.

## YOU SHOULD ALWAYS:

- Warm-up, stretch and afterward chill off as a major aspect of your exercises.
- Listen to your body, on the off chance that something harms or doesn't feel right, at that point stop.
- Drink a lot of water.
- If outside, at that point wear sunscreen and keep away from the late morning sun.
- If outside, consistently take a cell phone with you and consistently let somebody know where you are going.
- If outside, wear brilliant garments.

What's more, Never:

Work out if you are feeling unwell.

- Be restless after an injury and rush back to exercise; be understanding as it will pay profits over the long haul.
- Work out on an unfilled stomach.
- Exercise through pain.

Furthermore, MOST IMPORTANTLY, NEVER DOUBT YOURSELF AND ALWAYS FIND THE TIME TO DO ONE OF THIS WORKOUTS.

On the off chance that YOU INJURE YOURSELF.

The main thing you ought to do on the off chance that you injure yourself when you are practicing is to stop right away! It is prescribed for any sprains, inflammations, bruising, or swelling that you apply ice therapy straightaway to the spot of the injury.

Ice therapy is best applied to a new injury. When we injure ourselves, our bloodstream increments to the injured area since this is simply the body's initial step of mending. Such a rush of liquid packs the nerves, which at last causes painful swelling. If the swelling isn't controlled, it can damage tissues further and this way should be decreased. The advantages of applying ice will be to diminish seeping into the tissues, counteract or lessen swelling (aggravation), decrease muscle pain and fits, and lessen pain by desensitizing the area and by constraining the impacts of swelling. THERA°PEARL ICE PACKS are accessible at [www.therapearl.com](http://www.therapearl.com).

The impacts of diminishing swelling all assistance to keep the area from ending up solid by decreasing abundance tissue liquid that assembles because of injury and aggravation. Regardless of whether it's a torn tendon, bruising, or sore muscles, ice packs are effectively flown into the cooler and after that applied to shield your body from repeating pain and enduring harm. When you are preparing, take a THERA°PEARL ice pack with you in the event of some unforeseen issue, and interestingly, it molds to your body so you can apply pressure to the injured area effortlessly. You should just ever apply ice therapy for 20 minutes, and never apply ice therapy to areas of skin with poor sensation to warmth or chilly, over areas of the body with known poor course, if you have diabetes, or within the sight of contamination. Ensure you permit a total recuperation from any injury before you rush back into exercise. As disappointing for what it's worth to pause, you can essentially wind up aggravating an injury, and it is constantly a smart thought to get any injury looked at by a specialist or a master.

# WORKOUT INTENSITY GUIDE

It is important to exercise at a prescribed power to accomplish the advantages of HIIT.

Measuring exercise power can be laborious, costly, and tedious, yet you should simply find out about and adjust outstanding amongst other kept insider facts of the wellness world: THE RATE OF PERCEIVED EXERTION SCALE. This RPE scale enables you to screen the degree of power you are preparing at with the goal that you can guarantee you are working out at the right force for the HIIT exercises.

I advise that you familiarize yourself with this scale because we refer to these levels throughout the book, and each workout lists the RPE level you should be training at.

1. Nothing at all (sitting on the sofa)
2. Very, very light
3. Very light (gentle exercises)
4. Moderate
5. Somewhat hard
6. Hard (unable to hold a conversation)
7. Very hard
8. Very, very hard
9. Near exhaustion
10. Maximum

# THE WORKOUTS

## THE 4-MINUTE FAT-BURNER HIIT

WORKOUT Time: 4 MINUTES

Intensity: HARD

Timed/Reps: TIMED

Planes of Movement: SAGITTAL and FRONTAL

Tones: THIGHS, BOTTOM, ABS, and ARMS

RPE: 5 to 7

This one is straightforward! What's more, you will require a stopwatch for this. This workout has only two moves, which are the fat eliminators, in addition to a basic marching set up move, which is your rest exercise between the difficult exercises. They are both powerful moves, and they connect with different muscle gatherings and tone and shape all of you over. Similarly as with every one of my workouts, this one will leave your body consuming calories at a higher rate for quite a long time and hours after the workout. It is imperative to finish your warm-up and stretches.

### EXERCISE 1: DEEP SQUAT STAR

Beginning in a deep squat position, hold the squat and afterward hop up as high as possible, intending to get your arms and legs out wide. At that point land once more into your deep squat position. Repeat this for precisely 20 seconds.

At that point go straight into 10 seconds of marching set up. This is your recuperation time, so you don't have to walk quickly, however simply keep your body moving and take in some decent deep breaths.



## EXERCISE 2: MOUNTAIN CLIMBER

After the 10 seconds of marching, go straight to the floor. With your hands somewhat before your shoulders, bring one knee into the chest, hold, and after that bring the other knee in. If you need a genuine test, at that point do this quick so it is much the same as you are running. Do this for precisely 20 seconds.

At that point return straight up to your walk for precisely 10 seconds.

REPEAT THESE TWO EXERCISES NONSTOP another three times absolute, which will give a precisely 4-minute workout. Make sure to do your chill off stretches and drink a glass of water a short time later.

## **THE 5-MINUTE HIIT WORKOUT**

Time: 5 MINUTES

Power: MODERATE to HARD

Reps: TIMED

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: THIGHS, BOTTOM, ABS, ARMS, WAIST, and LEGS

RPE: 5 to 7 Just 5 minutes is all you need.

The exercises I have chosen for this has a ground-breaking blend of frontal moves which help to attract your muscles from each point. So the inches fall off quickly, and the high effect moves inside this exercise are incredible quick fat terminators. Before you start, do your warm-up and extends.

### EXERCISE 1: SKATER'S LUNGE

Keeping your hips square, place your right foot corner to corner behind you, impact point lifted. Lower into a lunge; don't release the front knee past the toes. Broaden the right arm over your body and the forgot about to the side. Presently change to the opposite side with a jump. (If you are an apprentice to exercise, you can simply step over.) Alternate from side to side for 50 seconds, with a 10-second rest period.

### EXERCISE 2: ABDOMINAL ROPE PULL

Lying face up with your legs fully extended, envision you have a bit of rope around your feet and go through your hands to pull yourself as high as possible. Traverse the other, keeping your head and shoulders lifted. Rehash for 50 seconds, with a 10-second rest period.

### EXERCISE 3: CANNONBALL SQUAT

Start in a profound squat position and perform 3 profound squats, ensuring you keep your knees behind your toes and staying your base back. At that point jump up high and land back in a profound squat. Squat multiple times

and afterward jump once more. Rehash for 50 seconds, with a 10-second rest period.

#### **EXERCISE 4: PLANK LUNGE**

Beginning in a board position, bring your right foot toward your right hand, hold, and after that return in a board position. At that point carry the left foot to one side hand. Keep your tummy pulled in. Rehash for 50 seconds, with a 10-second rest period.

#### **EXERCISE 5: Wiper Waist Move**

Start in a recumbent situation with legs fully extended, keeping your knees over the line of your hips, toes facing up, and your arms out to your sides, with your palms looking up. Presently gradually lower to the other side (just to a 45-degree edge), return to focus, and after that lower to the opposite side, always keep your tummy pulled in.

Rehash for 50 seconds, with a 10-second rest period. Complete your chill off stretches. Also, drink a glass of water.

### **THE 7-MINUTE HIIT WORKOUT**

Time: 7 MINUTES

Power: MODERATE to HARD

Coordinated/Reps: TIMED

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: ABS, ARMS, WAIST, BOTTOM, THIGHS, LEGS, and CHEST

RPE: 5 to 7

So this is straightforward. We have seven exercises, and everyone you perform for 50 seconds, with a 10-second rest period before proceeding

onward to the following. This workout uses every muscle gathering, so in only 7 minutes you will get a full-body workout and feel extraordinary a while later. Snatch your stopwatch for this one. Complete your warm-up and extends.

#### EXERCISE 1: WALKOUT PRESS

Remaining in great stance, your feet ought to be hip-width separated and your knees somewhat bowed. Keeping your tummy muscles pulled in, gradually start to walk your hands down the front of your legs until both your hands contact the floor. At that point continue strolling your hands out until you are in a full board position and perform 1 push-up. Presently gradually walk your hands back in and afterward back up your legs, coming back to the start position. Hold for a second and after that rehash. Continue doing this for 50 seconds. At that point have a 10-second rest period.

#### EXERCISE 2: LUNGE AND KICK

Start in a profound thrust position with your hands on your hips. At that point kick your left leg straight out in front and lift your arms to bear stature. At that point come back to the start position. Rehash for 25 seconds on the left leg and afterward do likewise on the correct leg. Pursue with a 10-second rest period.

#### EXERCISE 3: JUMP UP

Start in a prostrate position with arms extended over your head. At that point come straight up to a standing position as quickly as you can and bounce high. Return directly to the start position, and do this for 50 seconds. At that point have a 10-second rest period.

#### EXERCISE 4: HOP IT

Bounce on your left leg for 25 seconds, intending to arrive delicately each time. At that point change to your correct leg, ensuring you keep your chest area straight and your tummy pulled in. At that point have a 10-second rest

period.

#### EXERCISE 5: V CRUNCH

Spot hands and feet on the floor and afterward lift one leg high up behind you. Delay for a second and afterward bring the knee close in toward your chest. Do this for 25 seconds on one leg before changing to the next leg. Ensure you keep those tummy muscles pulled in. At that point have a 10-second rest period.

#### EXERCISE 6: AB SHAPER

Sitting on the floor with your knees twisted and feet on the floor, turn from your abdomen and arrive at your hands around to the other side, hold, and afterward pivot to the contrary side. On the off chance that you need to work those abs harder, at that point you can recline somewhat. Do this for 50 seconds, and afterward have a 10-second rest period.

