



BODYWEIGHT TRAINING 101: BENEFITS & TIPS





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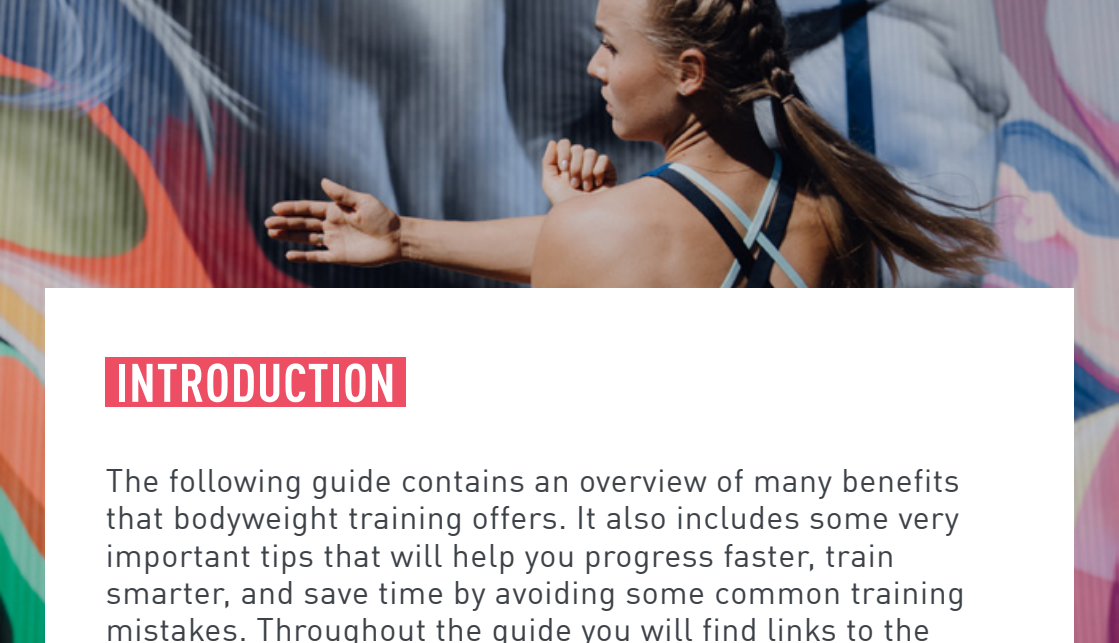
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INTRODUCTION

The following guide contains an overview of many benefits that bodyweight training offers. It also includes some very important tips that will help you progress faster, train smarter, and save time by avoiding some common training mistakes. Throughout the guide you will find links to the [Runtastic blog](#) where you can always get more detailed advice and other useful tips.

The potential of bodyweight training is often underrated. Not everyone is aware of how many different goals can be achieved with this kind of training when it's done right. Most importantly – using your own body as resistance is convenient and empowering.

Bodyweight training is a great choice for many:

- **Beginners:** Training with your own body as resistance can be a great stepping stone to develop initial mobility, stability, and strength for other training systems and sports.
- **Travelers:** Time and space limitations may affect your training habits. With bodyweight training you can keep working on your goals anywhere.
- **Runners:** Mobility, stability, and strength can be improved without equipment in a way that benefits running performance and helps make the body more resilient.

- **Other athletes:** Bodyweight training complements many sports and can help athletes achieve well-rounded performance.
- **People who don't like gyms:** With bodyweight training, you can transform your body and improve your fitness & health in the comfort of your own home.

