

HOME WORKOUT **NO-EQUIPMENT** **CALISTHENICS** **AND BODYWEIGHT** **EXERCISES FOR** **THE LOCKDOWN**

A Guide to Quarantine Strength
Training and Muscle Hypertrophy

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By

Jason B. Tiller

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Introduction

The current state of health pandemic has resulted in the majority of the population being locked up indoors to avoid the continuous spread of the airborne virus, causing respiratory and other debilitating effects on the human body. With staying cooped up indoors for extended periods, it is only natural that you will begin to feel lethargic and gain an excess amount of weight. The hours drag on with the monotonous activities, and this type of sedentary lifestyle is typically not ideal. To lift your moods and at the same time keep your body fit, your only option is to exercise.

If you are the exercising type, it is evident that going to the gym during this period is out of the question, and jogging outdoors might be highly restricted or even not permissible where you live. Exercising shouldn't be seen as a one-off form of activity that you get engaged with once in a while, or during this lockdown period, it should be part and parcel of you, a lifestyle. The communal feeling of working out in the gym is no longer feasible; the only solution to keep you mental and physical wellbeing in top shape is to work out from home with relatively simple no-equipment exercises. These no-equipment home work out drills is perfect for both individuals who want to keep healthy and those who have working out daily as part of their daily routine. Staying indoors and eating without putting your body to work can be unhealthy and lead to some unwanted side effects. Hence the reason why you should factor in some form of exercise into your daily routine.

Just before you begin any sort of workout routine at home, you must get your body prepared for the session by warming up. The types of exercises that you can carry out at home are those that will require no form of equipment, and all that you will need is maybe a mat. Calisthenics is a perfect candidate to keep you fit. This form of exercise engages several muscles in the body to ensure that your whole body is fully exercised while making use of the weight of your body only. With calisthenics, all your workout plans are covered.

It is essential that while you aim to exercise and keep fit, your diet must also put into consideration. The diet is one critical part of the whole fitness regime. Working out is difficult during this lockdown period, so is also trying to maintain a diet. Thus, therefore, a perfect balance should be maintained for what you take into your body and even how much calories you burn and

keeping your muscle tone in tip-top condition.

Chapter one

Starting

Full-body workouts are essential for total body health and fitness. Getting engaged with regular exercise does not just make you look good and keep your body functioning well, the essence of exercising will also be visible in some other aspects of your life such as your confidence levels, the way you relate with other folks and so much more. To begin with a new work out plan, it is only natural that you get excited and also face some form of almost inevitable challenges. For those who are not regular work out folks, you will discover that they do not fully understand the workings of the body when exercising or how the body develops after working out for a while, the proper way to exercise with no equipment and most importantly, the details of calisthenics.

The stats listed out below are an indication that working out has several medical benefits that will be of immeasurable advantage to those who engage in regular physical workouts.

- 35% reduced chances of coming down with a mental illness
- 50% reduced chances of colorectal cancer
- Physical disability, stroke or heart diseases chances are reduced by 25%
- The chances of premature death is cut down to 25%

Other reasons why you should exercise include and is not limited to;

- **Regulation of blood sugar levels and insulin;** the hormone insulin which assists in regulating the level of sugar in the blood is produced in the pancreas. The constant exercising aids in healthy control of the amount of sugars and hence how effective the insulin will be in controlling the spike or well-regulated levels of the sugars. Type 2 diabetes and other metabolic ailments are put in check with regular exercises.
- **Release of Happy Hormones;** there is a flow of the happy hormones from the brain every time you exercise, which makes you feel great, and a sense of calm comes over you. When exercising, do not set goals that you will find hard dealing with, as this can bring about a sense of unaccomplishment and depression. However, once

you accomplish your set out goals, not only will your sense of worth and confidence be boosted, you will also be able to handle more intense forms of workouts as your endurance levels increase.

- **Mental Alertness and Strength;** when the body is being exercised, the hippocampus, which is part of your brain responsible for the retention of information and memories, becomes active. This points to the fact that you need to exercise regularly to ultimately improve on the function of this part of the brain and, in the end, your general wellbeing.
- **Cuts down on heart ailments;** when the body undergoes controlled movements in the form of workouts, the heart is strengthened as there is an increased flow of blood in and out of the muscle mass and this leads to an increase in the amount of oxygen pushed to every corner of the body. With this constant healthy flow of oxygenated blood, there is a reduced risk of stress and other cardiovascular issues that might likely arise if the body is not regularly exercised.
- **Fighting addiction;** workouts help you in taking your mind off that unhealthy attachment to substances and behaviors that you are having a hard time fighting. Your mental energy is channeled to more positive endeavors, and there will be a consequential reduction in the need for those addictions. You will most likely not suffer from withdrawal symptoms associated with the cravings.
- **Developing and Strengthening the muscle;** the proper and well-scheduled form of exercises that are appropriate for your age, body type, and other factors duly considered will improve muscle tone, strength, and general development. When the workout session is over, the body will begin a gradual replacement and repair of dead and worn-out muscle mass that can no longer function optimally. There is a replacement of these deteriorated muscle mass by the new protein fibers by the process of muscle hypertrophy, and this can only be achieved if you put the muscle mass you have on you to work, always.

For those who have been exercising before the lockdown came into effect can readily testify to the enormous benefits the workouts had on their lives. The sedentary lifestyle of the past few weeks is a downer that they have sort ways to overcome through indoor exercising without the use of equipment since

the gyms are not readily accessible now. If you haven't taken up conscious exercising and your old form of putting your body to work in the past was the occasional working around, then you have missed out on a lot. You can, however, and should begin some form of exercising within the confines of your homes now. The intensity and duration of the workouts should be within levels that you can readily attain without stressing your body unduly. The advantages of these workout sessions will act as building blocks for other aspects of your life that will see an upsurge in the positive ways through which you approach it.

Response of the Brain and Body to Exercising

The moment you take up working out as a part of your daily routine, there will be a paradigm shift in the way mental and physical states. The relationship between how your mind, body, and regular exercise are intertwined cannot be overlooked as there is strong evidence pointing to the positive outcomes of the relationship. With this in mind, you will quickly come to appreciate and have full knowledge of how your body and mind react to workout sessions and deal with stress. If you are an experienced athlete or someone who exercises regularly, you will have a relatively good understanding of the most appropriate workouts for you. Still, for a beginner, once you can identify the link between your mind, body, and exercises, you will be able to fuse the best workout sessions for you to derive the best benefits from them.

Workout sessions require the regular and well-coordinated movements of the muscular, skeletal, respiratory, and skeletal system of the human body, and the duration and intensity of these exercises are dependent on how fit such an individual is. When you put your body through the constant motions of exercising, your physiological state will readily become used to these movements, and adaptation is the result. At first, you will find it hard to go through the most basic motions because your body is not used to such activity levels. With time, the workouts done consistently without overly stressing the body, you will discover that the ability and efficiency of your body would have increased from the level it was at the beginning, which could be a few weeks ago. How fast the changes would become apparent, or how fast your body can change and adapt depends on how fit you are, the type of exercise, the duration, and intensity of the workout. If you keep up with your schedule to exercise, your body will find it easy to deal with the stress that comes with

it. However, once you terminate these workouts, there is an absence of the stimulus, which results in the loss of efficiency and ability of the body to deal with the stress levels which it could have handled pretty easily before. This phase of the absence of exercising of your body is called detraining.