#### EXERCISE 7: FACEDOWN KNEE TO CHEST

On the floor with your hands marginally before your shoulders, carry one knee into the chest, hold, and afterward change to the next knee. If you need a genuine test, at that point do this quick, so it is much the same as you are running. Do this for precisely 50 seconds, and after that have a 10-second rest period. Toward the finish of the workout, you should finish your chill off stretches and drink a glass of water.

## **BEGINNER'S HIIT WORKOUT**

Time: under 10 MINUTES

Intensity: MODERATE

Timed/Reps: TIMED

Planes of Movement: SAGITTAL and TRANSVERSE

Tones: LEGS, BOTTOM, ABS, and ARMS

RPE: 5 to 6

This workout is a perfect way to introduce HIIT training if you are new to fitness or if you are looking for a HIIT workout that has very little jumping up and down.

This to be for the mainly low effect and consequently, it is agreeable on your joints and flawless if you are new to wellness. This exercise is incredible and connects loads of significant muscle gatherings so you get a decent calorie consume. The four moves work you through a decent full scope of movement, which is the thing that makes this a profoundly viable HIIT exercise. Complete your warm-up and extends.

### **EXERCISE 1: WALK IT DOWN MOVE**

Remaining with a great stance, your feet ought to be hip-width separated and your knees marginally bowed. Keeping your stomach muscles pulled in, gradually begin to walk your hands down the front of your legs until two hands contact the floor. At that point continue walking your hands out until you are in a full board position and hold for several seconds, ensuring you keep your back straight and stomach pulled in. Gradually walk your hands back in then back up your legs, coming back to your beginning position. Hold for a second and after that rehash. Keep doing this for 40 seconds. At that point have a 20-second rest period in which you should just gently march set up.

## EXERCISE 2: KICK IT OUT MOVE

Start in a squat position. Ensure you squat low, however, don't give your knees a chance to reach over the line of your toes. Expand your arms out in front and hold for a second. At that point stand up and rapidly kick one leg straight out in front while simultaneously pressing both your arms behind you, keeping your palms confronting endlessly. Return directly to your squat position, hold, and afterward stand up and kick with the other leg. Continue doing this for 40 seconds, and after that have a 20-second rest period in which you should just gently march set up.

## EXERCISE 3: 180-DEGREE TURN

Staying with extraordinary position and stomach pulled in, face one side of the room. Directly bob up and land with the objective that you are at present defying the opposite side of the room. The jump is the principle high-influence move in this exercise, so you can either do this as an amazingly low and light bob or, in case you have to a more noteworthy degree a test, as a high bounce. Land gently, hold for a couple of moments, and after that bounce back to the side of the room you looked at the start. Repeat for 40 seconds, and a short time later have a 20-second rest period in which you should just gently walk set up.

## EXERCISE 4: TRAVELING LUNGE

Standing with good posture and tummy pulled in, step forward with your left foot and come into a lunge position. Place your hands on your hips and hold this position for a second. Then lunge forward with your right foot, holding the position for a second. Keep alternating legs as you travel from one end of the room to the other. Always keep your upper body straight and tummy pulled in and never let your knees travel beyond the line of your toes. Keep doing the lunges for 40 seconds, and then have a 20-second rest period in which you should just gently march in place. Now that all 4 exercises are complete, get a 30-second rest period and repeat the whole routine once more. When you are finished, have a glass of water, and perform all the stretches.

## **PARK BENCH HIIT WORKOUT**

Time: Under 10 Minutes

Force: MODERATE to HARD

Planned/Reps: REPS

Planes of Movement: SAGITTAL and TRANSVERSE

Tones: ABS, WAIST, BACK, BOTTOM, LEGS, THIGHS, and CHEST

RPE: 5 to 7

Bench or box, this is an extraordinary method to do a HIIT exercise, because the bench can help raise power by including step-ups and additional exercises, for example, bunny hops, which will rapidly get the pulse up. So you are expanding your wellness and consuming fat simultaneously. Complete your warm-up and extends.

### **EXERCISE 1: BUNNY HOPS**

Remaining to the side of the bench, place hands immovably on the bench and have your knees marginally twisted. Push off utilizing your heels and your legs and bounce over to the opposite side of the bench. At that point promptly hop back to the opposite side. Complete 40 repetitions, and after that have a 10-second rest period.

### **EXERCISE 2: BENCH PUSH-UP**

Come into a push-up position, keeping the tummy pulled in tight. Your heels, hips, and head should all be in a straight line. As you play out the push-ups, make certain to always keep those tummy muscles pulled in. Complete 25 repetitions (on the off chance that you have to, you can do 15, at that point rest for 10 seconds, and after that do the rest of).

### **EXERCISE 3: STEP IT UP**

Stand, confronting the bench and step up utilizing the left leg. Do 20 step-ups



on the left leg, and after that switch legs and do 20 step-ups on the correct leg. Keep up great stance all through. If you need all the more a test, you can include hops.

#### EXERCISE 4: ARM DIPS

Sit on the edge on the bench with your hands somewhat more extensive than shoulder-width separated and your fingertips pointing forward, keeping your tummy pulled in. Drop your body down toward the ground by bowing your elbows. Keep your shoulders pointing straightforwardly in reverse, hold for a second, and after that push back up. Complete 20 repetitions. On the off chance that you need to make it harder, expand your feet more distant before you.

#### EXERCISE 5: STEP-UP KNEE LIFT

Start by standing by the side of the bench. Then step up with the leg closest to the bench, bring the opposite knee and arm up. Hold for a second and then lower back to start position. Do 20 repetitions on one side and then turn around to repeat on the other side.

## EXERCISE 6: V-CRUNCH

Sitting on the seat place, your hands behind you, solidly grasping the back of the seat. Recline marginally and pull in your tummy muscles. Twist your legs and after that gradually and controlled broaden your legs from your body and recline somewhat more distant as you twist the elbows. Hold for a second and afterward return up to start position. Complete 20 repetitions of these. Take a 40-second rest period doing a delicate walk, and after that recurrent the entire routine once more. When finished, have a glass of water and play out the entirety of your chill off stretches.

## HOME HIIT CIRCUITS

Time: Under 12 Minutes

Force: MODERATE to HARD

Coordinated/Reps: REPS

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: ABS, LEGS, BOTTOM, THIGHS, and ARMS

RPE: 5 to 7

This exercise should be possible at home utilizing the littlest measure of

room, and you needn't bother with any hardware (likewise with the vast majority of my exercises). Each move utilizes your body weight as opposition, yet despite everything you get the full impacts of conditioning, chiseling, and fat consuming. Ensure you complete your warm-up and extends.

#### EXERCISE 1: T LUNGE

Start in a rush position with your arms fully extended out to your sides and your palms face down and by your shoulders. Presently push back up to a standing position, keeping arms out and chest area straight. Keep and afterward rush down with the contrary leg. Rehash this and complete 50 repetitions. At that point take a 10-second rest by walking in place.

#### EXERCISE 2: SIDE DROPS

Start in a standing position with great stance and your arms fully extended before you at shoulder height. Presently along the side thrust your left leg out to the side and contact the ground with your right hand. Hold for a second, and afterward push back up to the start position. Presently this time thrust along the side with your right leg and contact the ground with your left hand. Rehash this exercise for 50 repetitions and after that take a 10-second rest by walking in place.

#### EXERCISE 3: PLANK LEG CROSS

Start in a fully extended board position, keeping your midsection muscles tight. With control, cross your left leg under to the right side, hold, and afterward return into the board position. Hold and after that cross your right leg under to the left side. Continue rotating for 40 repetitions (or less on the off chance that 40 is excessively testing), and then walk in place for a 10-second rest. Make sure to keep those tummy muscles dismantled in to ensure your back.

#### EXERCISE 4: TOUCH THE FLOOR DROP

Stand straight with one leg somewhat extended behind you, arms raised to shoulder height and draw in your tummy muscles. Presently gradually twist

from the main leg and attempt to contact your fingertips to the floor. Keep and after that descend up, continually keeping your head above heart level (i.e., don't drop your head yet keep it lifted). Repeat for 40 repetitions and afterward walk in place for a 10-second rest.

#### EXERCISE 5: AB LEG LIFT TONER

In a seated situation with your arms twisted and fingertips by the sides of your head, extend one leg out in front, keeping your tummy muscles pulled inconsistently. Presently twist the extended leg back to the floor and after that extend the other leg. On the off chance that you need to work those tummy muscles more earnestly, recline somewhat more remote. Repeat for a sum of 40 repetitions and after that march set up for a 10-second rest.

#### EXERCISE 6: HIGH AND LOW MOVE

Start on your pussyfoots with your arms over your head. Come into a deep squat and attempt to contact the floor with your right hand. Hold for a second and afterward return straight up onto your pussyfoots with arms over your head. Lower into a deep squat again and attempt to contact the floor with your right hand. Repeat for an aggregate of 40 repetitions and after that march set up for a 10-second rest.

When you have finished this round, have a beverage of water, and after that repeat it, yet this time simply perform 20 repetitions for each exercise. At that point get some more water lastly finish the last round by doing only 10 repetitions of each exercise. At that point total all your chill off stretches.

# **THE GET STRONG HIIT WORKOUT**

Time: Under 10 Minutes

Force: HARD

Planned/Reps: Timed and REPS

Planes of Movement: SAGITTAL and FRONTAL

Tones: BICEPS, SHOULDERS, BACK, CHEST, LEGS, ABS, BOTTOM, and CLAVES

RPE: 5.5 to 7.5

This workout is tied in with structure upper-body quality and expanding stamina and speed. The push-ups help to build up the arms, chest, and abs, and the plyometric jumps help increment stamina, speed, and continuance. Before you play out this workout, complete your warm-up and extends.