HIGHLIGHTED QUESTIONS

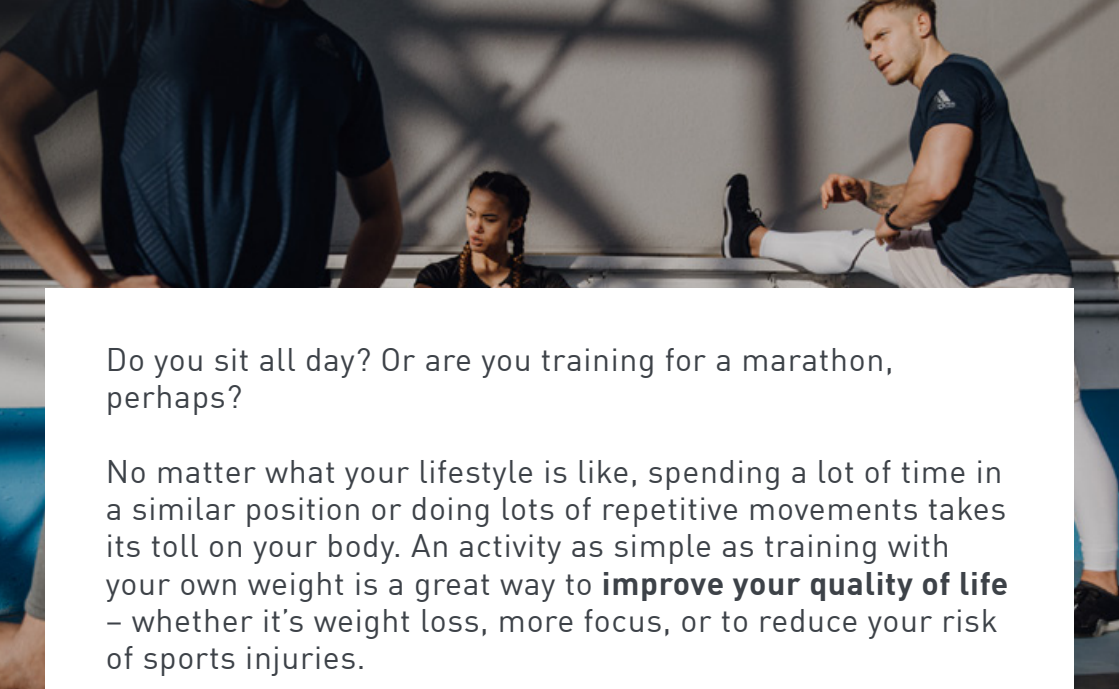
In this ebook you will find highlighted questions that provide interesting insights into best practices of bodyweight training.

And [at the very end](#) you will find an appendix with a **useful list of bodyweight exercises for each muscle group**.



A woman with a joyful expression is high-fiving a man whose back is to the camera. They are outdoors on a rooftop or balcony with a city skyline in the background. The woman is wearing a green and white striped sports bra and dark leggings. The man is wearing a black smartwatch. The scene is captured in a cinematic style with warm, soft lighting.

A | BENEFITS OF BODYWEIGHT TRAINING



Do you sit all day? Or are you training for a marathon, perhaps?

No matter what your lifestyle is like, spending a lot of time in a similar position or doing lots of repetitive movements takes its toll on your body. An activity as simple as training with your own weight is a great way to **improve your quality of life** – whether it's weight loss, more focus, or to reduce your risk of sports injuries.

These are the benefits of bodyweight training you will experience:

1 | SPEED UP WEIGHT LOSS

If you want to lose weight, your first thought might be that you have to start running. That's not necessarily true. It is just an option, like any other, such as doing a home workout.

The truth is – the amount of calories you can burn with bodyweight training has been underestimated for a long time...

Luckily, newer research has proved that training without weights can be a convenient way to boost your weight loss.

Here is why it's a good choice:

- Bodyweight exercises such as Push-ups, Pull-ups, Lunges, and many more **are classified as vigorous intensity physical activity** when looking at the METs ("metabolic equivalents," commonly used as a reference for effort in physical tasks).
- HIIT (high intensity interval training) workouts raise your heart rate and require **maximum effort**, which increases the calorie burn.
- But even if your bodyweight workout burns an extra 100-400 calories (the actual numbers vary based on type, duration, your fitness level, and many other factors), the **calorie burn is not the only benefit** you get from bodyweight training...

The muscle growth that you can achieve through bodyweight training over time contributes to a better body composition and a higher basal metabolic rate (number of calories you need to sustain activities of daily life). Keep in mind: if you want to lose weight, the most important factor will be how many calories you eat and how you can achieve a slight caloric deficit over a longer period of time.

GET HIIT WORKOUT VIDEOS



2 | LESSEN RISK OF DISEASE & IMPROVE QUALITY OF LIFE

Imagine there was a new pill on the market...a pill that makes you live longer and healthier, with less stress (and no side effects). Would you hesitate or start taking it right away?

Diseases such as diabetes, cancer, and cardiovascular disease account for 70% of deaths worldwide according to the WHO (World Health Organization). While exercise can't be labeled as the cure, it does increase lifespan, improve quality of life, and lower the risk for many of the most common chronic diseases. In selected cases, **exercise therapy can even be as effective as medication, or at least boost its effect.**

Here are some interesting facts:

- The combination of physical activity (moderate to vigorous such as bodyweight training) and a healthy diet have a stronger effect on **reducing the risk of early death** and improving the quality of life.
- Exercise, including bodyweight training, can be used to help **fight depression**. Benefits range from social contact and hormonal changes to the ability to cope better with anxiety due to the resulting elevated heart rate in controlled conditions (that's what working out is about!).
- Exercise can make you **more resilient against the stress** of daily life. It seems that the higher the fitness level, the lower the perceived stress.
- Regular training can increase your insulin sensitivity and **help prevent diabetes**. Why? When you are more insulin-sensitive, your metabolism is better at keeping your blood sugar levels within a healthy range.