Getting your body adapted to exercising is in stages, and the first one is called the signal or alarm stage. This is the initial response your body gives when you begin to exercise. Your body tries to understand what is happening and sets itself up for further workouts. The stage following this is the resistance stage during which your body aims to acclimatize to the environmental conditions to which the exercises are subjecting it to. The energy reservoirs of the body begin to get depleted at this stage, and it is common to start to get tired and fatigued. In order to make this stage not to be as intense on your body as much as you can, you can put up some palliative measures such as breaking the workout sessions into sets, resting, making sure that your diet is balanced and contains the needed food classes. With this, your body will always have the required energy levels and won't succumb to exhaustion easily. There will then be more extended periods of exercising with resultant development of your muscular, skeletal, cardiac, and respiratory systems and their ability to endure long periods of exercising without getting tired too quickly.

The brain is not left out of the workout sessions as it plays a vital role by secreting the essential growth hormones that bring about the muscle building that area as a result of the exercises. As you continue to exercise, the body is stressed, and so is also the brain. In order, for it to adequately control these stress levels, there is the production of stress hormones called the Endorphins, Brain-Derived Neurotrophic Factor (BDNF), which also facilitates the secretion of other hormones which are vital for the maintenance of your nervous and physical health.

Chapter Two

Callisthenic Workouts and Physiological Response of the Body

Your body is structured to find an equilibrium when a stressful situation is encountered, or you subject it to a continuous workout session. There is the creation of an aerobic and increased cardio endurance level in all parts of the body.

The Respiratory and Cardiovascular System

The primary duties of these two systems in the body are to supply a constant stream of oxygen to all parts of the body while at the same time ridding it of toxic carbon dioxide, moving much-needed hormones to the needed sites, and also controlling the supply of these essential biochemical substances.

Your cardiovascular system is made up primarily of your heart, which is divided into four chambers (the auricles and the ventricles), the arteries and veins, and other smaller vessels. The heart experiences significant changes during the workout to bring about an increase in the supply of oxygen, nutrients, and other essential substances to the muscles to the parts of the body that needs it. In addition to the supply of these materials, the blood flow is also more concentrated in the parts of the body that is most active such as the musculoskeletal system and the surface of the skin. As the heart rate and function increase with an increased demand for oxygen, the capacity of the lungs is further enlarged as larger volumes of air is taken in to enable it to meet the increased demand of oxygen by the body at that point in time.

The Musculoskeletal System

This is the support system of the body to which the muscles are attached, and it also serves as a protective mechanism for the delicate internal organs of the body. This system of muscles and skeleton reacts to the new changes in workouts by increasing its ability to store energy reserves and also been more efficient in the use of oxygen needed to oxidize these energies. Getting involved with calisthenics is a perfect way of strengthening, increasing your energy stores, and oxygen intake.

Standard Terms used in Workout Sessions

Calisthenics makes efficient use of your bodyweight since there is no equipment involved. This system of bodyweight exercise requires aerobic

exercise, core workout, endurance, agility, muscle workout session, etc.

Active Rest; these are break periods that you take in between or during a workout session, and it is usually an exercise with relatively low intensity when compared to the training you just completed or are about to embark on. Examples of active rest are stretching or continuous jogging at one spot.

Aerobic Exercises; the primary focus of these exercises is to improve on the respiratory and cardiac functions of your lungs and heart, and it is carried out through the continual motions of all your body parts with slight differences in how fast or slow you go.

The Bodyweight Workout and training; this involves the movement of several joints at the same time e.g., press up, squat, pushups, lunges, squats, etc. The weight of the body is used to build the endurance of the muscle and its general mass.

Cheat rep; this happens when you make use of the wrong body part for a workout; this means you are cutting corners to achieve the desired objectives, and this will invariably lead to the full workout not being successful. This can also lead to dire consequences as there might be injuries due to the incorrect format of the exercise being stuck to.

Circuit; this is a term used from when you start and end a session of exercises aimed to improve your endurance levels and strength. The circuit is designed in such a way that you have to see out the planned schedule of exercises, which incorporates a series of different workout routines before you can then proceed to another circuit.

Compound Movement; is also called the compound lift and is a motion that encompasses several muscle types from different parts of the body at the same time. Take the squat workout routine; it focuses on the muscles of the lower back region, back of the legs, gluteus maximus, etc. When you consider the pushup too, it focuses on the muscles of the upper part of the body like the chest, shoulders, and triceps.

Core Stability Workout; this exercise aims to increase and make your body more stable during motion, with the primary focus being the muscles of the mid-region of the body (stomach, pelvis, back).

Form; this refers to the methods used in engaging and completing a workout.

The perfect form is that which aims at certain muscle areas in the body for the most actions and results from the exercise routine. As with any workout, it must be done appropriately to ensure that the target muscles are fully involved and that no injuries arise as a result of the wrong forms.

Missed Workout; this term refers to a situation in which an individual skips or misses a workout schedule. The proper way to ensure that you keep in tandem with your workout plans is that when a workout session is missed several times, the training must be rebooted to derive maximum benefits and not cheat yourself while skipping or trying to avoid certain aspects of the training.

Set and Repetitions; this is the total number of times in which a workout session was carried out. A repetition describes one workout movement e.g., when you are performing crunches up 20 times. A set is the total number of times in which you carry out the repetition of any specified workout e.g., performing a 4 set of 20 crunches.

Tempo; is the way or method you have chosen to carry out a workout. It is the speed in which various aspects of the exercise is carried out or how you switch to different parts of the body during the workout. The tempo is ideally described in a ration of 3:2:1 e.g., for a crunch exercise, it refers to going down in a crunch position and remaining there for 3 seconds, maintain that position of another 2 seconds before proceeding to the beginning position for 1 second.

With these basic terminologies, you are beginning to get the hang of how you can successfully carry out your calisthenics and bodyweight exercises.

Chapter Three

Maximizing the Results of the Workout

The principal aim of your calisthenics or bodybuilding workout sessions is to increase, develop your muscles. At the same time, you can also make use of it to increase your strength and endurance levels. Maximizing your exercise periods is the primary aim, and this controls and prioritizes your every move. If this motivation and energy are not correctly funneled into the appropriate type of exercise with the correct method and form, you might end up with injuries and probably not witness or experience the muscle tone development you so wished for. You cannot just sit on the couch, eating endlessly and watching tv while hoping and wishing that you get those ribbed abs and fit at the same time. You must work and give some form of dedication to the exercise process for you to be fit.

With all this said and done, how can you derive the best out of your workout sessions? The initial point you should understand is the type of exercise you want to go into, the correct form, the variety of foods that you should eat, and finally, things that you should avoid and those that you need to embrace to see positive results.

Timing and Duration of Workouts

You cannot just wake up and start to workout without an initial schedule to do just that. You must have a well laid out plan on the days and time of the day that you want to exercise, the type of workout to be carried out on the appointed days, the duration and intensity, and the types of foods to be consumed before and after the workout. With the time a fixed that is convenient for you, it will go a long way in making sure that you keep to schedule and don't deviate from the plan.