## **EXERCISE 1: POWER SIDE-TO-SIDE SQUAT**

Start in a deep squat position with arms before you. Jump up high to one side and land in a deep squat. Hold and afterward jump up high to one side, landing again in a deep squat. Do this for 40 seconds and after that rest for 10 seconds.

## **EXERCISE 2: PUSH-UP**

Beginning in a full push-up position, slowly lower your chest to the ground, keeping tummy muscles pulled in. Go for 50 repetitions. If you have to rest, that is fine. Rest for 10 seconds. Come into a kneeling position to give the upper body a little rest. At that point finish the remaining repetitions.

## **EXERCISE 3: KNEE TUCK JUMP**

Remain with great stance and your knees marginally twisted. Jump up high and attempt to bring your knees into your stomach and spot hands on the knees. Land delicately and attempt to rehash this for 40 seconds and afterward rest for 10 seconds.

#### EXERCISE 4: PUSH-UPS

Beginning in a full push-up position, slowly lower your chest to the ground, keeping tummy muscles pulled in. Go for 40 repetitions. On the off chance that you have to rest, that is fine. Rest for 10 seconds. Come into a kneeling position to give the upper body a little rest. At that point finish the remaining repetitions.

#### EXERCISE 5: LEFT LEG HOP

Jump to your left side leg, keeping your upper body straight and landing delicately. Do this for 40 seconds and afterward rest for 10 seconds.

#### EXERCISE 6: PUSH-UPS

Beginning in a full push-up position, slowly lower your chest to the ground, keeping tummy muscles pulled in. Go for 30 repetitions. On the off chance that you have to rest, that is fine. Rest for 10 seconds. Come into a kneeling position to give the upper body a little rest. At that point finish the remaining repetitions.

#### EXERCISE 7: RIGHT LEG HOP

Jump on your correct leg, keeping your upper body straight and landing delicately. Do this for 40 seconds and after that rest for 10 seconds.

#### EXERCISE 8: PUSH-UPS

Beginning in a full push-up position, gradually bring down your chest to the ground, keeping tummy muscles pulled in. Go for 30 redundancies. If you have to rest, that is fine. Rest for 10 seconds. Come into a bowing position to give the upper body a little rest. At that point finish the rest of the reiterations. Complete your chill off, and drink a glass of water.

## **SHRINK THAT BELLY HIIT WORKOUT**

Time: Under 12 Minutes

Force: MODERATE to HARD

Timed/Reps: TIMED

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: ABS, WAIST, CORE, LEGS, and BOTTOM

RPE: 5 to 7

This exercise involves three high fat-consuming moves that help strip off stomach fat. Each exercise is blended with a disconnected conditioning stomach move. You get the opportunity to connect every one of the three planes of movement, so in addition to the fact that you get those level abs, however you likewise get the opportunity to attract those midsection muscles simultaneously. Do your warm-up, and between each round, drink some water before you start. Toward the finish of the exercise total the full chill off.

### **EXERCISE 1: STAR JUMP**

Start in a half squat position, with your palms squeezed together and tummy muscles pulled in. Jump up as high as you can and lift both your arms legitimately up. At that point land back in the beginning position. Rehash this move for 50 seconds and afterward have a 10-second rest period.

### **EXERCISE 2: V-KICK ABS**

Start in a situated position with your knees twisted, the two feet off the floor, your arms behind you, and your fingers pointing forward. Keep tummy muscles pulled in and gradually twist your elbows, bringing yourself a few inches nearer down to the ground. Simultaneously expand legs from you, hold the position, and after that step the legs back in. Perform 20 redundancies gradually. It is significant all through the exercise that you

always draw in your muscular strength; the lower you go to the ground, the harder you work.

### EXERCISE 3: SCISSOR JUMP

Start in a misrepresented walk position. At that point jump noticeable all around while at the same time exchanging the arms and legs. Do this for 50 seconds. Continuously land delicately.

### EXERCISE 4: REACH IT UP ABS

Slightly recumbent on the floor with the two legs completely expanded and hip-width separated. Spot your fingertips on either side of your head and lift your head, and shoulders off the floor. Hold this position and after that expand the left arm straight up, attempting to contact the correct foot. Hold for a second and after that change arms, attempting to contact the correct hand to one side foot. Complete 40 reiterations. Ensure you keep the hips and legs flawlessly still.

### EXERCISE 5: CARDIO PUNCH

Remaining in a wide position with your knees marginally twisted and tummy pulled in, punch as hard and as quick as you can from side to side. It is significant that you keep the hips still and simply center around the move originating from the upper body. Do this for 50 seconds and after that have a 10-second rest period.

### EXERCISE 6: PLANK IT

Get in a board position with your toes tucked under and elbows straightforwardly under your shoulders. Attempt to keep your body in a straight line, pulling the gut button tight toward the spine. Hold this position for 30 seconds. Rehash the entire routine two times. At that point play out the



entirety of your chill off stretches and drink a glass of water.

## **THE SUPER BODY SCULPTOR HIIT WORKOUT**

Time: Less than 15 MINUTES

Force: HARD

Planned/Reps: TIMED and reps

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: CHEST, BICEPS, TRICEPS, LEGS, BOTTOM, SHOULDERS, OBLIQUES, and ABS

RPE: 6 to 7

This exercise is an intense one and takes a shot at peeling off overabundance muscle to fat ratio. The plyometric moves, accomplished for 40-second blasts, will take you to a level 7. This is the HIIT part of the exercise. You at that point have 10 seconds of recuperation before moving straight on to the following move. These exercises take a shot at structure power and quality with moves that will shape your arms, chest, and abs, giving you that fit, tore physical make-up. Continuously complete the warm-up and chill off

stretches.

#### EXERCISE 1: POWER SIDE-TO-SIDE BLAST

Spot two hand weights on the floor a few inches separated. Remain by the side of one hand weight in a deep squat position. Start jumping crosswise over them from side to side. Land softly and keep your knees behind the line of your toes. Do this exercise for 40 seconds and after that rest for 10 seconds.

#### EXERCISE 2: IRON MAN PUSH-UP

In a push-up position, place your fingertips together, framing a precious stone shape. Slowly lower your chest to the floor, enabling your elbows to indicate the sides. At that point slowly push back up. Keep your tummy muscles pulled in tight. Complete 20 repetitions slowly.

#### EXERCISE 3: JUMPING LUNGE

Start in a lunge position with the left leg in front. Jump up, exchanging legs noticeable all around, and land in a lunge position with the correct leg in front. Continuously keep your chest area straight and land softly. Repeat for 40 seconds and after that rest for 10 seconds.

#### EXERCISE 4: ROCK HARD ABS

Falsehood prostrate with knees twisted and feet level on the ground, holding your hand weights (these ought not to be substantial) on your chest. Draw in your tummy muscles as you sit up and punch your correct arm over your body, hold, and afterward dropdown. Sit back up and punch the left arm over. Keep tummy muscles pulled in tight as you do this. Complete 20 repetitions slowly.

#### EXERCISE 5: MOUNTAIN RUNNERS

Starting in a plank position, acquire your correct knee toward your chest, hold, and after that spot your foot in a plank position. Presently bring your left knee into your chest. Keep your tummy muscles pulled in. Refresh for 40 seconds and afterward rest for 10 seconds.

## **EXERCISE 6: PRISONER JUMP SQUATS**

Start in a deep squat position with your hands caught being your head. Jump up high and after that land back in the start position. Land softly. Complete 20 repetitions slowly. Refresh this grouping multiple times altogether, taking into account a 30-second rest period between each round. Toward the end, consistently do your chill off and stretches and drink a glass of water.

## **THE SUPER BODY SCULPTOR HIIT WORKOUT**

Time: Less than 15 MINUTES

Force: HARD

Planned/Reps: TIMED and reps

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: CHEST, BICEPS, TRICEPS, LEGS, BOTTOM, SHOULDERS, OBLIQUES, and ABS

RPE: 6 to 7

This exercise is an intense one and takes a shot at peeling off overabundance muscle to fat ratio. The plyometric moves, accomplished for 40-second blasts, will take you to a level 7. This is the HIIT part of the exercise. You at that point have 10 seconds of recuperation before moving straight on to the following move. These exercises take a shot at structure power and quality with moves that will shape your arms, chest, and abs, giving you that fit, tore physical make-up. Continuously complete the warm-up and chill off stretches.

## **EXERCISE 1: POWER SIDE-TO-SIDE BLAST**

Spot two hand weights on the floor a few inches separated. Remain by the side of one hand weight in a deep squat position. Start jumping crosswise over them from side to side. Land softly and keep your knees behind the line of your toes. Do this exercise for 40 seconds and after that rest for 10 seconds.

#### EXERCISE 2: IRON MAN PUSH-UP

In a push-up position, place your fingertips together, framing a precious stone shape. Slowly lower your chest to the floor, enabling your elbows to indicate the sides. At that point slowly push back up. Keep your tummy muscles pulled in tight. Complete 20 repetitions slowly.

#### EXERCISE 3: JUMPING LUNGE

Start in a lunge position with the left leg in front. Jump up, exchanging legs noticeable all around, and land in a lunge position with the correct leg in front. Continuously keep your chest area straight and land softly. Repeat for 40 seconds and after that rest for 10 seconds.

#### EXERCISE 4: ROCK HARD ABS

Falsehood prostrate with knees twisted and feet level on the ground, holding your hand weights (these ought not to be substantial) on your chest. Draw in your tummy muscles as you sit up and punch your correct arm over your body, hold, and afterward dropdown. Sit back up and punch the left arm over. Keep tummy muscles pulled in tight as you do this. Complete 20 repetitions slowly.

#### EXERCISE 5: MOUNTAIN RUNNERS

Starting in a plank position, acquire your correct knee toward your chest, hold, and after that spot your foot in a plank position. Presently bring your

left knee into your chest. Keep your tummy muscles pulled in. Rehash for 40 seconds and afterward rest for 10 seconds.

