

A photograph of a very muscular man and a woman. The man is shirtless, showing his chest and abdominal muscles. He is looking down and to the left. The woman is standing behind him, her right hand resting on his left shoulder. She is looking directly at the camera. The background is dark, and the lighting highlights the man's physique.

BODYWEIGHT TRAINING BIBLE FOR BEGINNERS

Never Touch A Weight Again To Become Ripped, Vigorous, And Confident

RAUL STALLONE

Bodyweight Training Bible For Beginners

Never Touch A Weight Again To
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Confident

Raul Stallone Production

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Opening

With bodyweight training you don't have to ever go to the gym or touch a weight again. You use your own body to work your muscles and achieve a great physique that gets attention and brings envy.

It's not just the good looks and attention. There's more to it, you know?

Vitality is achieved through bodyweight training. You'll start feeling the same way you felt when you were young.

There's still another conquering benefit; profound confidence and increased self-esteem.

Tell me how you can ever get depressed when you look in the mirror and see a great, aesthetic body full of energy. That lifts your mood up instantly. So whenever you're feeling a little blue, take a look in the mirror. The great body you'll achieve will display hard work you put in to achieve it. It will display confidence, discipline, willpower, pride, and lots more.

The benefits are endless. All you have to do is make one simple decision. It's a simple decision but it will have a profound effect on your life.

I can motivate you and inspire you to achieve a great body, but in the end it all comes down to you. After all, you are the one in control of your life and your future.

The decision you make today will positively impact your future.

If you're still considering achieving a great body and have doubts, then you are better off clicking away.

The will to try new things is what separates the losers and winners.

I didn't write this title for losers. I wrote it for winners that will put in the effort to succeed.

So if you've decided you're going to go through with getting a great body then you're a winner. And I welcome you to my title "Bodyweight Training For Beginners"

Let's set voyage!

Testimonials

“I got “Bodyweight Training Bible For Beginners” by Raul Stallone after a friend of mine has recommended it to me and I couldn’t be happier that I did. The book is very well structured and full of super valuable information, without the unnecessary “fluff” – just professional and straight-to-the-point advice! After following the author’s instructions for a month I can clearly see that the results are as promised and I can’t wait to go through the full program. I would highly recommend the book to anyone who wants to have an athletic and aesthetic body and is looking for advice that actually works. 5 Stars from me!”

- Cristina Rosa - Author of “Social Media Marketing Made Easy”

“It’s an easy to follow guide to learn the proper ways to practice regular exercise. I found the ways really effective and it helped me to understand, what was actually needed for me to step forward in gaining an athletic body. It’s a very informative book that is updated as well. It’s a worthy read. Highly recommended!

I’m personally so glad to found this guide, because it helped me to increase my ability to perform more pull ups. Now I can do more pull ups than before and it’s increasing day by day. The guidelines are really helpful and easy to understand, therefore I can follow them. The step by step procedures are very essential to follow to achieve success from my aspect. I would definitely recommend this effective product for the best result.”

- Egidio Concas - Amazon customer

“An outstanding guide to achieve an athletic body with the program. It’s really so easy to go through the steps disclosed in this book. I found them so effective and easy to follow. The programs are straight forward and simple. Calisthenics exercise is the main thing to do for getting an athletic body. How to proceed with this exercise, this guide will help from the start till the end. I will highly recommend this guide.”

- Necinov, Amazon customer

Section 1- The Superiority Of Bodyweight Training VS Weightlifting

I want to convince you that bodyweight training is superior to weightlifting, so check out these 5 reasons why.

1. Bodyweight Training Requires Very Little Equipment

When you train with calisthenics, your body becomes a gymnasium. Most exercises require no equipment, although if you want the exercises can be enhanced with a few items that can be found lying around in your house. Or you can use the equipment at any local gym.

The great thing about calisthenics is you can train anywhere and everywhere. This factor is precisely why calisthenics has survived and thrived in prisons, where equipment is minimal and a prisoner could be moved anywhere.

2. Bodyweight Training Develops Useful, Functional Athletic Abilities

This is one of the reasons why it's so popular in prison. You need to really be able to move in prison.

“All show and no go” is good for a nightclub, but in prison you need to be able to handle yourself.

In nature, the human body doesn't need to move barbells or dumbbells around. Before it can move anything external at all, it has to be able to move itself around.

3. Bodyweight Training Maximizes Strength

Calisthenics movements are the most efficient exercises possible, because they work the body as it evolved to work. This means developing the tendons, joints and nervous system as well as the muscles.