- In addition to other factors, exercise can **enrich the diversity of gut microflora** with possible benefits that could go as far as managing gastrointestinal disorders and even preventing colon cancer, due to improved immunity and barrier functions resulting from stimulation of the beneficial types of bacteria.
- Moderate-intensity strength training is effective at increasing the “good” cholesterol, which, in turn, **reduces the risk of heart attack, stroke, and coronary artery disease**. To directly reduce the level of “bad” LDL cholesterol, it’s necessary to choose exercise with a higher intensity.

ISN'T CARDIO THE ONLY WAY TO IMPROVE HEART HEALTH?

Not really. Resistance training, such as bodyweight training, on a regular basis can decrease the risk of heart disease, decrease blood pressure and stress placed on the heart, and improve cholesterol levels.

What you probably don't know is that because of the muscle atrophy (wasting) in patients with chronic heart failure, patients are actually encouraged to perform dynamic resistance exercises to build back the heart strength and improve endurance – safely, of course! So, it's not all about running – bodyweight training benefits your heart, too.

3 | IMPROVE SELF-CONFIDENCE & MOOD

Even if you are only focused on your muscles – your brain is getting a boost, too!

Improved brain function, enhanced mood, and decreased stress level are the three most consistent cognitive effects of one single training session!

The brain's response to acute exercise is very complex – but bodyweight training can have an **immediate effect on your mood**.

Even though it's amazing how one single training session can change the tone of your day, it's not just about the temporary boost and "high". Sticking to a workout plan gives you a **long-term sense of accomplishment** that can be a strong foundation for even bigger changes in your daily routine and life.

On another note, bodyweight training can affect muscle tone in a way that improves posture. We can all more or less identify "good" or "bad" posture if we see someone slouching in their chair or walking hunched over. But what about knowing what good posture feels like for ourselves? This is the key, because we're not looking at ourselves from the outside. Why is that important? A better perception of the body can be developed through consistent training. It's not all about body composition and losing fat or gaining muscles. Having a better feeling of your muscles makes it easier to be aware of your posture and overall presence.

Fitness can even make you more successful...

FIND OUT HOW

4 | SLOW THE AGING PROCESS

No matter what age you are – being fit for all the experiences that life gives you is always a challenge. Even if slowing down aging is not one of your top priorities, it's good to know that you are doing something for yourself long-term, not just for the quick results.

Besides the above mentioned health benefits, such as a stronger heart and lower cholesterol levels, bodyweight training...

- **“Reverses” aging in the muscles** and thereby helps slow the loss of muscle mass that naturally occurs through aging.
- **Strengthens not only the muscles** but also the ligaments and even bones – making them denser, which helps prevent osteoporosis.
- **Boosts testosterone levels** even in older sedentary adults. Low testosterone is associated with diminished cognitive function, depression, osteoporosis, and deterioration of muscle function. So, even though the significance of increased testosterone resulting from exercise still has to be determined with future research, the findings are promising.





5 | IMPROVE RUNNING (OR OTHER SPORT) PERFORMANCE

If you are a runner, the majority of your training consists of running. Maybe even all of it? When you decide to focus on only one type of activity, you are missing out on a performance boost that comes from well-rounded fitness. Being a good runner means working on your strength, too. And the same applies for other sports.

The following four facts explain how strength training for runners can improve your running performance.

1. More efficiency

A stable torso is crucial for efficient running form. In particular, your abs and back muscles (core) play a major role. If these are too weak, your body will be forced to compensate which leads to a loss of power. Training your core with bodyweight exercises guarantees a smoother transfer of the force generated from your arms to your legs and from your legs to the ground.

2. More flexibility

Bodyweight training exercises are usually complex and strengthen more than just your muscles. If done properly, they also strengthen your mobility and agility. In general, flexibility

is always a combination of strengthening, mobilization, and stretching.

3. Less stress on your spine

Back pain is a common problem among runners. The main reason is weak abs and back muscles. Every time you run, your spine is subjected to small impacts. These cause your intervertebral discs to lose fluid and shrink, thus reducing their ability to absorb the shock from running. When we sleep, this fluid is replenished and the discs return to their original size. Bodyweight training helps improve your stability and reduce the amount of stress on your spine.