## **EXERCISE 6: PRISONER JUMP SQUATS**

Start in a deep squat position with your hands caught being your head. Jump up high and after that land back in the start position. Land softly. Complete 20 repetitions slowly. Rehash this grouping multiple times altogether, taking into account a 30-second rest period between each round. Toward the end, consistently do your chill off and stretches and drink a glass of water.

## **RUNNING HIIT WORKOUT**

Time: 15 Minutes

Force: MODERATE to HARD

Timed/Reps: TIMED

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: ABS, WAIST, CORE, LEGS, and BOTTOM

RPE: 5 to 7

Improve your running perseverance and speed with this HIIT workout. The shorter blasts of higher power will build your pace and improve your running stamina. Toward the finish of the workout, It is prescribed that you to do 20 power side-to-side blasts since this gives you a powerful plyometric move that will help build power in your legs and draw in the additional plane of movement. When you get fitter, you can include the 15-minute schedule gave beside your running. Utilizing slight grades as the slopes are an extraordinary method to build power in the lower body, which at last assists with your speed.

## **THE 15-MINUTE ROUTINE**

2 minutes and 30 seconds running at a typical pace: Level 5

20 seconds run as quick as possible: Level 7

10 seconds delicate running: Level 5

Rehash 5 TIMES

Finish with 40 POWER SIDE-TO-SIDE BLASTS

RUNNING TIP

Inhale through your nose and mouth to ensure you get a lot of oxygen to your muscles while running. When running at a more slow pace, center around accepting profound midsection breaths as this will help counteract any sidelines.

## **THE FREE WEIGHTS HIIT WORKOUT**

Time: 15 MINUTES

Power: MODERATE to HARD

Coordinated/Reps: TIMED and Reps

Planes of Movement: SAGITTAL and TRANSVERSE

Tones: BICEPS, SHOULDERS, OBLIQUES, CHEST, TRICEPS, LEGS, BOTTOM, and ABS

RPE: 5 to 7.5

This workout demonstrates that HIIT isn't about cardio! You can get astounding outcomes by doing a blend of cardio and free weights, and the advantage of both these styles of preparing is that they are both high-fat killers. Combining them helps fabricate a more grounded solid body as well as enables strip off overabundance body to fat by raising your resting metabolic rate (the measure of calories your body consumes). It remains raised for quite a long time after your workout. Before you play out your workout, ensure you complete your warm-up. For the free weights, I prescribe you utilize a weight that you can lift for at any rate 8 to 12 repetitions before it feels testing, so a decent guide is to discover the weight that hits that challenge point. On the off chance that you feel tested after a couple of repetitions, the weight is excessively substantial, and if you believe you could prop up after 25 repetitions, the weight is excessively light.

#### EXERCISE 1: HIGH KNEES IN PLACE

Running in place, attempt to get your knees high, siphoning through with your arms. Keep your back straight and land softly. Do this for 60 seconds and afterward gently march in place for 10 seconds.

#### EXERCISE 2: ALTERNATING BICEP CURLS

Stand straight with your arms bowed so the two weights are by your chest. Gradually begin to drop one weight down toward your hip. You are straightening the arm. At that point lift the weight back up and switch arms. Continue alternating for 20 repetitions.

#### EXERCISE 3: HIGH KNEES IN PLACE

Running in place, attempt to get your knees high, siphoning through with your arms. Keep your back straight and land softly. Do this for 50 seconds and after that gently march in place for 10 seconds.

#### EXERCISE 4: WEIGHTED SIDE BENDS

Hold your free weights on either side of your body. Gradually curve to the other side, bringing down the weight toward your knee while carrying the

other weight up hidden from plain view. Hold for a second and after that, gradually let back down alternating from side to side. You must keep your knees delicate and your belly muscles pulled in. Try not to lean forward or backward. Plan to complete 22 repetitions.

#### EXERCISE 5: HIGH KNEES IN PLACE

Running in place, attempt to get your knees high, siphoning through with your arms. Keep your back straight and land softly. Do this for 40 seconds and after that gently march in place for 10 seconds.

#### EXERCISE 6: WEIGHTED SQUAT

Stand straight with good posture and your arms down at your sides, clutching your free weights. Gradually twist, coming into a squat. Attempt to get the weights as near the floor as you can and after that push back up. Attempt to finish 20 repetitions.

#### EXERCISE 7: HIGH KNEES IN PLACE

Running in place, attempt to get your knees high, siphoning through with your arms. Keep your back straight and land softly. Do this for 30 seconds and afterward gently march in place for 10 seconds.

#### EXERCISE 8: FREE WEIGHT LUNGE

Remain with good posture and your arms somewhere around your sides. Presently thrust forward on your left leg while simultaneously bringing both your arms up to you toward your chest. Keep and then push down the left foot and come up to standing and straighten the arms. At that point jump with right foot, again playing out a biceps twist with the weights. Mean to do 20 exchanging repetitions.

#### EXERCISE 9: HIGH KNEES IN PLACE

Running in place, attempt to get your knees high, siphoning through with



your arms. Keep your back straight and land softly. Do this for 20 seconds and afterward gently march in place for 10 seconds.

## **EXERCISE 10: FREE WEIGHT CHEST PRESS**

Lying recumbent on the floor holding your free weights with your arms bowed and palms looking ahead. Presently gradually broaden the two arms straightforwardly up above you, hold for a second, at that point gradually lower them. Expect to complete 20 repetitions. Presently take a 30-second rest period, snatch some water, and afterward rehash the exercise again. Finish with your chill off stretches.

## **THE SKIPPING HIIT WORKOUT**

Time: Under 8 Minutes

Power: Hard

Coordinated/Reps: TIMED and Reps

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: LEGS, CHEST, ARMS, BACK, and ABS

RPE: 6 to 7.5

For this high-power exercise, all you need is a jump rope. The exercise has a blend of high-force skipping moves joined with three moves that utilization the jump rope without skipping! I structured this exercise so you get an extraordinary cardio exercise just as exceptional muscle working with my interesting no skip exercises. Complete your warm-up.

#### EXERCISE 1: LEFT LEG HOP SKIP

Skip by doing a jumping skip on your left leg for 30 seconds. If you are new to skipping, at that point stay with a basic skip.

#### EXERCISE 2: SQUAT JUMP ROPE

Lay the skipping rope on the floor and remain behind it. Come into a squat position and afterward jump over the rope, landing in a profound squat. At that point jump back over the rope. Complete 30 repetitions.

#### EXERCISE 3: DOUBLE-FEET SKIP

Skip by jumping the two feet off the ground simultaneously. Attempt to skip high, and land softly. Do this for 30 seconds.

#### EXERCISE 4: HORIZONTAL AB JUMP

Place the jump rope on the floor. Get onto the floor on your hands and feet. Place your hands on either side of one finish of the rope and feet together on one side of the rope. Jump them up high and land the two feet on the opposite side of the rope. Repeat for 30 repetitions.

#### EXERCISE 5: RIGHT LEG HOP SKIP

Do skipping bounces on the correct foot. Mean to do this for 30 seconds. If

you are new to skipping, at that point stay with a basic skip.

### **EXERCISE 6: ULTIMATE AB MOVE**

Falsehood recumbent with legs expanded and jump rope folded over feet. Clutch the two parts of the bargains, folding over your hands until the rope has a strain. Presently lift your head and shoulders off the floor and dismantle the rope from side to side, keeping your head and shoulders off the floor.

Complete 30 repetitions. Rehash the routine again however diminish each exercise by 10, so knock off 10 seconds or 10 repetitions. At that point rehash, again knocking off an additional 10 seconds or 10 repetitions. At that point play out your chill off and extends.

### **THE SKINNY JEANS IN 3 MOVES HIIT WORKOUT**

Time: Under 7 MINUTES

Power: MODERATE to HARD

Coordinated/Reps: TIMED and Reps

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: HIPS, LEGS, BOTTOM, WAIST, and OUTER and INNER THIGHS

RPE: 5 to 7

Nothing feels superior to anything being overly conditioned and etched when you slip into your preferred pair of skinny jeans. This workout is only three moves intended to focus on all the key zones that characterize an attractive shape in your jeans. The other advantage of the exercises is that I have

planned them so they have what we allude to as "compound moves." They connect bunches of muscles, and this additionally implies you consume heaps of calories simultaneously. This workout is ensured to make you feel astounding in those skinny jeans. Before you start, do your warm-up.

### EXERCISE 1: SKINNY JEAN JUMP

Start in a standing position with good posture. Jump straight up, at that point land, and after that jump straight up once more. After the subsequent jump, as you land, come straight into a profound squat, attempting to contact your fingertips to the floor. Hold and after that rehash for 20 repetitions.

### EXERCISE 2: SHAPE YOUR BOTTOM LIFT

Start in a thin squat position with your arms twisted. Hold this position and afterward stretch out up by pushing your arms legitimately overhead and pressing one leg out behind you. Hold for a second, truly crushing the bottom of the lifted leg tight. At that point return to the start position and rehash on the contrary leg. Complete 40 repetitions of these.

### EXERCISE 3: JEAN CURTSY

Remaining with good posture, feet hip-width separated and arms crossed, gradually dip to the other side by taking one leg out behind you and after that twisting through your knees, as yet keeping the chest area straight. Hold and after that arrival to the start position. Complete 20 repetitions on one leg and afterward do another 20 repetitions on the other leg. So if you are urgent to feel fab in your skinny jeans, at that point you could rehash this normal a few times, and consistently finish with your chill off.