Many bodybuilding motions-particularly those done on machines-artificially isolate muscles, causing uneven development and lopsided functioning.

4. Bodyweight Training Rapidly Develops the Physique to Perfection

We all want an athletic, aesthetic, muscular body. A big, muscular body adds to the self-esteem and shows hard work, discipline, and dedication.

It also gets constant attention from the ladies. Calisthenics will pack slabs of muscle onto any frame, and take the physique to its optimal development with the shortest route possible.

5. Bodyweight Training Normalizes and Regulates Your Body Fat Levels

Conventional bodybuilding is conducive to overeating. Professional bodybuilders no doubt look great at their competitions.

Have you ever seen an off season bodybuilder though? Google up some images right now. They look like fat pigs.

Because most new bodybuilders follow the advice given in magazines, they become chubby. What they don't know is that the aesthetic bodies they see on magazines are all on some type of Steroids/ HGH/ Insulin.

The opposite dynamic occurs when an athlete begins training seriously in calisthenics. The goal of calisthenics is to master lifting one's own body.

The fatter you are, the more difficult this becomes. That's why anyone that trains using calisthenics will never be fat, and most of the time stay below 10% body fat.

Section 2- This Is Bodyweight Training

Calisthenics is body weight training. Beginners will be doing push ups, sit ups, body squats, and all the other basics of calisthenics.

The more advanced will be doing clapping push ups, triangle pull ups, body squats, and other advanced calisthenics exercises.

Calisthenics gives you an attractive, athletic, and aesthetic physique in no time. Seeing great results in under 90 days is expected. Calisthenics is used by athletes, fighters, sprinters, bodybuilders, and fitness goers

It's used by so many because it works. You won't ever see a professional basketball player or even an amateur MMA fighter use the machines at the gym.

See the thing with calisthenics is you won't ever reach a body fat % higher than 10%. Even on bulks.

You use your own body when training with calisthenics. It's the most natural way to train versus using the machines at the gym, which creates a muscular imbalance and leads to major injuries.

Studies can back me up on this (Using Exercise Machines by Colorado Center for Bone Research.) With calisthenics injuries are minimal to nonexistent.

My body fat % fell from 13% to 8% while I packed on 18 lbs of pure muscle.

All this happened in 90 days, so you can imagine how my friends reacted when my shirt came off. All my friends that I haven't seen in a few months were amazed at how rapidly I went from skinny to shredded.

I constantly got asked how I did it; that's why I wrote this book.

Section 3- Here's Your Bodyweight Training Bible

Beginners will work out 5 days a week. Do the exercises in the given order.

The program progresses from week to week. Look through the weeks and start at whichever week you think is at your current level.

If you happen to get stuck at a certain week and can't meet the next week's workout level, then do the week you are stuck at until you can move on to the next week's.

(Day of the week) (Muscles you are working)

(Exercise name) (Sets x Reps)

Week 1- Week 2

Monday- Chest and arms.

Regular pushups 4x5

Close grip pushups 4x5

Tuesday- Legs and abs.

Body squats 4x8

Bodyweight calf raises 4x8

Sit ups 4x5

Ab crunches 4x5

Wednesday- Off day

Thursday- Back and arms.

Pull ups 3 sets of as many reps as you can do.

Chin ups 3 sets of as many reps as you can do.

Friday- Chest and arms.

Regular pushups 4x5

Close grip pushups 4x5

Saturday- Combo day. Chest, back, arms, and legs.

Regular pushups 5x5

Chin ups 4 sets of as many reps as you can do.

Body squats 5x8

Sunday- Off day

Week 3- Week 5

Monday- Chest and arms.

Regular pushups 4x10

Close grip pushups 4x8

Tuesday- Legs and abs.

Body squats 4x10

Bodyweight calf raises 4x10

Sit ups 4x12

Ab crunches 4x12

Wednesday- Off day

Thursday- Back and arms.

Pull ups 3 sets of as many reps as you can do.

Chin ups 3 sets of as many reps as you can do.

Friday- Chest and arms.

Regular pushups 4x10

Close grip pushups 4x8

Saturday- Combo day. Chest, back, arms, and legs.

Regular pushups 5x10

Chin ups 4 sets of as many reps as you can do.

Body squats 5x10

Sunday- Off day

Week 6- Week 7

Monday- Chest and arms.

Regular pushups 4x12

Close grip pushups 4x10

Tuesday- Legs and abs.

Body squats 4x12

Bodyweight calf raises 4x15

Sit ups 4x12

Ab crunches 4x12

Wednesday- Off day

Thursday- Back and arms.

Pull ups 4 sets of as many reps as you can do.