If you are a beginner, it is most likely that you would have a lot of motivation, and the time fixed for your workouts might be a bit unattainable and not realistic. This will result in you falling short of the set targets leading to failed workouts, and your motivation levels will drop drastically. You should begin with time frames that are not too long and that you will quickly achieve without putting too much pressure on yourself. For example, you can start with 15 – 20 minutes, 3 – 5 times every week, for your workouts. How long and often you exercise will go a long way in affecting the eventual outcome of your exercise. The hint here is to remain focused with an

unwavering concentration while you workout. This will inadvertently raise your levels of endurance, strength, and overall fitness levels. This is the way to go for you to get that which you so much desire.

Take breaks, Heal and Continue

By following this procedure, you are guaranteed to reap the benefits of calisthenics. With whatever form of exercise or daily activities that you are engaged in, you should always prioritize your break or rest periods as these are times for the body to heal and makes it better prepared for the next round of exercise. During these times, the muscles also get time to regenerate and develop new cells. With the proper amount of rest, you will soon discover that you can exercise for longer at higher intensities. During your calisthenics exercises, there will be slight tears to your muscle fibers, and this is easily repaired to give rise to more robust and bulkier muscle when you rest.

Do not overdo the workouts and avoid rests as this can result in bringing about irreparable damages to your muscle tissues and a burnout. You are also prone to injuries when the muscles become strained without the much-needed rest. When drawing up your exercise schedules, you are also to input days of rests and the appropriate types of rest, which are particular to calisthenics. Let's say the exercise you just finished was focused on the lower parts of your body, to make sure that those parts are well rested and not overstressed, your next round of exercises should focus on a different part of the body such as the arms or the chest regions.

Keeping Records of your Workout Sessions

Having a well-documented record of your work out sessions will go a long way in keeping you in the loop about your progress, where adjustments need to be made, checking if the goals you have set out for yourself have been met and most importantly, it motivates you. Having a record of your sessions is an integral part of the callisthenic workout process. Here are some of the advantages of keeping records of your exercises;

- The physical changes that your body undergoes will be duly noted down
- There will be more accountability, and you won't tend to cheat on your routines.
- From your record and your current body fitness level, you will discover

the best method that works for you.

- You will always aim to meet your targets realistically.
- You will always be motivated, and giving up will not occur to you.

The Correct Diet Type

Your workout sessions will require a lot of energy, and this should always come from the right source, which will deliver calories to your muscles during those times when it is most needed. The calories are the forms of energy that your body makes use of when you exercise, and you have to restock on the used energy. There are no two same body types, and your energy requirements are different from the next person. The calories you consume is the calories that will be available for you during your workout. Since calisthenics is a high energy activity, your calorie intake will be significantly higher than what another exercise type requires; an additional 300 – 600kcal per day is the ideal energy consumption for you.

Finally, for you to derive the utmost out of your exercises, a stepwise process should be embraced for proper development. This will serve as a good foundation for other activities, and you should also make sure that your goals are perfectly matched with the type of exercises that you decide to carry out.

Chapter Four

Calisthenics and Bodyweight Workouts

Calisthenics and bodyweight training are forms of workouts that need your bodyweight in bringing about an increase in the coordination of all parts of the body, developing and maintaining a healthy muscle mass, bringing about a more flexible body and general strength. With calisthenics, you will learn how to engage and direct your body weight to increase your endurance, stamina, and overall body strength and health without any form of equipment. All you need is the weight of your body to get started and exercise in almost any environment that you find yourself. Squats, pushups, lunges, and pull-ups are a few of the types of workouts that are common to this form of body maintenance exercise.

Calisthenics is the sure way to go if you aim to develop muscle mass, flexibility, and strength without any special equipment. With calisthenics, it is a stepwise progression of exercises that slowly increases the load or bodyweight that you apply to various parts of the body for you to get that perfect body type without going overboard and overly stressing yourself. The muscle or skeletal system is not the only part of the body that benefits from this form of workouts as the nervous system is also a significant beneficiary. There multivariate approach of the exercise brings in the different parts of the body into the workout sessions. The appropriate strategy, when taken to the workouts, will bring about an equitable development distributed to all parts of the body.

Calisthenics Vs. Free Weight Workout

The development of your muscular system, strength, and endurance can be comfortably done with the aid of free weight exercises and calisthenics. You should, however, be mindful of the fact that calisthenics is a step ahead of the free weight training mode.

Calisthenics strengthens the whole body without any form of equipment or the need for you to be in an environment specially dedicated to exercises. This is an advantage of calisthenics as you can get to exercise in the comfort of your home or any other convenient place. It aims at a group of muscles during the exercise sessions e.g., when exercising with squats or crunches, it would work on the muscles of the lower parts of the body and legs. With this, there is a well distributed and proportional growth of the muscles involved in

the workout session. On the other hand, free weight training is focused only on specific muscles and, most times, only on one part of the body at any given time. This would invariably bring about isolating other parts of the body from proper development resulting in an imbalance of muscle development.

Advantages of Calisthenics

- It makes use of your body weight without the need for any other equipment.
- There are no time or location restrictions as to how you can work out.
- It favors total development of the body muscles and other systems within the body such as the cardiovascular and nervous system
- It is relatively easy to perform, and a beginner can get started with the basics, which are quite popular. The only hurdle to cross here is fully understanding the proper form of the workout to derive maximum benefits from the workout sessions.
- Your endurance levels are increased as the heart is continuously being trained to pump more volume of oxygenated blood all around the body.
- You can easily build your muscle mass, stability, flexibility, and mobility are also attained.
- It does not put much stress on your joints, which, to no small extent, cuts down on the risk of injuries so far you carry out the workout in the right way.

Body Parts of Importance during Calisthenics

Abdominal Muscles; the muscles line either side the abdomen in a vertical manner, and when the abs are well-formed, it will over you ease in performing physically demanding chores. It is an important muscle when it comes to the intake and exhaling of oxygen from the body, and it also holds your internal organs firmly in place when you exercise. For well-formed abs, here are some of the calisthenics workouts that you can perform; planks, crunches, and sit-ups.

Triceps; these are muscles of relative big sizes that are located at the backside of the upper arm and made up of three muscles; the medial, long, and lateral heads. It functions in the opposite way to the biceps and facilitates

the movement of the forearm and the elbow. To have a fully functional and well-developed arm, exercise it with triceps dips, dips, push up, and pull-down.

Biceps; are muscles found in the upper part of the body, and they are specifically located around the elbow to the shoulder areas. These muscles are fixed to the joints by sturdy materials called tendons. The muscles have dual sources in the shoulder, which are further firmly linked to the elbow. A well-developed biceps is necessary for the proper rotation, movement, lifting, and general well being of the arm. With a well-developed biceps in addition to the triceps, you will be able to easily carry out challenging workouts that need you to focus more on upper body strength. To develop your biceps, the following exercises will come in handy; chin-ups, pushups, and pull-ups.

The Hamstring; is situated right at the back of the thighs and supports walking and running. It also provides balance and strength to the body. A well developed and maintained hamstring will offer you a well-balanced posture, and you can get this through mountain climbers, quads, wall sit, etc.