## **THE CALORIE-BURNING CHAIR HIIT WORKOUT**

Time: Under 10 MINUTES

Power: MODERATE to HARD

Coordinated/Reps: TIMED and Reps

Planes of Movement: SAGITTAL, FRONTAL, and TRANSVERSE

Tones: ABS, ARMS, WAIST, BOTTOM, LEGS, and BUST INNER and OUTER THIGHS,

RPE: 5 to 7

All you requirement for this exercise is a chair or a durable surface; I do prescribe that you place the chair against a wall to guarantee it stays firmly in place. The seven moves are going to give you a full-body conditioning exercise, and utilizing the chair will help increment your calorie consumption. Additionally, consistently utilize an extraordinary scope of development with each exercise which causes you to get astounding outcomes. Before you start, do your warm-up.

### **EXERCISE 1: STEP IT UP**

Stand, confronting the chair. Step up, guaranteeing the two feet are firmly placed on the chair, hold for a second, and afterward step down. Lead with the left leg for 30 seconds, and after that lead with the correct leg for an additional 30 seconds. Always keep up great stance and keep your tummy pulled in.

### **EXERCISE 2: CALORIE RUN**

Incline toward your chair so your hips are dropped and hands firmly placed on the chair. Place the chair against a wall to guarantee it can't slip. Just copy the move of running, getting your knee toward your chest. Try to keep your back straight while rotating legs. Do this for 30 seconds.

### EXERCISE 3: CHAIR SQUAT

Face your chair, remaining with a great stance. Gradually lower into a profound squat, planning to place your hands on the chair. Hold for a second, and after that gradually push back up to the beginning position. Complete 30 repetitions.

### EXERCISE 4: AB AND ARM TONER

Incline toward your chair, in the wake of guaranteeing it is firmly in place and won't slip. Ensure your body is in a straight line, hips dropped, and tummy muscles pulled in. Gradually expel one hand from the chair and contact the other shoulder, hold, and after that lower the hand. At that point lift the contrary hand to contact the other shoulder, continually keeping those tummy muscles pulled in. Complete 30 repetitions altogether.

### EXERCISE 5: ULTIMATE THIGH TONER

Standing side on to your chair, place one leg on the chair and after that come into a squat position, ensuring you don't give the line of the knee a chance to come over your toes. At that point squat a little lower, hold for a second, and after that return up. Complete 20 redundancies on one leg before changing sides to work the contrary leg.

### EXERCISE 6: CHAIR AB BLAST

Untruth prostrate with the two feet and lower legs laying on the chair. Attempt to reach up and, with two hands, touch the highest point of the chair. Hold for a second before lowering. At that point attempt to touch one side of the chair with two hands, at that point lower, at that point return up and touch the middle, at that point lower, and now this time stretch around to the contrary side of the chair. Complete 40 reiterations. Always keep those tummy muscles pulled in.

### EXERCISE 7: CHAIR LUNGE

Step away from your chair and lay one foot on the chair. Expand your arms

out before you, ensuring the front foot is far enough forward that when you jump down your knee doesn't go over the line of the toes. Keep your tummy muscles pulled in and chest area straight. Gradually lower yourself to the ground marginally, hold for a second, and after that push back up.

Do this for 30 seconds on one leg before changing to the next leg. When you have finished this exercise, ensure you complete your chill off stretches.

### Foam Rolling Tips

Start with less thick rollers and climb. These are an assortment of froth rolling densities, so in case you're simply beginning, leave on a milder roller. From there you can climb to a thick roller or even the startling advance cousin: The RumbleRoller (which has edges and torment grooves). As you roll each muscle, make a point to hold the delicate zones for 30 seconds to one moment. Inhale and consider the muscle unwinding, as it will trigger a neuromuscular reaction in the muscle to unwind. Our muscles are covered in a layer of connective tissue, called sash, which can develop and progress toward becoming packaged after some time. This can cause inconvenience, irritation and urge us to repay by adjusting our typical development designs. Development adjustment and remuneration can prompt damage. Hence, the froth roller can be a fruitful strategy to keep up the full scope of movement and secure our muscles in regular and wellness exercises.

Try not to roll over joints in your body, particularly your knees, elbows, or lower legs. Roll paving the way to the joint, however never finished. Be careful when rolling your back muscles to keep a straight spine; abstain from contorting from side to side, as we have gliding ribs that you certainly would prefer not to roll.

This is certifiably not a detached method. The advantages are like profound tissue rub, however here's the arrangement: you're the back rub specialist. This implies you need to do a smidgen of work by holding your body weight as you roll. On the off chance that this places any strain on your wrists, descend onto your lower arms or lessen the measure of weight on your arms by changing as required. The more you do it, the simpler it will turn into.

# Some HIIT Tips for Beginners

•HIIT isn't suggested for fitness beginners or those with heart concerns or hip, knee, as well as joint contemplations. Check with your primary care physician before starting any kind of fitness plan, and respect your body. That being stated, there are a few different ways to use HIIT strategies in your starting fitness plan, just as some low-sway HIIT choices:

•You don't have to go all out. In case you're a progressed or moderate exerciser with a solid fitness establishment, you will have the option to propel yourself during the interval sets. In case you're simply beginning, ensure you can easily finish 30 minutes of unfaltering state cardio, five days out of every, prior week exploring different avenues regarding speed surges. Beginners: If you take a 30-minute walk or run five days every week, you are as yet working your cardiovascular framework, improving fitness, and consuming calories! After you feel good about that, you can converse with a doc about joining interval training.

•Aim for shorter work intervals with longer times of rest. An extraordinary beginning stage is 20 to 30 seconds of all the more challenging exertion and two minutes of rest. Interchange for a shorter exercise (10 to 15 minutes to begin; increase the time or lessening intervals as this ends up simpler). After you become increasingly OK with including intervals or speed surges, you can begin to increase the work span or reduction the rest length.

•For low-sway alternatives, explore different avenues regarding joint-accommodating modes, including the spin bike, curved, and swimming. The spin bike is a great beginning stage for interval training. Numerous classes incorporate speed drills and beat work, which is fabulous for expanding your heart rate and carrying it down to a recuperation state.

•Jogging in the pool is another brilliant low-sway cardio alternative, regardless of whether you run while siphoning water loads or using a submerged treadmill. Numerous rec centers offer water fitness classes that



are simple on the joints, particularly on the off chance that you've as of late recouped from damage. When you're taking water classes, recollect that you have the extra opposition of the water, so the greater and quicker the developments are, the additionally challenging it will be. Utilize your whole foot on the pool floor—it very well may entice "tippy-toe" the whole time—and appreciate the difference in the landscape! Much the same as spin classes, I had no clue how challenging water exercises could be the point at which I originally did them. I believe it's much the same as anything: you receive in return what you put into it.

- For bodyweight cardio choices and plyometrics: beginners should keep one foot on the floor consistently. Abstain from bouncing and test with a little movement. For instance, during a squat bounce, you will reach toward the floor (squat) and come up onto your pussyfoots with arms expanded overhead. This will increase your heart rate essentially without the need of joint effect.

- A basic approach to make an activity simpler and more challenging: slow down. I believe that many of us think that quicker is better, however, keeping up a good structure is unmistakably more important than speed. I'd preferably observe 10 excellent squats over 100 cringeworthy endeavors for acquiring a specific redundancy sum. When you penance structure for speed, not exclusively are you thumping at damage's entryway, yet you could likewise be conning yourself of an increasingly viable exercise. Concentrate on the muscles you're filling in as you move with aim through the activity.

### **Incorporating HIIT Intervals Into your Routine**

To help you take advantage of your HIIT workouts, here are a couple of approaches to incorporate them into your daily schedule. Here are several choices:

- Strength and HIIT. There are blended sentiments about whether you should finish the cardio or strength portion of your workout first. My conviction: evaluate your objectives and go from that point. You will probably have more vitality for the principal portion of your workout and have the option to work

more earnestly. So if fat consuming is your objective, I recommend performing the cardio or HIIT portion of your workout first. If strength addition and building fit muscle is your essential objective, do your strength set first and tail it with cardio. By the day's end, the individual inclination is critical. The combo doesn't have an enormous effect; heading off to the rec center and finishing your workout will have a higher effect on progress. The best workout is the one you'll do.

- HIIT impacts interweaved with your strength sets. An effective HIIT strategy is to perform a short round of HIIT intervals between your strength preparing sets. This will impact your heart rate and empower you to consume more calories during your workout, as your heart rate will be raised during the strength portions. (Likewise, if you perform circuit preparing, moving rapidly starting with one exercise then onto the next, this will keep up a higher heart rate during the workout.) For this strategy, perform a couple of sets of your strength exercises and include a cardio impact for 30 seconds to one moment before rehashing the strength circuit or proceeding onward to the following set of exercises. (For instance, in case you're doing a circuit of squats, pull-ups, and push-ups, experience one set of each exercise, include one moment of squat hops and after that recurrent the circuit of squats, pull-ups, and push-ups before squat hopping once more.)

- HIIT and enduring state. This is one of my record-breaking most loved HIIT techniques. You'll perform HIIT intervals at any proportion (all altogether clarified in part 2), and consolidate this with simple relentless state cardio. This will show your body to viably consume fat, and make your standard unfaltering state workouts feel a lot simpler. It's likewise amusing to signify five minutes of HIIT intervals to the end of a since quite a while ago run, or as the great finale after any long, unfaltering state cardio session.

## **Common HIIT Mistakes**

- Making the rest interims excessively short or the work interims excessively long. As I said previously, start simple and work your way up from that point.

- Performing HIIT on back-to-back days. Give your body time to rest and repair; make certain to exchange cardio forces. Try not to work out at a similar power as you did yesterday. For me, a perfect seven day stretch of workouts incorporates three truly testing days, two moderate days, one simple day, and an irregular day.
- Choosing exercises that won't get your pulse up in a short measure of time. I've seen some HIIT recordings that have ordinary old biceps twists as the "work" proportions. Probably not. Pick something that will challenge your cardiovascular framework rapidly, so you don't need to hang tight until rep 12 for it to kick in.