Chin ups 4 sets of as many reps as you can do.

Friday- Chest and arms.

Regular pushups 4x12

Close grip pushups 4x10

Saturday- Combo day. Chest, back, arms, and legs.

Regular pushups 5x12

Chin ups 5 sets of as many reps as you can do.

Body squats 5x12

Sunday- Off day

Week 8- Week 12

Monday- Chest and arms.

Regular pushups 5x15

Close grip pushups 5x10

Tuesday- Legs and abs.

Body squats 5x15

Bodyweight calf raises 5x15

Sit ups 4x18

Ab crunches 4x18

Wednesday- Off day

Thursday- Back and arms.

Pull ups 4 sets of as many reps as you can do.

Chin ups 4 sets of as many reps as you can do.

Friday- Chest and arms.

Regular pushups 5x15

Close grip pushups 5x10

Saturday- Combo day. Chest, back, arms, and legs.

Regular pushups 6x15

Chin ups 5 sets of as many reps as you can do.

Body squats 6x15

Sunday- Off day

Week 13- Week 16

Monday- Chest and arms.

Decline pushups 4x12

Diamond pushups 4x10

Dips 4x8

Tuesday- Legs and abs.

Pistol squats 3 sets to failure

Dragon's tail 3 sets to failure

Leg raises 4x10

Wednesday- Off day

Thursday- Back and shoulders.

Wide grip pull ups 4x8

Neutral grip chin ups 4x8

Divebomber pushups 4x8

Neck Bridge 3 sets to failure

Friday- Back, chest, and arms.

Close grip chin ups 4x8

Diamond pushups 4x10

Seated dips 4x15

Saturday- Legs, shoulders, and abs.

Pistol squats 3 sets to failure

Divebomber pushups 4x8

Leg raises 4x10

Sunday- Off day

Week 17- Week 21

Monday- Chest and arms.

Decline pushups 4x15

Diamond pushups 4x10

Dips 4x15

Tuesday- Legs and abs.

Pistol squats 4x4 (each leg)

Dragon's tail 3 sets to failure

Leg raises 4x12

Wednesday- Off day

Thursday- Back and shoulders.

Wide grip pull ups 4x10

Neutral grip chin ups 2x10

Divebomber pushups 4x10

Neck Bridge 3 sets to failure

Friday- Back, chest, and arms.

Close grip chin ups 5x10

Diamond pushups 4x10

Seated dips 4x12

Saturday- Legs, shoulders, and abs.

Pistol squats 4x4 (each leg)

Divebomber pushups 4x10

Leg raises 4x12

Sunday- Off day

Week 22- Week 27

Monday- Chest and arms.

Decline pushups 5x20

Diamond pushups 6x15

Dips 4x20

Tuesday- Legs and abs.

Pistol squats 6x6 (each leg)

Dragon's tail 5 sets to failure

Leg raises 5x20

Wednesday- Off day

Thursday- Back and shoulders.

Wide grip pull ups 4x12

Neutral grip chin ups 4x15

Divebomber pushups 5x12

Neck Bridge 5 sets to failure

Friday- Back, chest, and arms.

Close grip chin ups 5x15

Diamond pushups 6x15

Dips 4x20

Saturday- Legs, shoulders, and abs.

Pistol squats 6x6 (each leg)

Divebomber pushups 5x12

Leg raises 5x20

Sunday- Off day

Week 28- Week 31

(At week 28 and after you'll work out 4 days a week)

Monday- Chest and arms.

Clapping pushups 4x15

Dips 4x25

One hand pushups 3 sets to failure

Tuesday- Legs and abs.

Jump squats 4x20

Pistol squats 5 sets to failure (each leg)

Dragon's tail 5 sets to failure

Leg raises with static hold at the top 4x10

Wednesday- Off day

Thursday- Back and shoulders.

Wide grip pull ups with static hold at the top 4x10

One hand chin ups 3 sets to failure

Muscle ups 4 sets to failure

Handstand pushups 4x8

Friday- Shoulders, chest, and arms.

Close grip chin ups 3x20

Diamond pushups with static hold at the bottom 4x12

Handstand pushups 4x8

Saturday- Off day

Sunday- Off day

Week 32- Week 39

Monday- Chest and arms.

Clapping pushups 5x20

Dips 5x20

One hand pushups 5x5 (each hand)

Tuesday- Legs and abs.

Jump squats 4x20

Pistol squats 5x10 (each leg)

Dragon's tail 6 sets to failure

Leg raises 4x30

Wednesday- Off day

Thursday- Back and shoulders.