Calf Muscles; can be found in the backside of the legs, and the Achilles tendon is the source of attachment between the heels and the leg. Without these muscles, walking in a forward motion will be impossible, and you can develop them through jumps, squats, and jumping. As with other types of calisthenics workout, always ensure you carry it out in the proper form to prevent harming yourself.

Torso, or the middle part of the body, encompasses the abdomen, posterior, pelvis, and lower part of the back. Your posture and how you move around generally is a significant function of the torso. It also provides balance, strength, and stabilizes the lower half of the body. You can strengthen your core through squats, human flags, burpees, crunches, etc.

Pectoral Muscles; are found in the upper region of the body and are commonly known as “Pecs.” It links the shoulders to the arms to bring about movement of these parts of the body. The muscles of the pectoral region are the pectoral fascia, pectoral major, pectoral minor, and lastly, the subclavian muscles. A well-formed and developed pec is an attractive feature in the human body that can be gotten by calisthenics exercises such as the chest dips, diamond push up, diver bomb pushup, etc.

Oblique; these muscles are located just underneath the ribs in the torso region, running down to the hip area. These muscles are of two types; the external and internal oblique muscles. The external oblique muscle sits above the internal oblique muscle. It is arguably one of the most massive muscles in the abdominal region of the body, and due to this, it is responsible for a lot of movements that occur in the area and the body as a whole. You can strengthen your oblique muscles with calisthenics workouts such as the Spiderman plank, pushups, Russian twist, bicycle crunches, oblique crunches, etc.

Quadriceps; are located in the forepart of the thighs, and it is composed of the vastus medialis, rectus femoris, vastus lateralis, and the vastus intermedius. Well developed and healthy Quads are essential for proper movement and physique. Strengthen your quads with leg press, squats, and lunges.

Deltoid Muscles; can be found in the shoulder region and have a characteristic triangular shape made up of the posterior deltoid, lateral deltoid, and the anterior deltoid. With a well-formulated calisthenics workout plan, you can strengthen the muscles in the upper part of the body with exercises such as pushup, chin up, and pull-ups. To ensure active and well-distributed development of the deltoid muscles, you can carry out variations of the above-listed exercises.

Trapezeius; these muscles run down from the skull, down both sides of the back, and also moves to the rear upper part of the body in the shoulder region. The primary function of the muscle is to give stability, aid movement, and offer support to the head, neck, and upper back regions. Carry out the following exercises to strengthen your traps muscles; wall pushup, shrugs, and upward row.

The Posterior Chain; is found in the rear side of the human body, and they are made up of the calf muscles, hamstrings, and lower gluteal muscles. Well developed and maintained posterior chain muscles offer the body proper movements, support, and strength. A regular series of calisthenics workout sessions will bring about muscle building, and this can be carried out through planks, lunges, and squats. You can also incorporate other forms of exercises that focuses on this region of the body for a well-distributed growth.

Nervous System Training

In as much as calisthenics is mostly used to strengthen and develop muscle mass, you should also be aware of its importance in strengthening the nervous system. For a wholesome and all-encompassing workout, you should aim to bring together elements that will develop both your muscle mass and nervous system.

Your nervous system, which comprises of the brain, spinal cord and nerve ends which are distributed all over the body when subjected continuously to calisthenics exercise will make your body to become agile through the development of the motor and other critical neural sites in the body.

Training regimes of relative high intensities and long durations will boost the endurance level and, consequently, the strength and mental alertness levels. Nervous system training is often overlooked by beginners when starting with calisthenics through intense workout sessions.

The exercises of the nervous system are majorly comprised of the plyometric workout, which is a sudden fast-paced activity aimed at developing strength and stability. It focuses on several joints at the same time all over the body e.g., dips, squats, benches, rows, pulldowns, and bent over rows. How often and the rate of giving your nervous system the required workouts is most times advisable to be on the high side. Giving your nervous system a good workout at least twice a week will ensure that the desired results are gotten and maintained. You can as well increase the frequency and intensity of the workouts for faster results. If you are a beginner, you should bring in the whole body workout into the nervous system training.

For effective results, you should combine and switch as you see appropriate between muscular and nervous system training. This will bring about equilibrium in the development and growth of cardiovascular endurance and efficiency. There is no hard and fast rule on the proportion of combination to be carried out between the nervous and muscular training. However, for beginners, it is necessary to dedicate more hours to developing the nervous system as this will serve as the foundation needed for further exercises later that will focus on bodyweight exercises for bulking up and strengthening the muscles.

As a beginner, you can start with about three to four weeks for nervous

system training before you move onto bodyweight training for three to four weeks before going back to the nervous system training. The time frame spent on each form of exercise can be adjusted to suit your peculiar needs, and soon enough, you will begin to see changes.

For bodyweight training aimed at bulking up the muscle mass, the form of exercises required is focused on the muscles for extended periods, and you will most likely experience tiredness and fatigue, which you don't experience with the nervous system training. The main agenda here is to tire out the muscles so that they can adjust to a constant increase in the intensity and frequency of the workouts. The higher the levels of intensity and stress applied to the muscles, the more they will heal and, at the same time, gain the much-needed strength. For you to see noticeable and wanted changes, you should carry out 15 – 20 reps of a work out in 5 sets at any given time.

Using calisthenics for increasing muscle mass is a slow-paced activity carried out in a circular movement. Also to be taken into cognizance is the number of reps, sets, the proper form, and the angle of motion that the body is subjected to.

Chapter Five

Muscle Bulking Up (Hypertrophy)

To develop and increase muscle mass using calisthenics, the number of reps carried out will have to be reduced for the muscle to experience overload. The overload brings about minuscule tears in the fibers of the tissue. If a high rep is engaged in with the sole aim of bulking up the muscle mass, it will be counterproductive, and you will only be increasing the strength of the muscle and not the mass. You can effectively achieve a reduced number of sets by carrying out either of the following techniques;

Altering the angle of the workout; workouts with your body set at an incline to the floor simply refers to changing of the angle at which alternate workouts are carried out. Any small change in the angle in which you perform an exercise will bring about a significant increase in the intensity and difficulty levels of the workout which will exponentially increase the strain and load on your muscle e.g., with a pushup workout, instead of laying horizontally to the floor while exercising, you can set your legs up against the wall or on a chair. This will significantly increase the angle of inclination with the floor with your body pointing downwards, thus deriving a maximum effect on the muscle from this position.

Spreading out the body; this technique makes use of distributing out the weight of the body so that a reduced number of sets are performed while also at the same time putting the muscles to work thoroughly. With a typical workout, your body is balanced at 1:1; however when you tilt the weight of the body to the other side, you will experience an increase in the difficulty of the workout e.g., during pull-ups, immediately you shift the weight of the body either to the right or left, the muscles on that side of the body that's been worked on will tire out. The number of reps that you can comfortably carry out will be reduced.

