

MUSCLES

Muscles, we have over 700 of them in our bodies.

Very impressive and despite their ability to perform amazing Cirque De Soleil type feats they really only react to two things; Stretch and Tension

Muscle tension occurs when you place resistance on the muscle. Your muscles can not determine what form the resistance is whether it comes from a band, barbell, dumbbell or even your own body weight.

For those who are now saying why do we lift free weights to build muscle and strength?

The reason is due to placing load on our stabilizing muscles through the three planes of movement, not because the weight is any different on our muscles.

Yet what is the first thing we do to increase the intensity of a resistance exercise...

Increase the load which we are lifting.

What is the point of being able to bench press 100kg if we can not complete 15 good push ups?

If you are now thinking that you are too strong and you could not gain enough intensity out of a body weight workout

Maybe you should rethink a little

Most Olympic Gymnasts do not go near a weights room and predominantly use bodyweight for all of their conditioning and I am yet to see an Olympic Gymnast with a low level of strength and beer gut.

The Olympic Gymnasts have some of the most balanced and impressive physiques on the planet.

In a study conducted using the British Olympic Gymnasts noted that the majority of male gymnasts, after years of bodyweight training could bench press double their bodyweight after only one weight training session.

If that is not a good indication of effective bodyweight training then I think you will be hard pressed to find one.

Main points to remember when using bodyweight exercises are just the same with any other exercise we conduct and that is time and tension.

Select an exercise which will load the muscle through out the entire range of motion and always keep the movement slow and controlled.