4. Lower injury risk

Many runners' problems (runner's knee, shin splints, Achilles tendinitis, etc.) are the result of muscle imbalances. These are often caused by focusing on only one activity or improper technique. To compensate for these imbalances, you should make strengthening and stabilization exercises a regular part of your running training. These can help improve your form and thus lower the risk of injury. Injury and setbacks are not fun – that's why strength exercises for runners are so critical.

Similar examples can be found for many other sports, as well. Bodyweight training in general, as a form of resistance training, helps you address your weaknesses and strengthen key structures and patterns that are required for any activity or sport type.



B

TIPS FOR EFFECTIVE BODYWEIGHT TRAINING



Ready to improve your health and quality of life through bodyweight training? This section provides important tips that will help you start your bodyweight training in a smart and efficient way.

1 | BEFORE YOU START: COMMON TRAINING TERMS EXPLAINED

Getting yourself acquainted with common terminology used for workout planning will help you understand other tips in this guide and get more out of your training.

Here are the most important terms:

- **Frequency:** refers to how often you train. A bodyweight training program will require at least 2 workouts per week to see any results. 3-5 workouts are generally recommended.
- **Volume:** refers to how many sets and repetitions of certain exercises you do, regardless of the number of workouts. This will depend on your specific plan. A plan such as the 12-week training plan in the Results app can be helpful to make sure you are on the right path.
- **Intensity:** refers to effort required for each training session. HIIT (high intensity interval training) sessions are an example of intense training sessions, and a light 20 minute stretch would be one example of a low intensity bodyweight training activity.

How are these factors used for different goals?

For health benefits, the WHO (World Health Organization) recommends:

- **at least 2 strength workouts per week** (involving major muscle groups like most bodyweight exercises)
- and a **minimum of 150 minutes of moderate intensity cardio** (bodyweight training lasting at least 10 minutes with short or no breaks contributes to this number).
- in general, **3 to 5 workouts per week** (or in other words, 3 to 5 hours of physical exercise) tend to produce good results. Beginners will see the biggest benefits if they work out 3 to 4 times a week. You should take one day off after two consecutive days of the same type of training. You can do another activity with less intensity or a different type of movement, such as walking, running, swimming, or yoga.

Does the same apply for losing weight or building muscle?

2 | IF YOUR GOAL IS TO... MAXIMIZE WEIGHT LOSS

How often should you train if you want to lose weight?
Is there a best type of bodyweight training for weight loss?

If you want to shed pounds, you need to incorporate the following principles into your training plan:

- **More effort = more calorie burn.** HIIT (High intensity interval trainings) can be especially beneficial for fat loss. However, this type of training is too intense to be done every day. Any type of exercise that requires high effort (for you) will have a similar effect – especially for beginners. In the end, weight loss is about calorie deficit. So make sure to adjust your nutrition for best results.

CAN YOU DO HIGH INTENSITY EXERCISE IF YOU ARE OVERWEIGHT?

It's advised to get some help from a personal trainer when starting with a bodyweight training plan if you are overweight ([Body Mass Index BMI](#) over 25). Losing the first few pounds could be achieved with low impact activity, upon which you will find it easier to progress to a bodyweight training plan. Stationary cycling and walking (especially uphill) can be done at a high intensity even if you are overweight and have a low fitness level. Jogging is an option, too, but remember to increase the distance slowly. A combination of walking and jogging is a good start.

- Training, sleep, and nutrition form the basis for reaching your ideal weight in a steady and lasting way. You have to consider and optimize each and every aspect.

DOES TRAINING ON AN EMPTY STOMACH BURN MORE FAT?

No, training first thing in the morning doesn't guarantee you better weight loss results. Schedule your workouts at the time when you are most likely to do them. Consistency matters the most, even if you change the time every day. If you keep sacrificing sleep to get your workouts done, you might end up stressed and without visible results.

- Step out of your comfort zone, and don't give your body the way to get used to a routine. Mix up the intensity, duration, and volume of your workouts by changing the number of sets and repetitions.

Training regularly and still not losing weight?

FIND OUT WHY



3 | IF YOUR GOAL IS TO...

BUILD MUSCLE

So you might think that there is no chance to add muscle mass without weights. The reality is that muscles don't know what kind of exercise you do – they just respond to load.

You have to be honest with yourself – are you ready to be patient and consistently keep doing harder and harder work to build more muscle? If so, then you are on the right track and bodyweight can be a tool for muscle growth, too.

The muscle building process is fueled by two things: structured, progressive strength training and a balanced, protein-rich diet.