Strength or muscle building via calisthenics is determined by the number of sets you carry out. Subjecting your muscles to a few sets of a specific workout will bring it under immense press; the ideal number of sets for any calisthenics workout is a minimum of four if your aim is a muscle mass increase. If you want to increase your endurance, however, the number of sets is reduced, and it varies depending on how long you can go. Gradually increasing the overload method will ensure that the exercise gets more

challenging with every passing activity. This will bring your muscles to adapt to heavier workloads and thereby increasing its strength.

Your desire and what you aim to achieve from the calisthenics workout will ultimately guide you on the design of workout, sets, and rep that you decide to go with.

Strength Training and Muscle Hypertrophy

Muscle hypertrophy refers to continuous growth and development of the muscle mass in the body by constant training and overloading, which leads to the muscle fibers experiencing tears, healing, and then growing into a bulkier mass with more strength than was the case before. The method is simple and easy to follow as all you need to do is put your muscles to work for extended periods with relatively heavy loads till they are tired and can't carry out any more work, then you allow them to rest for a while so that they can heal and then grow.

Pertinent to know is that when you workout to build the muscles, getting tired doesn't mean you overwork it to the extent that injuries result; it merely means that you carry out the exercise in such a way that proper rest is integrated into the routine for a wholesome experience.

With calisthenics exercises, you will build your muscles and those ripped muscles that you so desire. To get your muscles hypertrophied, you should embrace the following points;

- Muscle growth is not instantaneous and will take a while, so you have to keep at the workout routine until you begin to see the results.
- For motivation, get a workout partner if you can and also consult a certified expert for guidance.
- Your diet should be balanced and continue all the essential nutrients in the right proportions.
- The training routine should not be haphazard; it should be well structured and consistent.
- Do not stick to lower reps for a long time; try to engage with higher reps and a smaller number of reps. This is essential in building muscle mass.

- There is the need for your body to have an adequate sleep every day as this is an avenue through which the whole body gets to rest, and the appropriate glands secrete the necessary biochemical substances needed for healing into the bloodstream.
- Before you start any session, carry out some warming up exercises and also, when winding down, incorporate the necessary exercises.
- Your goals should be easily attainable so that you don't become discouraged and dejected if you continuously fail to meet up with your targets.
- Do not fall and stop your training even if you feel tired or not seeing the results immediately.
- You should have a workout journal into which you input all the details of your training routine.
- Always put on the correct workout gear before your training starts.

Situations to Avoid

There are always events or circumstances that will bring about a drawback in your progress that you need to be aware of and avoid as much as you can. For example, if a workout is performed the wrong way, you will not get the results you wanted, and it can also lead to injuries. Listed below are some of the situations you should look out for and avoid;

- Reduced number of sets and reps; to build your muscle mass and strength, it is required that you subject the muscles to an ever-increasing number of reps of the appropriate workout.
- Unattainable Goals; for beginners, it is not unexpected to set goals that are not realistic. You should be reasonable with whatever number of reps and sets you hope to perform for every exercise type and don't go overboard with unrealistic expectations.
- The wrong training method; when you are supposed to carry out a workout in the prescribed manner, and you don't, you have gotten the form wrong and will lead to you not getting what you want from the workout e.g., when carrying out pushups, you should make sure you go all the way down and up at every push as anything outside of this is performing the exercise the

wrong way.

- Not getting the proper amount of rest, you must find the appropriate equilibrium between your workouts and rest times. If you don't get the proper amount of rests times, your muscle will get worn out and will not develop as fast as they should, and resting too much, on the other hand, will slow down the progress of muscle building.
- Too much training; in strengthening and building muscle mass, you mustn't overdo it, instead blend the number of times that you exercise with quality workouts.
- Distractions; getting involved in side attractions such as having talks with friends, watching TV, or any other activities that are not part of your workout sessions can bring about a loss of focus and, ultimately, loss of quality training time.

Chapter Six

Muscle Hypertrophy Exercises using Calisthenics

To begin with, have a timer at hand, and the workout times should be set at thirty seconds with thirty seconds of rest. When a full circuit is completed, rest for two full minutes with your goal to complete the three sets. This advice is aimed for beginners, but if you are an old hand, workout for forty-five seconds and rest for fifteen seconds and rest for one minute thirty seconds at the end of the circuit with your goal to complete at least five rounds.

Exercises

The Full-body Workout

Here, you carry out a kneeling press-up and it is performed by bending the knees, place yours in a high plank format and walk. Ensure that you complete the kneeling press-up and then proceed to walk on your hands back and to stand in an upright position. Make sure that the hips are at the same height with the spine when in the plank position, tighten your glute muscles, and bring in the torso into play too.

Squats

This workout helps out with balance by strengthening the core and conditioning of the muscles of the thighs.

Directions

- Place your feet slightly apart and aligned to your shoulders and push out your hands to the front.
- Bend the hips and knees a bit and go down to the basic squat form.
- Go up by engaging your heels and continue with the cycle again and again.
- Carry it out in 18 repetitions in 2 sets and take a break to rest for a minute.





Slow X Climbers

Directions

- Begin from a plank position at a reasonable height.
- Gently bring the right knee towards the left elbow before returning it to where you started from. Then push forward the left knee towards the right elbow.
- Continue with this pattern gently and concisely without increasing or reducing the tempo. It is all about how much control you have over your core.



Knee Push-up

This exercise is focused basically on the arms and core.

Directions

- Begin the workout from the basic push-up position; your knees should be on the floor rather than your feet.
- Ever so slightly, raise the feet away from the knees.
- Bend the elbows by lifting it and lowering it just like you would do with the push-ups and, at the same time, ensure that the body is straight.

- Carry it out with 15 repetitions in 2 sets.



Crunches

Are essential for the development of the abs and are often mistaken for squats.

Directions

- Lay on the floor with your back, bend your knees with the feet resting directly on the floor.
- Interlock your fingers directly behind your head, raise your chest and legs with a small space in between.

- Return to where you started from and carry out the cycle again.
- Do it for 12 repetitions and take a break of 60 seconds.



Jumping Jack

This is a plyometric workout that has a significant number of advantages for beginners. It helps in keeping the cardiovascular and nervous system fit. To carry out this workout, stretch out your arms and raise them upwards and hop from side to side at the same time. This will help in the conditioning of the muscles of the upper and lower body.



Push-ups

This is perfect for developing the chest, triceps, and shoulders in addition to strengthening the muscles of the abdomen and lower back region.

Directions

- Place your knees directly on the floor and bring your feet next to each other.
- Flatten your palms, stretch out your hands with your fingers pointing to the front and your shoulders above your hands.

- Your feet should be placed together, and your back flattens, and your stomach sucked in.
- Gently go down towards the floor and allow your chest to come in contact with the floor.
- Using your flattened palms, push upwards until your arms are straightened at the elbows, and you have attained the top form.





Tricep Dips

This is a bodyweight exercise targeted at the shoulders and arms.

Directions

- Sit on an elevated surface such as a bench, chair, or step, and using your hands, hold on tight to the edges with your knuckles in the outward position.
- Your palms should be in direct contact with the surface and use it to push your body forward until your rear is up and away from the surface.
- Gently lower your body back with your elbows at an angle, holding on for about two seconds before pushing up again to the former position. Always make sure that your arms are always fully supporting your body weight.