## **Role of Recovery in HIIT**

Exercise by its very structure difficulties the normal resting condition of the body, so recovery is an indispensable segment of the general work out regime. Sufficient post-exercise recovery is imperative to execution, proceeded with progress, and a decrease in damage hazard. This section centers around the logical standards behind recovery and discloses how to apply these standards to decide protected and successful recovery times for your workouts.

A great many people who exercise have a solid inclination to concentrate fundamentally on the exercise instead of what occurs previously or after. Individuals who exercise spend a lot more prominent extent of their time in recovery than they do in a real workout. If the rate of recovery is excessively short, higher preparing volumes and forces are unimaginable without the adverse impacts of overtraining. The time we commit to proper pre- and post-exercise recovery might be increasingly critical to execution upgrade and damage decrease than the workouts themselves.

High-power workouts specifically deliberately harm muscles and other delicate tissues, causing short-term demolition as tissue breakdown. Deficient recovery bargains oxygen and supplement conveyance to working muscles and, combined with overtraining, diminishes the capacity to make quality, control, speed, a lessened maximal pulse, and a lower resilience to saw effort rates. Physiological recovery happens principally after exercise and is described by the physical endeavors of the body's endeavor to come back to homeostasis. The motivation behind a workout is to challenge homeostasis or the body's typical inside equalization.

Exercise disturbs homeostasis and, as a result, makes irregular characteristics at the compound, sub-atomic, and tissue levels. Irritation is frequently the result, flagging the insusceptible framework to begin a procedure that incorporates an expansion in flowing hormones including adrenaline and cortisol, to limit the harm and accelerate repair. Growing and muscle irritation complete the reaction. On the off chance that a workout is too long or strenuous for the present expertise and capacity of the exerciser, and recovery is either excessively short or not permitted, damage and burnout can rapidly result.

## **Benefits of Recovery**

Recovery is fundamental to accomplishing higher training volumes and builds the capacity to work at more noteworthy powers without the unfavorable impacts of overtraining. Recovery standardizes physiological capacities (e.g., returning blood pressure to pre-exercise levels returns the body to resting breath), balances out the cardiovascular cycle, and returns the pulse to resting levels. Recovery additionally reestablishes the cell condition to a pre-exercise resting state and is likewise basic in the restoration of vitality, including blood glucose and muscle glycogen, two promptly accessible vitality sources essential to exercise. Recovery can likewise trigger an adaptive response. As wellness increments, fresh recruits vessels and muscle filaments develop and thrive and in the end interface with structure new neuromuscular pathways. An adjusted metabolic response permits more elevated levels of training, allowing the body to respond decidedly. For

whatever length of time that the over-burden is dynamic, the body can become acclimated to its new need to react constructively to the expanded stressors.

As expressed, recovery from training might be significantly progressively significant that the workout itself, because the fix and remaking of harmed muscle tissues and the substitution of required synthetic substances can just happen during recovery. Legitimate recovery limits the results of the physical worry of workouts. The ability to recuperate decides the capacity to play out the following workout. It gives the passionate and mental reestablishment important to evade exercise weariness, exhaustion, and burnout.

### **Types of Recovery**

Optimal recovery is required for every energy system to work at maximal levels. Adenosine triphosphate (ATP) gives the quick wellspring of energy for skeletal muscle compression, yet it is restricted by the intensity and duration of the exercise. Given that ATP is fundamental for rehased muscle withdrawal regardless of which energy system is being saddled, you may accept that enormous stores of ATP are always accessible, however, this isn't the situation. Energy pathways contrast extensively in the maximal accessible measure of ATP dependent on the duration for which they can be sustained. When performing anaerobic, amazing developments, for example, those required in the HIIT workouts in this book, exhaustion sets in rapidly. During the training that requires both of the anaerobic pathways to generate ATP, time and intensity are limiting variables in energy creation. Since these high-intensity exercises are much of the time rehased over different bouts, recovery both in-workout and post-workout is basic.

### **In-Workout Recovery**

For HIIT protocols, the intense period of recovery is known as the in-workout recovery or active recovery. This recovery keeps the body moving and warm, flows and disseminates amassed exercise-induced waste items, and allows you to pause and get ready rationally for the following exercise bout. For instance, in a Tabata succession, you may work for 20 seconds and afterward recuperate and plan for the following exercise bout (the following 20-second

grouping) during a 10-second in-workout recovery period. Active recovery is extremely important because it clears blood lactate levels and acidosis between hard and fast endeavors. This happens because of the profound inhalations and exhalations and slight developments of the body. The muscles go about as siphons to clear waste items and bring oxygen and supplements back to the working muscles. This 10-second time span additionally helps with lowering the heart rate, however, it keeps the heart pumping to dodge blood pooling in the lower furthest points and maintains the heart rate above minimum and beneath most extreme in preparation for the following 20-second work bout.

In HIIT protocols, the recovery period of the training ratio is regularly negative, which implies that the work bout is longer than the recovery bout. For instance, in a Tabata convention, the training ratio is 2:1, meaning that the work period of the interval is twice the length of the recovery (e.g., a work bout of 20 seconds and a recovery of 10 seconds). The desire is that the exercise will assess the body's anaerobic energy assets, challenging the Type II muscle filaments (quick jerk), resulting in oxygen debt and the long run abundance post-exercise oxygen utilization (EPOC). Becoming short of breath is a significant piece of HIIT because it is the physiological marker that the exercise is a high-intensity upgrade and the body is in oxygen debt.

In any case, HIIT conventions don't generally need to be joined by negative recovery bouts. Some HIIT methods use constructive recovery, for example, for individuals who will most likely be unable to perform workouts that use negative recovery. An incredible element of HIIT is that the ratios can be turned to address individual issues. The significant point is that whatever ratio is used, consistency is significant. For instance, if you are utilizing a 1:2 ratio, make certain to adhere to it. So if the work bout is 15 seconds, the recovery bout ought to be 30 seconds. Keeping the ratio steady all through a given workout will achieve the physiological impact of shortness of breath, and inevitably EPOC, a physiological procedure wherein the body keeps on consuming vitality as it fixes itself.

### *Chronic Recovery*

Chronic recovery alludes to the time the body takes to recoup from a HIIT workout. Consider it the time between workouts from day to day inside a specific week. Furthermore, there are two sorts of chronic recovery — active & passive.

### *Active Recovery*

Active recovery may appear as a low-to direct power workout between HIIT sessions. Because HIIT workouts are incredibly serious, taking an interest in an active recovery workout the day after a difficult HIIT workout (back to back HIIT workouts are not prescribed) can empower you to proceed with extraordinary preparing without trading off your body through unmanageable over-burdens, overtraining, or an expanded potential for damage. The sort and force of active recovery relies upon you, yet rules, for example, the accompanying can help.

### *Permit Adequate Time Between Workouts*

Permit in any event 24 hours between HIIT workouts; they are not intended to be performed on back to back days. For instance, if you perform a HIIT workout on Monday, perform the following one on Wednesday or Thursday to take into consideration sufficient recovery.

### *Try not to Neglect Recovery Between Workouts*

Recovery workouts don't over-burden the anaerobic vitality frameworks the way HIIT workouts do; rather, they accelerate recovery and fix harmed tissues to make quicker and all the more dominant strong units. Practicing at moderate power for under 75 minutes can diminish in general aggravation, increase positive synapses, (for example, serotonin and endorphins), animate nerve development, and improve dissemination to working muscles and the cerebrum. For instance, if you played out a 30-to 45-minute HIIT workout on Monday, on Tuesday you ought to partake in an oxygen consuming activity (pulse run at 5 or 6 on a size of 1 to 10, for example, supine cycling, using a circular movement, strolling or light running on a treadmill or outside, or a Pilates or yoga session that spotlights on quality, balance, and adaptability

instead of high-power work. Moving toward your workouts over the long haul with a feeling of balance (high-power, high-exertion workouts isolated by lower-force workouts) will offer you the best outcomes without setting you up for abuse wounds, insufficient recovery, and in the end, burnout.

### *Get ready to Begin and Transition Out*

Continuously warm-up and chill off before beginning any workout, including dynamic and detached recovery workouts. Think about the pressure that is put on your vehicle when you are lingering and all of a sudden accelerate to 60 mph (97 km/h) in merely seconds. This is like what your body encounters when you don't play out a suitable warm-up before exercise. Since the reason for the warm-up is to set up the body for the upcoming exercises, you should see it as a practice just as physiological readiness. The exercises and developments you select for your warm-up ought to be directed by the activity you will perform. The warm-up ought to be adequate to increase center body temperature, grease up the joints (e.g., shoulders, knees, hips, spinal segment) increase bloodstream to the significant muscles, and increase sweat.

The chill off or the transition out of exercise, ought to set you up to move from exercise to rest with an insignificant trade-off. Have you at any point ventured into a shower after a hard workout and discover you are as yet perspiring? That is proof that the transition out of exercise was deficient to bring the pulse nearer to resting levels, decline bloodstream to working muscles, and set the body straight that the exercise segment of the day is done. The transition break of exercise is additionally an extraordinary time to exploit warm muscles by performing static, or held, extends. Since the muscles are warm and flexible, they are bound to react to held stretches. You ought to likewise set aside that effort to take your body back to a resting state.

### *Get Enough Sleep*

Sleep is a definitive recovery apparatus. Legitimate measures of sleep enable



the body to recuperate and fix between workouts. Research recommends that 7 to 9 hours of sleep for every night is basic for hormonal balance and physical fix. Sleep upgrades the muscle-building impact of exercise by expanding protein combination, and it enables the sensory system to come back to a resting state. Sleep supports resistant capacity, which assists with the recovery of muscle tissue and metabolic balance.