Muscle growth is influenced by genetics. Some people build muscle easier than others. But, no matter what your genetics are like, you can have a more muscular body if you structure your workouts with these tips:

- **2-3 strength workouts per week** are recommended for beginners looking to build more muscle. If you are more advanced, you can do even more.
- For beginners: 24 hours of **rest** is enough after a shorter (<30 min) total body workout. However, if you do a workout focused on just one muscle group, such as legs, wait 48 hours before you do a leg-focused workout again. You can do a shorter, low-

intensity total body workout in the meantime. For advanced: rest 1-2 days a week, ideally after the longest and/or most intense workouts.

- 2 to 3 sets per exercise is enough for beginners, whereas those who are more advanced can do 3-5 or more sets. **Muscle growth requires a constant, gradual increase in workout load.** A good training plan, such as the 12-week Results plan, calculates the sets and reps for you.

ARE REALLY SHORT WORKOUTS EFFECTIVE FOR MUSCLE BUILDING?

Really short workouts (10 minutes or less) do have benefits for general health & fitness. However, they are **not ideal** for achieving more specific goals (such as building bigger arms or glutes, etc.), because these results depend on progressions of load (explained below).

- Increasing the load progressively is a must for all fitness levels, from beginner to advanced, if you want to stimulate muscle growth. As you get stronger, **choose a harder exercise variation** or do more reps. A good rule of thumb is: if you can easily do more than 12 reps, it might be time to consider a harder exercise or variation. (Exercise scaling is explained as a separate tip in this guide.)
- Other techniques such as varying the tempo of your repetitions and focusing on the mind-muscle connection can be beneficial for muscle gain with bodyweight training – more info is available in the section [“Techniques for better results.”](#)

Loading your muscles without refueling them is just going to put stress on your body without visible results. Consider the following basics of a muscle-building diet:

- Protein is the building block for your muscles. How much **protein you eat in total throughout the day** matters more than what you eat directly after the workout. Find out [how much protein you need](#) to maximize your results.
- To gain weight (muscle or fat) you need to eat slightly more calories than you burn.

Find out how to gain healthy weight:

READ MORE

4 | COMBINING BODYWEIGHT TRAINING & RUNNING (OR OTHER SPORTS)

Mixing different training types without a clear idea of what should go first might sabotage your results.

If you are combining bodyweight training with other activities, it's best to do running, swimming, cycling, and other activities on the days when you rest from your bodyweight training (if time allows).

It's very common to **combine bodyweight training and running** for example. Both are convenient and don't require much equipment. Combining the two makes your fitness routine more versatile and develops your body with different types of movements – the more the better! Running can be a good way to spend more time outdoors, whereas bodyweight training can strengthen weaker muscle groups, as explained in the Benefits section of the guide.



BODYWEIGHT OR CARDIO, WHICH ONE SHOULD BE PERFORMED FIRST?

There is no “best way” to organize your trainings. The general rule is – what matters more should be done first. If you are training for a running race, your running workouts should take priority. If your goal is simply to be more active to lose weight, organize the trainings based on what you enjoy more.

Another factor to consider is **the intensity** of the bodyweight training that you do. A good way to organize your trainings is to follow a high intensity activity with a moderate or low intensity one, whether it's on the same day or on two different days.

You can even do 2 trainings on the same day, such as a bodyweight workout and a run, as long as one of them is considerably less intense. That way, even if your plan is to do 3 bodyweight trainings and 3 runs per week, you can make sure to have more rest days throughout the week.

5 | WARM UP & COOL DOWN

Warming up before your workout should be as natural as brushing your teeth. A proper warm-up routine provides a lot of benefits and makes your training more efficient.

Warming up before bodyweight training...

- gets you mentally and physically ready for your workout
- increases your **heart rate, body temperature, and blood flow** (to name just three important factors)
- might reduce the risk of injury
- improves your balance, mobility, flexibility, and stability during your workout
- has a positive influence on your posture and performance

The best warm-up is an individual one, a routine that addresses your personal weak spots. The good news is that even if not everyone can afford to get a training plan created by a personal trainer, you can get the most important benefits with just a 5-10 minute warm-up routine of dynamic exercises to break a sweat.

Need a basic warm-up routine?

GET A BASIC WARM UP

The **cool down** can be separated into two types: active and passive cool down. Active cool down refers to any type of low intensity movement performed within 1 hour of training (even walking). Passive cool down simply means doing nothing after you finish your workout (sitting, lying down...).

It is commonly assumed that an active cool down will:

- improve recovery
- prevent muscle soreness & injury
- boost performance in the next workout, and much more...

This is, however, not completely proven yet. The ongoing research on the effects of the cool down provide some interesting facts:

- It remains unclear in which situation a cool down might reduce **soreness**, as it depends on how long and how intense your workout was, as well as what shape you are in to begin with.
- There might be a placebo effect when it comes to benefits of a cool down. Some findings suggest that you only benefit from a cool down if you really believe that it has positive effects on your body.