Lateral Lunges

Directions

- Stand up straight and place your feet next to each other.
- Place your right feet to the front and bend it as far as you can while you make sure that the weight is on the heel, and the left foot is still at its original

spot, still straight.

- Push the right foot heel to bring your feet back to where you started from and then carry out the same procedure by making use of the left leg.



Plank

Directions

- Assume a push-up position while lying on the ground.
- Find an equilibrium for your body with your elbows.
- Maintain this pose for 30 to 40 seconds.
- The time frame for the plank can vary, and you can gradually increase the duration as you become more comfortable with the exercise.



Mountain Climbers

This exercise is good for building your core strength and endurance. It has effects on several muscles in the body at the same time.

Directions

- Assume the plank position and your weight should be evenly distributed from your toes up to your hands.
- Your hands should be at shoulder-width apart, your back straight, neck upright, and your stomach firmed.
- Raise your knee towards your chest.
- Alternate by returning the knee to its original position and bringing up the other knee to the same location.
- To make sure that your muscles are under the required stress levels rather than speed, your hips should be kept down and your speed put under control.



Lunges

Directions

- Relax your shoulders, the upper body upright, chin up, and the core firm.
- Put one foot forward and lower your hip till your knees are at an angle of about 90 degrees.
- The knee in the forward position should be above the ankle, and it shouldn't be too forward so that the knee at the back doesn't come in contact with the floor.
- Make sure that the body weight is focused on the heels, and you can then

push upwards to how you were before.



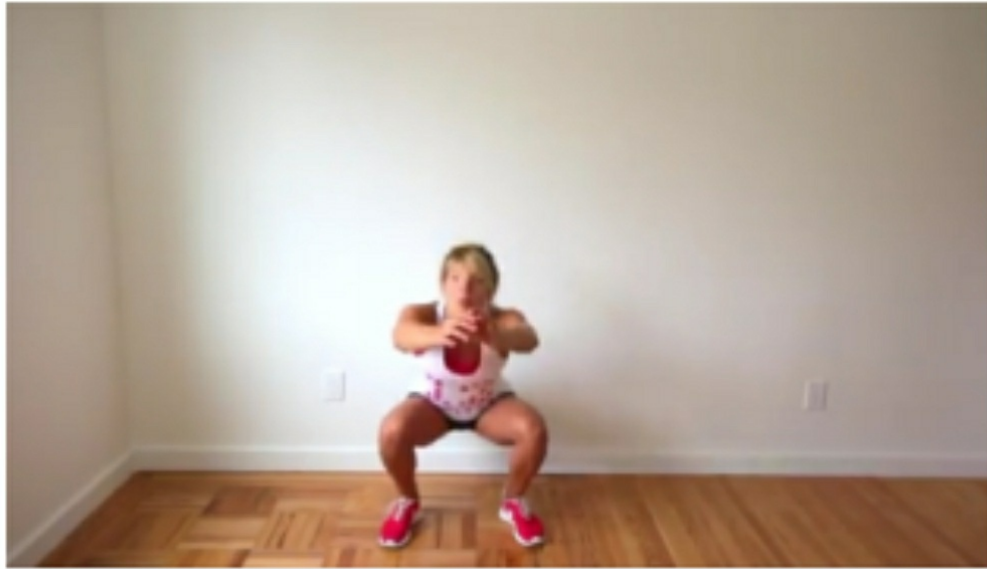
Air Squats

This exercise increases your body stability and general body strength.

Directions

- Set your feet at shoulder width slightly spread and point it forward.
- Ensure that your knee doesn't go further than the position of your toes.
- Your back should be firmly upright.
- Do not, at any point, allow your shoulders to drop forward. The lower part of your body should be the only area that is allowed any form of motion.





Standing Trunk Twists

This exercise is a way through which you can get to exercise your obliques muscles.

Directions

- Keep your feet slightly apart at shoulder width with your knees touching each other.
- Raise your hands, facing directly upwards.
- Twist your midsection to the left and raise your knees while the elbow from the opposite side is allowed to touch the knee.
- Go back to the starting position and focus on the other side this time around.
- Repeat and continue the same process all over.



Reverse Crunches

Directions

- Place your back directly on the floor and spread out your arms to the

side. Your knees should be bent at the knee and then gently raise your legs with a focus on your midsection.

- Breathe out and firm up your stomach muscles and move in your knees and hips inwards to your chest; the only part of your body that should leave the mat is your hips.
- Keep your knees fixed at the same angle while going up with your head facing directly forward and your neck and shoulders free of any tension.
- Breathe in and go back to the starting position again.



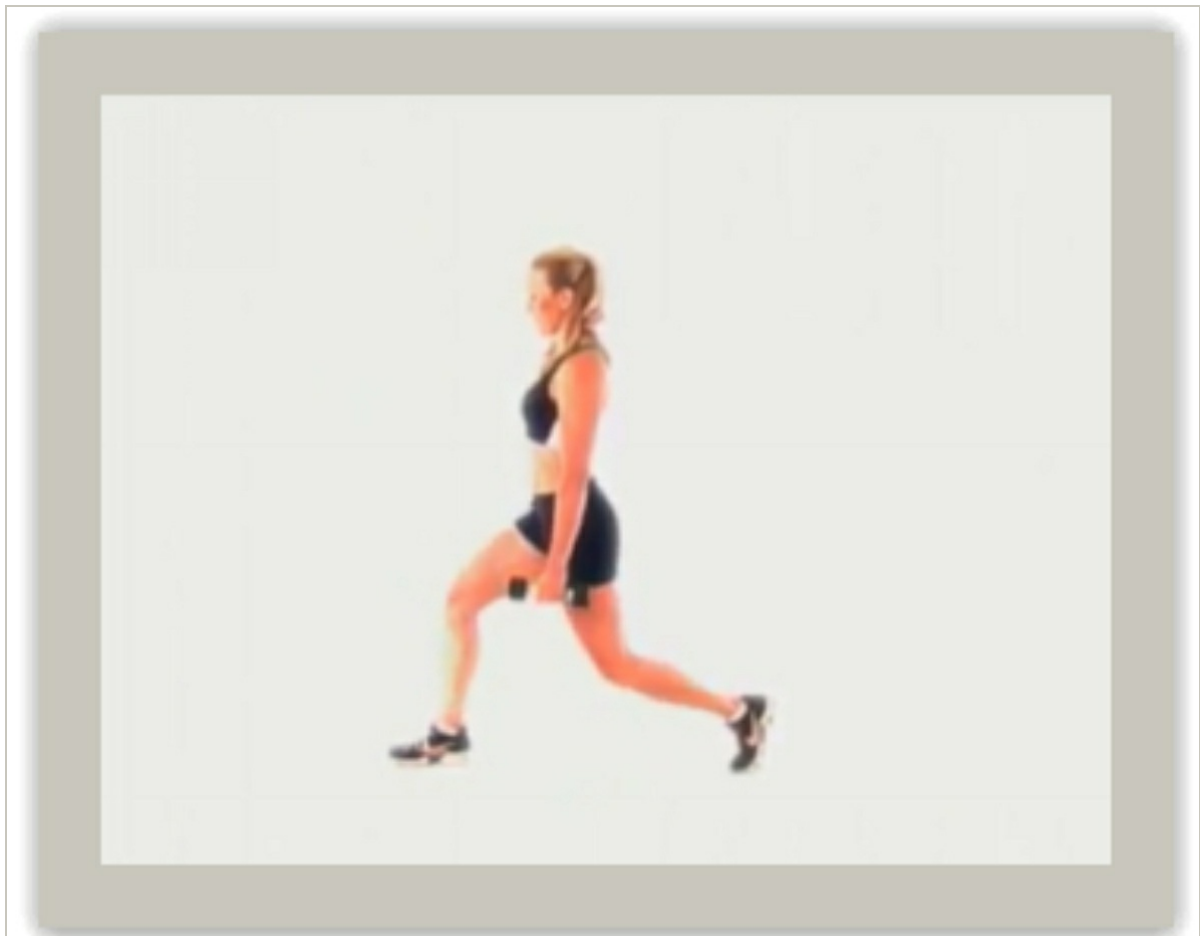


Stationary Lunge

This exercise strengthens your calves and glutes.