### **Signs of Overtraining**

Particularly when utilizing plyometric (hopping or explosive) exercises in the performance of HIIT exercises, it is constantly fitting to know about signs of overtraining. Overtraining is a condition set apart by an inability to satisfactorily recuperate between exercises, working out too forcefully, performing too many training sessions every week, or not following suggested training and recovery proportions and rules.

Overtraining is basic at the beginning of a program and after putting a hold on exercise, especially after a sickness or damage. Training levels and drops in performance just as damage and burnout are evident signs of overtraining. On the off chance that at least one of the accompanying signs and indications happen, training power, recurrence, or length ought to be diminished until they vanish.

- Powerlessness to finish a sensible training session
- A steady increment in muscle irritation starting with one training session then onto the next
- Extreme muscle irritation and firmness following a training session
- A sudden diminishing in body weight
- Insomnia
- Injuries to joint tissues, stress cracks, and torment
- An expansion in resting pulse

### *Passive Recovery*

Passive recovery can be thought of in two different ways: (1) recovery that happens promptly following an anaerobic exercise or (2) longer-term passive exercises that occur between high-force exercise sessions. In the primary occasion, passive recovery happens promptly following a HIIT interim to renew ATP-CP stores and evacuate the waste products that collect because of high-force endeavors. Recovery and replenishment of these vitality frameworks are significant because they assume an essential job in vitality production in the following high-power interim. Passive recovery may include lying or plunking down straightforwardly after the exercise bout.

The burden of passive recovery promptly following an exercise bout is that waste products, for example, lactic corrosive and other concoction products are more slow to diminish than during dynamic recovery, and blood can pool in the lower body. The preferred position is that ATP-CP resynthesis is increasingly fast; besides, the more extended the recovery time is, the more prominent the replenishment is. In a Tabata convention, in-exercise recovery time is just 10 seconds in length; in this manner, it is suggested that you not sit or rests between HIIT endeavors with the goal that you can utilize the muscles as siphons to dodge blood pooling in your lower furthest points. Staying dynamic likewise takes into consideration a progressively quick evacuation of gathered waste products just as some replenishment of ATP-CP, helps clear waste products, and jump-starts the system.

Various strategies can be useful for passive recovery between exercises to enable the body to come back to a resting state. This area examines in detail the utilization of a foam roller for passive recovery between HIIT exercises.

The foam roller is a reasonable bit of activity hardware. Oneself massage procedure is additionally alluded to as self-myofascial discharge or SMR. The foam roller is utilized to arrive at the tissues at the degree of the belt (the encasement of muscles), the ligaments, and the tendons. Rolling can aid unwinding, discharging muscle knots or bonds, expelling waste products, and for the most part, expanding bloodstream and circulation.

Rollers arrive in an assortment of sizes and densities. Thicker, harder rollers feel significantly more extraordinary than gentler, less thick models.

Common rollers are around 3 feet (90 cm) long and 6 inches (15 cm) wide. A few rollers have a track, which can build the force of the experience. Following are general rules for performing self-massage with a foam roller:

- Roll around 2 to 3 inches (5 to 8 cm) at once, abstaining from rolling over the joints and bones.
- Roll gradually, keeping up control of the low back and bears.
- Be certain to keep up great stance while rolling, drawing in the center and settling the spine.
- If a knot or attachment is felt when rolling, attempt to discharge it by holding the body on that point for a couple of moments. Gentle distress ought not out of the ordinary, yet no pain. On the off chance that the knot doesn't lessen in almost no time, move along and return to that area some other time, possibly on one more day.
- If you experience pain, quit rolling. Proceeding to roll when pain is available can expand snugness and pain; damage may even outcome.
- Resting 20 to 30 seconds on painful areas may invigorate unwinding and lessen strong strain and pain.
- You can roll a few times day by day for whatever length of time that you are agreeable.
- After each rolling session stretch the worked muscles.
- Always drink a lot of water after rolling to help with flushing out the aggregated waste products and to advance hydration and circulation.

When rolling for self-massage, if you center principally around the gluteals, the sides of the thighs or quadriceps, the hip flexors, and the calves, you will get noteworthy help and will truly feel the muscle snugness and pressure soften away. Adhering to are directions for utilizing the roller on an assortment of muscles; pick the areas that are best for you.

# HIIT Diet

We definitely know it's significant to switch up our exercise schedules regularly, however, it's similarly as essential to substitute our eating. Our body becomes acclimated to a similar wellness routine, and prepare to be blown away. It likewise becomes accustomed to eating a similar measure of food, and similar kinds of food, simultaneously, throughout every day. This is the reason numerous individuals who check calories wisely at first get in shape and the long-run level. Their body has adjusted to its requests. Rather, you will gain proficiency with the opportunity of getting a charge out of the crisp foods your body normally needs and a without numbers basic approach to track food admission.

For our HIIT style of eating, all you have to recall is "HIIT": Healthy, Intuitive, Intermittent, and Track.

**H = Healthy.** This appears to be an undeniable prerequisite, however by "solid," I'm demanding that you stick to entire foods if you need to see noteworthy outcomes from your endeavors. Aim for food that has been immaculate by the benefits of scientific tests, freaky food dyes, and additives. If you can, stay away from food that originated from a bundle, and if you wind up searching for some bundled comfort choices: read the fixings. If you don't perceive something, put it down. If you don't remember it, your body won't either. Healthy eating propensities to keep up: Providing sufficient sustenance and energizes for our bodies; aiming for a blend of slender proteins, keen starches, and sound fats; drinking a lot of water; eating the rainbow; and utilizing our intuition with regards to binge spending, sparing, and what our body might let us know.

**I = Intuition.** When we "diet" or deny ourselves of the foods we cherish, we will, in general, lose our natural eating capacities. No food is forbidden. Without a doubt, there are foods to accentuate for wellness gains and fat misfortune, however, center around the things you need to appreciate MORE frequently, rather than the foods that fail to help us healthfully yet wrap our spirit into the embrace of a holy messenger. To take advantage of your eating

intuition, assess how seriously you're needing or needing the specific food. Normally I can tell if I truly need it—as in, I have to execute the entire plate full—or if I simply need to taste it and have a couple of chomps. Aim for an "excellent plan of things" approach, and attempt to eat clean more often than not with the goal that when you eat "grimy," it is anything but a major ordeal. Take a gander at your eating routine for the timberland, not for the trees. Drinking sufficient water (aim for at any rate 96 ounces for each day) is a great beginning stage to abstain from mistaking hunger for yearning. Quit eating when you're full, and eat when you're ravenous. It appears to be a basic idea, yet one that a considerable lot of us can overcomplicate. On the off chance that you take a gander at a youngster, a kid knows to eat when the individual in question is ravenous, and stop when full, regardless of how much food is left on the plate. If you feel remorseful about remains—I loathe squandering food!—solidify the rest or put it in the refrigerator for tomorrow's lunch. While you're utilizing your intuition, you may find that your food timing is progressively irregular for the day. You may not eat breakfast until later because you understand you were eating without much forethought, or that a few days you naturally expend more than others (which is a good thing). Pursue your yearning prompts and reach for entire foods first.

**I = Intermittent.** Take a stab at substituting your food admission and the timing of your suppers, particularly if you've been eating a similar sum simultaneously, for quite a while, for an extensive stretch. It's critical to switch things up with your eating since you're ready to get an assortment of supplements and keep things fun and energizing. Likewise, on specific days, you should devour more calories in case you're increasingly dynamic, and less in case you're progressively stationary. By going with your instinctive signs rather than a timetable, you may find that your dinner timing is increasingly discontinuous, and that is a good thing.

**T = Track.** By tracking your food, you're ready to all the more satisfactorily assess how you're doing and what methods work for you. It's likewise simple to decide little hindrances that might hold up traffic of your goals. Each day, track your water admission (you need at any rate 96 ounces), foods grown

from the ground servings (aim for in any event five), and how you feel (wonderful, blah, persuaded, worn out, whatever). This will assist you in assessing any examples that can be changed and little changes you can make to your present daily schedule.

### **Choosing Meals**

C = Carbs. This incorporates boring vegetables (white potatoes, sweet potatoes) and sweet vegetables (corn, carrots), vegetables, natural products, beans, and grains (oats, dark colored rice, quinoa).

F = Fats. Every single healthy fat including nuts (almonds, pecans), seeds (hemp, chia, pumpkin seeds, sesame seeds), salmon, nut spreads, and oils (ghee, coconut oil, grass-bolstered margarine, flaxseed or pecan oil, olive oil).

P = Proteins. Lean meat, fish, and veggie lover protein sources (beans, and so on.), including dairy. I for one don't eat a huge amount of dairy as it doesn't concur with me, yet if it's something you appreciate as a piece of your eating regimen, keep it in. In case you're not drinking sans fat dairy, it will serve as a fat and protein.

N = Neutrals. Green vegetables, plate of mixed greens, nonstarchy vegetables, and natural products (bell pepper, cucumber, artichoke, zucchini, grapefruit, berries, green apple, onion, yellow squash, broccoli, and different cruciferous vegetables). No/low-calorie flavors and seasonings are incorporated here, as well.

T = Treats. Anything not recorded above, including sugary sweets and intensely prepared and oily nourishments.

### *Eat with Protein and Produce*

There's a touch of saying that goes this way: eat like a PRO. Underline protein and produce for the best wellness results, alongside sufficient water intake. For one thing, we should talk a tad about protein, which will, in

general, be over-hyped in the wellness world. I believe it's essential to recollect that while there are gigantic advantages in expending protein, the normal solid individual is effectively ready to get enough through a reasonable diet without supplementation. I for one notice a distinction when a meal contains a decent wellspring of protein; on the off chance that it doesn't, I'm eager around 14 seconds after the fact. Not exclusively will protein help to expand satiety, however it is additionally the structure square to fix fit muscle tissue. Everything in a cell of your body contains protein, and it's a basic segment of skin, hair, muscles, and organs.