IS IT ESSENTIAL TO COOL DOWN AFTER YOUR TRAINING?

Not necessarily. However, even if the benefits of cooling down are not yet scientifically proven, your best bet is to rely on how you feel. As much as the warm-up provides a good mental preparation for the workout, the cool down can be a good way to relax afterwards and get back into your day. If you enjoy stretching, foam rolling, or doing yoga at the end of your workout – keep it up! If you are not sure, try cooling down and see how it makes you feel.

The [12-week training plan in the Results app](#) already provides optimal warm-up and cool down sessions along with your personalized bodyweight trainings!

Learn how to use a foam roller effectively:

READ MORE





6 | BREATHING DURING EXERCISE

The most important tip when it comes to breathing during bodyweight training is – don't hold your breath!

Most often we are not even aware that we are **holding our breath during an exercise**. Here are some common situations:

- Beginners sometimes unintentionally hold their breath during different types of exercises
When a new skill/exercise is learned, usually a natural reaction is to hold our breath without noticing while we concentrate on the movement and try to stay focused
- We want to keep our abs tight during abdominal exercises
- Sometimes it feels "easier" to hold our breath and push through exercises that we want to perform very quickly

Step 1: Make sure to breathe

The first step is to make sure that you are really breathing throughout every exercise. That being said, here are some other useful tips:

- In general, **every exertion of effort is accompanied by an ex-hale**. Examples: getting up in a Squat, pushing up in a Push-up
- During static exercises such breathing should be continued throughout the hold. Examples: Plank, Wall Sit...
- In repetitive exercises, especially when done quickly,

breathing should follow the tempo and be adjusted in terms of depth of the inhale and exhale. Examples: Jumping Jacks, Jump Lunges...

Feel free to **adjust the inhale-exhale rhythm and tempo** to what feels good to you.

Step 2: Focus on how you breathe

The next step when it comes to breathing is understanding that the way you breathe affects your exercise form, too. Our **torso is like a pillar that provides stability and transfers force** through the body when we exercise. But if you touch your abs while slouching you will notice that they are actually quite soft and there is not much sturdy and bony structure to provide this support. So how does the torso, also referred to as the “core,” provide structure?

When we inhale, the pressure that is created in our torso provides the necessary stability for the movements. That is why it's important to learn the difference between deep “belly breathing” and more shallow “chest breathing”.

WHAT DOES IT MEAN TO “ENGAGE YOUR CORE”?

You might often hear the instruction to engage your core when performing different types of exercises. The so-called “core” refers to the abdominal muscles and the back. While there are many ways to actively engage your core, an easy way to feel what this means is to tense your abs like you are about to receive a punch, or cough and see how your abs react.

How you can practice deep belly breathing

1. Lie down on the floor or on your sofa and place your hands or a light book on your stomach.
2. Breathe in and out deeply and consciously. You should be able to clearly see the book rise when you breathe in and fall as you breathe out.
3. Focus on trying to exhale all the air out of your lungs. With a little practice, belly breathing will become automatic and feel completely natural.

Once you become more mindful about your breathing mechanics, you can try to improve your breathing during exercise, too. You might notice that your energy level and posture improve when you breathe more mindfully.





7 | EXERCISE FORM & AVOIDING MISTAKES

You'd think that really advanced exercises are more dangerous for your muscles & joints... but actually they aren't. Common bodyweight exercises, the ones you can do quickly and easily for many reps, are usually the ones that end up causing you pain.

For example, let's look at the Push-up:

PUSH-UP MISTAKE #1

- Wrong: Elbows flaring
- Right: Keep your elbows slightly tucked in and your shoulder blades together



PUSH-UP MISTAKE #2

- Wrong: Sagging midsection
- Right: Keep hips in line with shoulders



PUSH-UP MISTAKE #3

- Wrong: Hands in front of shoulders, elbows in “T-shape”
- Right: Put your hands directly under your shoulders, elbows in “A-shape”



When you start out, it might feel overwhelming to consider so many tips on form. Focus on getting better in one exercise every couple of days, not all at once.

See the most common exercise mistakes (with pictures!):

[SEE MORE](#)

And if you don't feel ready to perform a certain exercise – don't force it. There are always other options and ways to replace exercises with easier variations. Do what you can with good form and be patient: strength & endurance come with consistency! The next section will teach you more about that.

8 | SCALING & REPLACING EXERCISES

So you can't do Push-ups. Or maybe your back hurts a bit when you do Leg Raises because your abs are not that trained yet. There's no need to force yourself to do an exercise with bad form. Scaling is always an option! **Scaling** means choosing an exercise variation that is easier or harder than the originally suggested exercise.