Directions

- While standing upright, push your left leg forward and set your right leg to the back.
- With your hands on your hips, gently bend the right leg and raise it a bit off the floor.
- Return to the original position and alternate your legs and carry out the same process again.
- Carry out the work out for 18 repetitions and then rest for 60 seconds.



Stationary-Leg Donkey Kicks

Use this workout plan to develop your core and glute muscles.

Directions

- Set up your palms and knees on the floor and ensure that your back remains straight.
- Push your right leg to the back and assume the position of kicking a ball and shoot the leg forward.
- Move back to the original position and carry out the same procedure with the left leg.
- Carry out 12 repetitions on each leg.





Hip Bridge

Directions

- Lay flat on the floor, bend your knees, and your feet should be flat against the floor.
- Raise your hips from the floor to align your shoulders, hips, and knees.

- Firm up your glutes and keep your stomach sucked in to prevent your back from being strained too much.
- Maintain that position for about 10 – 15 seconds, then release the form and go back down to the original post.
- The pushing force used for the workout should come from your hips and not your heels.



The Bridge

This exercise will help with the strengthening of the hamstrings and the core. It targets the hip and lower back and, at the same time, improves the stature.

Directions

- Lay down on the floor with your back in full contact with the surface.
- Spread out your arms to the side, and your feet should also be laying flat with the floor.
- Lift your bum until the hips are spread side due to the squeezing action on your glutes.
- Go back to the original position and carry out the cycle again.
- Carry out this workout in 2 sets of 12 repetitions then take a break for 60 seconds.



Reverse Lunge

Directions

- Standing straight with both feet together, push back the right leg and bend both knees to an angle of 90 degrees.
- The weight of the body should be on the leg at the front, which is the left leg.

- Push the right foot up to a high knee post then return the leg to the floor right next to the left foot.
- Carry out the same process with the left foot going to the back.
- Perform the workout in 2 sets with ten repetitions.







Side-Lying Hip Abduction

This exercise is aimed at developing and maintaining the muscles around the hips.

Directions

- Lay on your left side on the floor and straighten out your legs.
- Raise the right leg just enough to not put too much pressure on the hips.
- Bring back the leg to the original position and carry out the routine again
- Carry out the workout on both sides of the both with 12 repetitions each.



Finishing

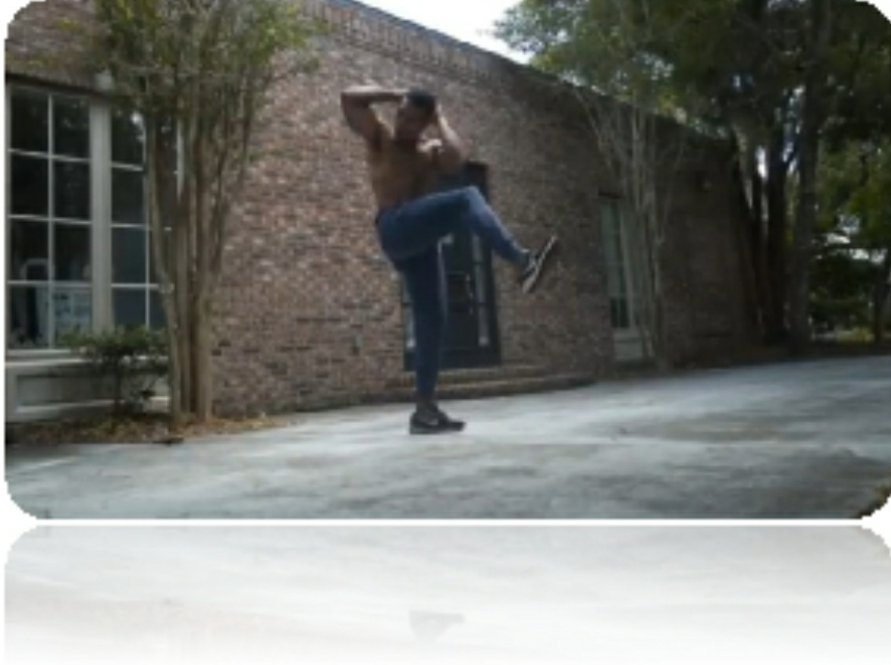
These are workouts that you engage in to end your exercise session.

Jog Finishers/High Knee Rapid Step

Directions

- Stand upright with your feet at shoulder width length.
- Move your left knee up into your chest before returning your feet to the floor.
- Do the same thing with your right knee.

- Carry out the process swiftly with both knees for about 20 seconds, then reduce the speed and perform the workout for about 40 seconds.
- Carry out the process in 3 sets of 10 repetitions.



Chapter Seven

A One Week Workout Routine

MONDAY

Three sets – 45 seconds rest between reps – 3 minutes rest between sets

Theme; Upper Body workout

Warm-up exercise; bent over huggers

Twelve wide arm pushup

Twelve normal pushup

Five pull-ups

Five dips

12 diamond push up

TUESDAY

Three sets – 45 seconds rest between reps – 3 minutes rest between sets

Theme; Back workout, chest, and cardio

Warm-up exercise; arm circle series

Twelve diamond pushup

Twelve wide arm pushup

Twelve dips

Ten pull-ups

Twelve regular pushup

Take a rest of 3 minutes before the cardio workout

Cardio Workout

Ten burpee

Twelve jumping jack

Ten Squats

Cooldown exercise; overhead triceps

WEDNESDAY

Three reps – 45 seconds between each rep – 3 minutes rest in between each set

Theme; Core Strength and Cardio

Warm-up exercise mountain climbers, arm swings

Twelve squats

Wall sit

Twenty jumping jacks

Ten Planks

Ten Burpee

Ten Jack Knife

Twenty Lunges

THURSDAY

Three sets – 45 seconds rest between reps – 3 minutes rest between sets

Theme; Legs and Arms workout

Warm-up exercise; arm circle series and huggers

Twelve bench dips

Ten burpee

Twelve dips

Twelve squats

Fifteen mountain climbers

Twelve wide arm pushup

Twelve lunges

FRIDAY

Three sets – 45 seconds rest in between reps – 3 minutes rest in between sets

Theme; Cardio and Full body workout

Warm-up exercises; bent over huggers and a light jog

Ten claps push up

Ten wide grips pull up

Twelve bench dips

Ten narrow grips pull up

Twelve pushups

Take a three minutes break

Twelve squats

Twelve jumping jacks

Twelve lunges

Cool down exercises

The weekend days of Saturday and Sunday are off days during which you allow your body to rest

TIPS

- This routine is not set in stone as you can always add some variations into it to suit your peculiar needs and also to make things more interesting for you.
- Take in a full and well-balanced diet after your workouts.
- Before you start your workout, carry out warm-up exercises, and when you are done, also perform some cooling down exercises.
- Focus always on the task at hand to avoid distractions.