Everybody has distinctive protein requirements, contingent upon body organization goals/factors, sports execution goals, caloric utilization, and activity levels. A decent principle guideline is to ensure that every meal and bite has a tad of protein. A few meals will yield higher protein content than others, however, through a reasonable diet of entire foods, it will liken to an adequate sum for the day. Exercise expands the oxidation of amino acids (the structure squares of protein), so in case you're dynamic, you'll need more. Expanding the measure of protein in our diets can likewise anticipate losing slender muscle while shedding pounds. The prescribed protein intake is 10% to 35% of everyday caloric intake, which leaves enough twist space for thought with goals, individual elements, and satiety.

### *If you are in doubt, Choose Whole Foods*

There is an extraordinary saying, "On the off chance that it won't spoil, don't eat it. It's not food." A great principle guideline: if it came generally unaltered from the earth, eat it; on the off chance that it came profoundly handled from a manufacturing plant, skip it. Since a significant number of the supplements from handled foods are taken from the source and included back later, they will in general need backbone. Pick foods that will make you fulfilled for the since quite a while ago run, particularly in case you're occupied and dynamic, the same number of you are! Foods that can spoil are all the more effectively separated in the stomach related procedure.



This will leave more vitality for different procedures (like consuming fat!) and help to anticipate swell. Not exclusively are prepared nourishments harder to process, but on the other hand, they're profoundly addictive. Prepared nourishments trigger the arrival of dopamine, which is the "delight" transmitter of the body. Discover something different that gives you a similar vibe great warm fuzzies, regardless of whether it's a stroll outside, a talk with a companion, a nail trim, or handcrafted juice. It tends to be a touch of testing to strip your eating routine of handled nourishment like offenders, yet once you do, odds are that you won't miss them. It takes 21 days to make a propensity, so it very well may be profitable to dump these things without any weaning period or dispose of them gradually after some time, contingent upon your inclinations.

### *Hold Portion Control in Check*

Aim to top off your plate with generally crisp produce, a little protein, and a little starch/grains.

Some simple portion rules:

Meat/protein serving: The size of a deck of cards (4 ounces)

Nuts and seeds serving: Cup your hand, and bring whatever fits into your palm ( $\frac{1}{4}$  cup)

Natural product serving: A clenched hand (1 cup)

Cheeses: Your pinky finger (1 ounce)

Oils and dressings: Make a hover with your thumb and forefinger and rationally "shading" the hover with dressing (1 tablespoon).

### *Hydrate*

It's very simple to confuse thirst with appetite, so in case you're sufficiently hydrated, you won't get that "Am I eager or parched?" blended message. Drink water, regardless of whether you don't feel dried. Lack of hydration can prompt fragile hair and nails, morose skin, and an irritable frame of mind. One of my companions showed me this stunt: put 8 to 10 of your preferred little bites, for example, chocolate chips or berries, into a little dish.



Appreciate one each time you have a huge glass of water, so they go about as hydration updates in addition to being a reward little treat. I likewise prefer to take an indelible marker to an enormous water jug and imprint when I ought to expend an "x" measure of water. For instance, by 10 a.m. I ought to have hammered in any event 16 ounces. You could be geek about it and set a quiet telephone caution to remind you to drink each hour. Additionally, in case you're well-hydrated, it will be a lot simpler to settle on shrewd food choices.

When you're getting a charge out of mixed drinks or wine with supper, make a point to continue tasting water, as well. Not exclusively will this possibly fight off a humiliating liquor actuated minute already in the works, yet it additionally shields the pastry plate from making googly eyes at you.

At the point when to Splurge and Save with Food Choices

In the famous bank of our body, at last, weight loss is dictated by food admission and outtake. Admission is the food we devour, and outtake is the fuel we use for everyday capacities, exercises, and exercise. Of course, somebody who eats 1800 calories of slender proteins, savvy carbs, and solid fats is going to look and feel not quite the same as somebody who expends 1800 calories of refined sugars, white flours, and oily foods. In any case, when it's all said and done, weight involves caloric admission and use.

In case you're attempting to get in shape, you need to burn more than you're expending. A sheltered pace of weight loss is 1 to 2 pounds for each week. Since one pound of fat likens to roughly 3500 calories, a straightforward method to do this is to accomplish a 500 calorie shortfall every day during the week ( $500 \times 7 = 3500$ ), regardless of whether it's from exercise or food. This may sound self-evident, however numerous individuals neglect to acknowledge the amount they're burning (or not burning!) during the day. Your body needs enough fuel to continue everyday exercises, and if that doesn't occur it will kick into starvation mode and clutch all that it can.

Keep in mind, your body burns calories through the essential procedures to live. On the off chance that you lay in bed throughout the day, you'd burn a pattern measure of calories (additionally alluded to as BMR, your basal metabolic rate). Not eating enough calories can be as obstructing as eating

too much.

A portion of the strategies to decide whether to binge spend or save with food decisions:

Is it custom made? Typically if I need a pastry, this is a significant choice factor for me. On the off chance that somebody made it with adoration, I need to attempt it. On the off chance that a heartless industrial facility machine made it, I don't appear to be as charmed. Homemade stuff consistently tastes 100% superior to anything the locally acquired assortment. For instance: A plastic compartment of sugar cookies? Meh. Delicate, custom made chocolate chip cookies? Truly, kindly

Is it a special occasion or gathering? Something very similar goes if it's a special occasion. I like to take stock of what's accessible and go from that point. On the off chance that there's a huge plate of crudités, wonderful serving of mixed greens, fruit, oily pizza, and cake, I'll have a plate of mixed greens, fruit, veggies, and cake, skirting the pizza. If the pizza looked stunning, I'd appreciate a few and possibly have somewhat less cake (OK, and pick the icing off my husband's. I'm an infamous icing scoundrel). You need to assess what's "justified, despite all the trouble for you" out of the majority of the decisions, and if everything looks good, have a little piece of everything.

Am I hungry, parched, exhausted, focused? I like to take a psychological assessment of how I'm feeling if I begin to go over the edge (like with tortilla chips. I can't stop). Regardless of whether I'm eating lousy nourishment since I'm really hungry, or if it's, even more, a "hot damn, this is salty and heavenly!" Usually, just by taking one moment to assess, it will, in any event, urge me to hinder a bit. Food is fuel for the body.

## Cash Saving Tips

1. Shop around. On the off chance that you decide to go through a natural course, it's worthwhile to do some value chasing. When you purchase natural, solidified is generally more affordable and is an extraordinary option for meat and berries. On the off chance that natural isn't an option, ordinary produce is superior to no deliver by any means! Don't pummel yourself about it.
2. Cook in mass. Making huge clumps of staple things, (for example, beans, grains, and bread) can be a perfect cash sparing system. This is another motivation behind why it's helpful to prepare ahead, as you're bound to have solid options available (that is, less café suppers) and more averse to squander food that goes un-prepared and along these lines unused.
3. Check online for coupons. Coupons can be especially helpful for increasingly costly food supplies, including eggs, milk, nondairy drains, and tidbits. Search your preferred brand on the web and draw up the coupon on your telephone. It makes it simple to output and save in the checkout line!
4. Go for canned fish. It's more affordable and similarly as supplement thick as the crisp variant. Also, if like me you live in the desert or some other comparable region of the nation and the nearest sea is far away, all "crisp" fish will, in general, be somewhat scrappy. Anchovies, sardines, canned salmon, and fish are high-protein and solid fat staples. Quest for canned fish that was angled with economical practices and make sure the can is BPA (Bisphenol A)- free. A snappy sweep of the name will tell you!
5. Make your very own expensive locally acquired tidbits at home. Of course, it's somewhat more work, however far more affordable to make your veggie chips, granola bars, and trail blend at home. See what's worth it for you! On the occasion, the comfort factor is worth the cost, however, in case you're searching for simple approaches to put aside some cash, making your tidbits at home will be kinder on the old wallet. Reward: you can alter the ingredients to suit your own inclinations.

6. Purchase what you need. While buying in mass can be a saver over the long haul, regularly you just need a small piece of specific ingredients. The mass containers all things considered wellbeing nourishment stores are an extraordinary alternative—in case I'm heating a forte formula, I'll degree out the receptacles to quantify flour and nuts—and the local rancher's market is another great source. You can purchase singles of foods grown from the ground, rather than a huge sack that you may not utilize.

7. Go for frozen. Frozen foods grown from the ground are regularly more affordable than crisp and are frozen at their pinnacle of freshness. A few top picks: berries for smoothies, spinach for quiche, broccoli (a help since I don't need to wash and cut a tremendous head of broccoli), and certain herbs. Numerous grocery stores sell frozen plates of garlic and basil, which are an advantageous flavor mixture.

8. Grow your own. If you have a green thumb— — it's very financially savvy to grow your produce or herbs.

# Conclusion

I am happy you've reached the end of this book and now comes the fun part. Get out into your local gym or park and HIIT it up. Results make certain to make significant progress faster and far easier (alright, perhaps not easier) than by utilizing some other preparing technique in presence. It's an embarrassment that too few individuals think about, or even participate in HIIT. An easygoing recognition of exercisers in the local gym or joggers on the road ought to affirm this to you.

Ideally, things will change, that is down to us to get the message out. On the off chance that you've appreciated this book and feel that others would profit by the learning inside than please don't hesitate to leave a genuine survey on the business page where you obtained it. Whatever your objectives for HIIT are, I trust you accomplish them and I wish all of you the achievement in wellbeing and wellness.