Adapt **any workout** to your fitness level by choosing the right exercise variation. Scaling with variations can also be used simply to adjust a workout to your current mood and energy level. Maybe you're just feeling super strong today and want to spice up your workout. Or you're feeling down and need something easy.

Here's an example, again with the Push-up exercise:





Knee Push-ups are a good start. If your goal is to be able to do a full Push-up, make sure to try doing one at the beginning of every workout.



Avoid letting your elbows flare out to the side and keep your body in a straight line. When you can do more than 12 with perfect form – look for variations!



This Push-up variation really works your abs and your arms! Make sure to aim the knee outside the elbow.

The same can be done with all bodyweight exercises, so there is no need to rush in and try exercises that you feel are above your current fitness level. Take time and progress slowly; what matters is that you are consistent! Check out more variations for bodyweight exercises:

SEE MORE

Replacing one exercise with a different one that targets the same muscles should always be considered when:

- There is an exercise that you can't do or are not allowed to do because of injury
- You really "hate" doing an exercise and it makes you unmotivated to do a workout when you see it

Of course not every workout can be composed of exercises that you love, but why not look for a replacement when possible? At the end of this guide there is **a list of exercises** based on muscle groups, so you can find what's right for you.

9 | TECHNIQUES FOR BETTER RESULTS

Doing the same exercises over and over can get boring, especially as you get stronger. It's good to have some other techniques to mix up your training style. The following techniques can be useful when trying to build muscle and strength:

Varying the tempo

- Focusing on a slow, controlled descent is good if you really want to feel your muscles burn. The eccentric part of the movement (e.g. when you are lowering yourself in a Push-up or in a Squat) puts **more load on your muscles**. Try to count 3 seconds as you go down slowly; it can be a good way to make an otherwise easy exercise much harder!
- Another way to vary the tempo is to **pause at the “bottom” of each repetition**. For example, in exercises such as Push-ups and Squats, taking a 1-5 second break will increase the effort your muscles will need to push back up and make the exercise harder.

Mind-muscle connection

Would you believe someone if they told you that thinking about a muscle while working out makes it grow better? If you doubt it, you're not alone. This technique was mostly used by bodybuilders looking to increase the size of their muscles and referred to as the “mind-muscle” connection. Interestingly, recent experiments have shown that this might be more than just a “myth”.

Here is how you could benefit:

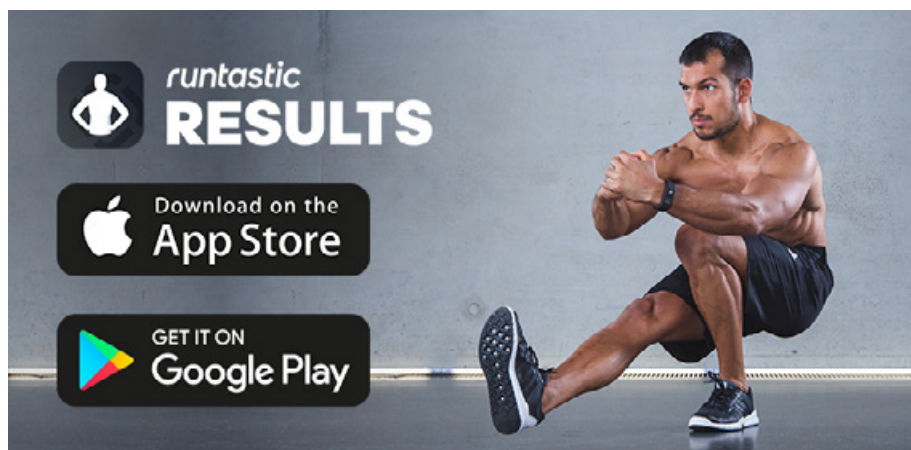
- Using the mind-muscle connection can **stimulate the targeted muscles**, especially when it comes to isolation exercises and where the goal is to increase muscle size. Examples of isolation exercises: Donkey Kicks for the glutes, Crunches for the abs...
- **Becoming more aware of your body** is a very helpful skill, with benefits reaching far beyond increasing the size of a certain muscle. Learning to feel your muscles work helps you perform exercises with better form and avoid common injuries.



CONCLUSION

Bodyweight training can be used to achieve many goals or supplement other activities. Hopefully, reading through this guide you learned more about how to use it for your own needs. The most important thing to keep in mind when it comes to seeing results from bodyweight training is that **results require consistency & progressive load**. That means your results will depend on how dedicated you are and how well-balanced your workout plan is.