Cool downs and Warm-up Exercises

Cool down exercises are engaged to bring to muscles into a state of relaxation after a period of exercising. They also make the muscles well rested and ready for upcoming exercises. Examples of such exercises include;

- Overhead triceps
- Wide toe touch
- Standing quadriceps
- Hip flexors

You must get your body properly conditioned and ready for the extensive workout sessions that you are about to begin. It makes your body warm and ready prevents the probability of getting injured. Also, some cardio warming up is needed to get the blood flowing to all the muscles. Here are some examples of warming up exercises that you can carry out;

- Forward and backward arm cycle
- Jumping Jack
- Hugger and Bent over Huggers
- Light Jog

Your Goals

Realistic goals that you set at the beginning of your training programs will keep you motivated to do even more as you continue to attain them. For a proper workout plan to be everything you ever dreamt of, you must have a goal that you hope to achieve. In achieving your set out objectives, you have three ways of going about setting your workout goals.

Long Term Goals

This type of goal is the foundation of the calisthenics workouts, and it should be properly planned before you start with your workout plans. Pertinent reasons why you are exercising such as weight loss or gain, bodybuilding, work on the nervous and cardiovascular system, and what you ultimately hope to gain from the workout sessions should be fully documented as you work towards it.

Monthly Goals

This is the next type of goal, and it is an interconnection of essential factors relating to the calisthenics workout e.g., carrying out the different types of crunches or squats within a definite time frame, increasing the number of sets or reps for a specific kind of workout. Always aim for goals that you can achieve within thirty days.

The primary, Weekly or Short Term Goal

An example is the number of times you want to work out within seven days, how long each session will last, and the intensity.

Other Books by the Author

The Simple Endomorph Diet Plan: The Ultimate Guide to Burn Fat through Weight Lifting and Cardio Exercises, Intermittent Fasting, Diet Plans and Great Recipes with Low Carbs

Do you know the type of body type that you have? Do you get tired much faster than everyone else around you? Is your body a bit larger compared to the amount and type of food that you eat? Is weight gaining a problem that you are trying to stop? If all the above question boxes have been ticked, it is a pointer to an endomorph body, and you have gotten the right book to help you.

Having an understanding of the different body types that exist is the first step towards getting your weight in check. This guides you on the exact way to tackle your weight problem without spending precious time on trial and error techniques to see what will eventually work for you. There are three primary body structure types; endomorph, ectomorph, and mesomorph, into which humans are grouped. The focus of this book is the endomorph body, which has a relatively slow metabolic rate when compared to other body types giving rise to an exponential accumulation of body fat. The endomorph diet is structured not just to reduce the total body fat, but also to get rid of excess weight in both women and men. This is the first step before you can move on to bulk up with some muscle.

Are you ready to begin your journey towards a perfect body? Here are some of the vital lessons you will learn from this book;-Ways to determine if you are an endomorph -Unique approaches to staying fit peculiar to your body type-Diet plans that will energize you, make you full and stay healthy-Meals that will leave you full and satisfied all day long-Variety of foods that are compatible with your body-Methods of eating that will heighten the burning of the fat reserves in your body-Advantages of been an endomorph-The Positive mindset to go through with the diet plan and stick with it-Intermittent fasting-Weight lifting and cardio exercises for endomorphs-Exercise plan for you-Mouthwatering meal recipes and diet plan-Dietary supplements; the good, the bad and the ugly-And a whole lot more!

You don't have to jump on every diet train out there. Stick with this loving weight loss plan for endomorphs and get that ripped body in a few short weeks and keep the weigh-off! Scroll up and GET a copy or two now.

<https://www.amazon.com/dp/B081YJNQ8M>

Overcoming Eating Disorders: A Simple Guide To Causes, Prevention and Treatment of Eating Disorders in Athletes

Eating disorders and body images problems are quite common among athletes, and this may be a pointer to a bad issue that is often overlooked. Eating disorders have been discovered but most times kept a secret in most sports. It may be undiagnosed or concealed merely due to the competitive nature of the games. Athletes may engage in harmful nutritional practices, strict diets or dietary supplements. Purging, restrictive diets and bingeing have devastating impacts on the general well-being of such people. These acts are carried out to improve their performances, but the results may often prove counterproductive.

The performance of athletes suffering from eating disorders may spike and then a downhill spiral which leads to further health problems arises. If left untreated or overlooked, it can be life-threatening. Just like these problems are found in the general populace, so it also affects a significant number of athletes. This book aims to bring to the fore simple and easy to practice diagnostic practices for both the athlete, coaches and people around high-performance athletes who are often under significant stress to up their output levels.

Are you an athlete with symptoms of an eating disorder and you keeping it under wraps?

Are you a mentor, coach, parent or someone with significant influence over an athlete?

Get this book now and start the journey towards healing and sustainable performance.

<https://www.amazon.com/dp/B079ZZ29RQ>

About the Author

Jason B. Tiller is a meta-researcher and clinical psychologist. He doesn't just help individuals; he finds the disorders and troubles afflicting his patients, studies them, and explains them in layman terms to his patients and those seeking help alike. With a degree in Nutrition and Food Sciences in addition to an advanced degree in psychology, Jason has been in private practice in Los Angeles for a few years. Jason began this research and practice not out of desire, but a necessity. In the course of his research, he gravitated towards the psychological impact of what we put into our bodies. He became an expert in weight loss, healthy lifestyle, as well as food intake optimization. This led him to not only find many potentially helpful natural supplements that can eliminate gut infections but also to herbs and foods that can heal damages done by harmful bacteria. What resulted was a new understanding of what needed to be done, and in what order, to eat well, and also achieve a consistent healthy dieting. Jason's theory about healthy dieting has been tested many times and reports have confirmed the positive effects of the insightful food instructions.

His book "A FEAST FOR ALL SEASONS: STRATEGIES FOR SURVIVING AN EATING DISORDER DURING THE THANKSGIVING" is also inspired by the need for healthy eating during the holidays. With this passion "HEALTHY GUT: SIMPLE STEPS AND RECIPES TO KEEP YOUR GUT HAPPY" came to life, which provides even greater insight into how the gut works and the simple things you can do to assure a healthy gut system. The research studies in these books and his other books have been proven, safe and effective.

A former football player, Jason has trained and played with top players in the sport. He maintains excellent physical state, brimming with energy by actively putting into practice what he advises his clients to do. Jason has written other books, and hopes that they will help more people discover natural and simple cures for common ailments and also provide the fullness of information about proper weight loss plans in correlation with dieting and physical activities.