A bodyweight workout plan such as the [12-week workout plan in the Results app](#) is a great start if you are looking to lose weight and get fitter in the comfort of your home without any equipment. Lay out a mat or a towel, start sweating, and write your success story!





APPENDIX: BODYWEIGHT EXERCISE LIST BY MUSCLE GROUP

You can find all of the listed exercises along with detailed video instructions in the [Results app](#) for Android and iOS.

Glossary:

- Level: Indicates exercise level
 - Basic ● Intermediate ● Tough
- Bilateral vs Unilateral: Bilateral exercises are performed on both sides at the same time and unilateral exercises focus on one side at a time. It means you have to repeat the whole set on the other side, too.
- Targeted: These exercises let you focus on a certain muscle group.
- Jumping: These exercises include jumping movements so they might be loud or harder on your knees.
- Knee dom. = Knee dominant exercises, they will primarily work your thighs (quadriceps).
- Hip dom. = Hip dominant exercises, they really work the glutes & hamstrings.

You can use the table to:

- Find exercises for a certain body part of your choice, suited to your fitness level
- Figure out a good replacement for a certain exercise by trying to match as many points as possible. (If the exercise is labeled “targeted” or “knee dominant,” try to find another that is similar for the same body part)
- Get more ideas on how to switch up the exercise that you might not enjoy doing.



TOTAL BODY

	Level	Bilateral	Unilateral	Jumping
Jumping Jacks	●	×		×
High Knees	●	×		×
Mountain Climbers	●	×		
4-Count Burpees	●	×		×
Flat Out Burpees	●	×		×
Star Jacks	●	×		×
Tuck Jumps	●	×		×

ABS

	Level	Bilateral	Unilateral	Targeted	Side Abs
High Plank	●	×			
High Side Plank	●		×		×
Low Plank	●	×			
Low Side Plank	●		×		×
Sit-ups	●	×			
Crunches	●	×		×	
Bicycle Crunches	●	×		×	×
Quadruped Limb Raises	●	×			
Scissor Kicks	●	×		×	
Leg Raises	●	×			
V-ups	●	×			
Windshield Wipers	●	×			×

BACK

	Level	Bilateral	Unilateral	Upper back	Lower back
Superman	●	×			×
Superman Pull	●	×		×	×
Quadruped Limb Raises	●	×			×
Bridge	●	×			×
Single-Leg Bridge	●		×		×
Wall Lateral Pull-Downs	●	×		×	
Low Plank	●	×			×
Single-Leg Deadlift	●		×		×
Prone X	●	×		×	×

CHEST

	Level	Bilateral	Unilateral
Knee Push-ups	●	×	
Push-ups	●	×	
Narrow Push-ups	●	×	
Wide Push-ups	●	×	
Commander Push-ups	●	×	
Alligator Push-ups	●	×	
Plyo Push-ups	●	×	
Single-Leg Push-ups	●		×

GLUTES

	Level	Bilateral	Unilateral	Targeted	Knee dom.	Hip dom.
Bent-Leg Cross Overs	●	×		×		×
Curtsy Lunge	●		×		×	
Single-Leg Deadlift	●		×			×
Bridge	●	×				×
Single-Leg Bridge	●		×			×
Hip Abduction	●		×	×		×
Donkey Kicks	●	×		×		×
Fire Hydrant	●	×		×		×
Pistol Squats	●		×		×	
Plié Squats	●	×			×	
Side Lunges	●		×		×	

ARMS & SHOULDERS

	Level	Bilateral	Unilateral	Targeted	Arms	Shoulders
Triceps Dip	●	×		×	×	
Narrow Push-ups	●	×			×	
Narrow Knee Push-ups	●	×			×	
Declined Wall Push-ups	●	×				×
Pike Push-ups	●	×				×
Single-Leg Pike Push-ups	●		×			×

CALVES

	Level	Bilateral	Unilateral	Targeted
Calf Raises	●	×		×
Inward Calf Raises	●	×		×
Outward Calf Raises	●	×		×

LEGS/THIGHS

	Level	Bilateral	Unilateral	Jumping	Knee dom.	Hip Dom.
Squats	●	×			×	
Narrow Squats	●	×			×	
Jump Squats	●	×		×	×	
180 Jump Squats	●	×		×	×	
Pistol Squats	●		×		×	
Forward Lunges	●	×			×	
Backward Lunges	●	×			×	
Curtsy Lunges	●		×		×	
Side Lunges	●		×		×	
Single-Leg Deadlift	●		×			×
Jump Lunges	●	×		×	×	
Wall Sit	●	×			×	
SL Squats	●		×		×	

See detailed video instructions for all exercises in the [Results app](#)!

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THANK YOU!

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