Wide grip pull ups with static hold at the top 4x15

One hand chin ups 6 sets to failure

Muscle ups 6 sets to failure

Handstand pushups 4x12

Friday- Shoulders, chest, and arms.

Close grip chin ups 3x25

Diamond pushups 4x30

Handstand pushups 4x12

Saturday- Off day

Sunday- Off day

By now you're 9 months in the program, unless you took it slower or lagged some weeks. Even in that case, you're at 1 year maximum.

You have 2 options now.

Option 1- Maintain your great physique by only working out 2 times a week. This is the routine to use if you just want to maintain your physique. I'll use Monday and Thursday as an example; you can of course use any 2 days of the week you like. Try to spread the days 2 or 3 days from each other.

Monday-

Dips 4x20

One hand pushups 5x5 (each hand)

Pistol squats 5x10 (each leg)

Leg raises 4x20

Tuesday- Off day

Wednesday- Off day

Thursday-

One hand chin ups 6 sets to failure

Muscle ups 4 sets to failure

Handstand pushups 4x10

Diamond pushups 4x20

Friday- Off day

Saturday- Off day

Sunday- Off day

Option 2- Progress further.

You can progress as far as you'd like. Simply increase the sets, reps, time under pressure, slow the movement down, reduce rest in between sets, or you can super set your workout by doing one exercise after another without any rest time.

You're a winner because you've made it. Now you get to reap the benefits of your hard work or keep going further. There's no limit here, I'm just displaying your options!

Until next time,

-Raul Stallone.

Sign Up Form

<http://eepurl.com/bada8b>

All The Exercises Listed

Pull up

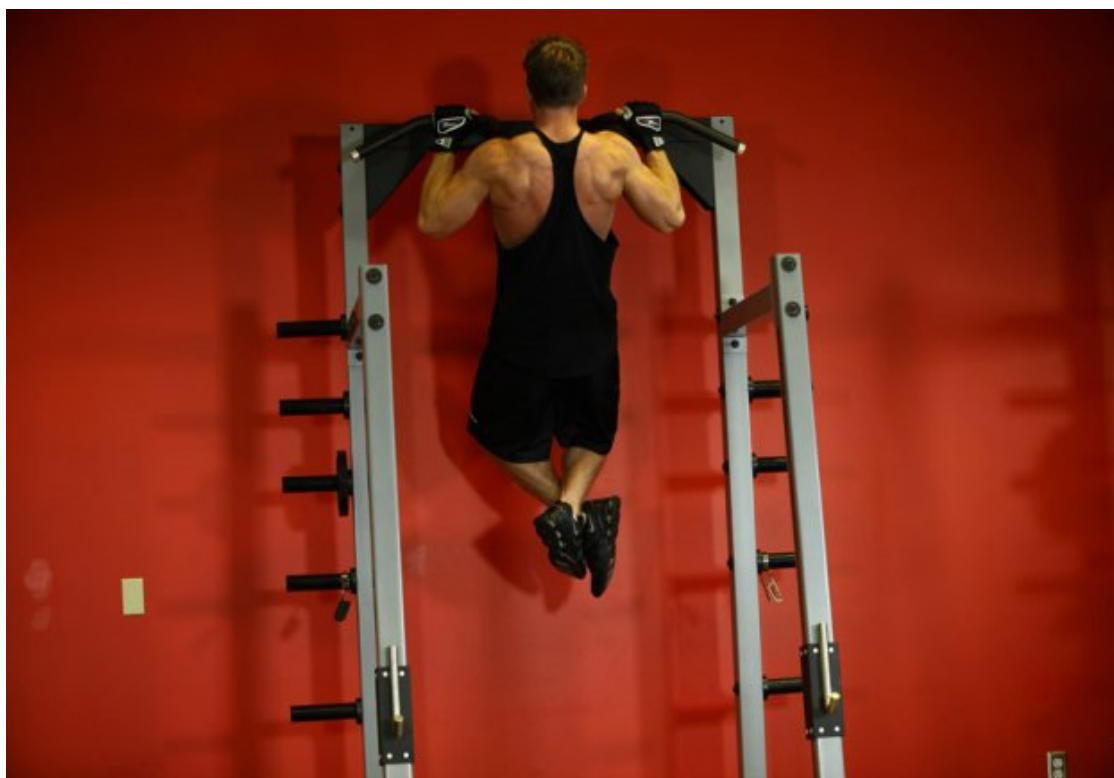


Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/pullups>

Push up



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/pushups>

Crunches



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/crunches>

Chin up



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/chin-up>

Dips

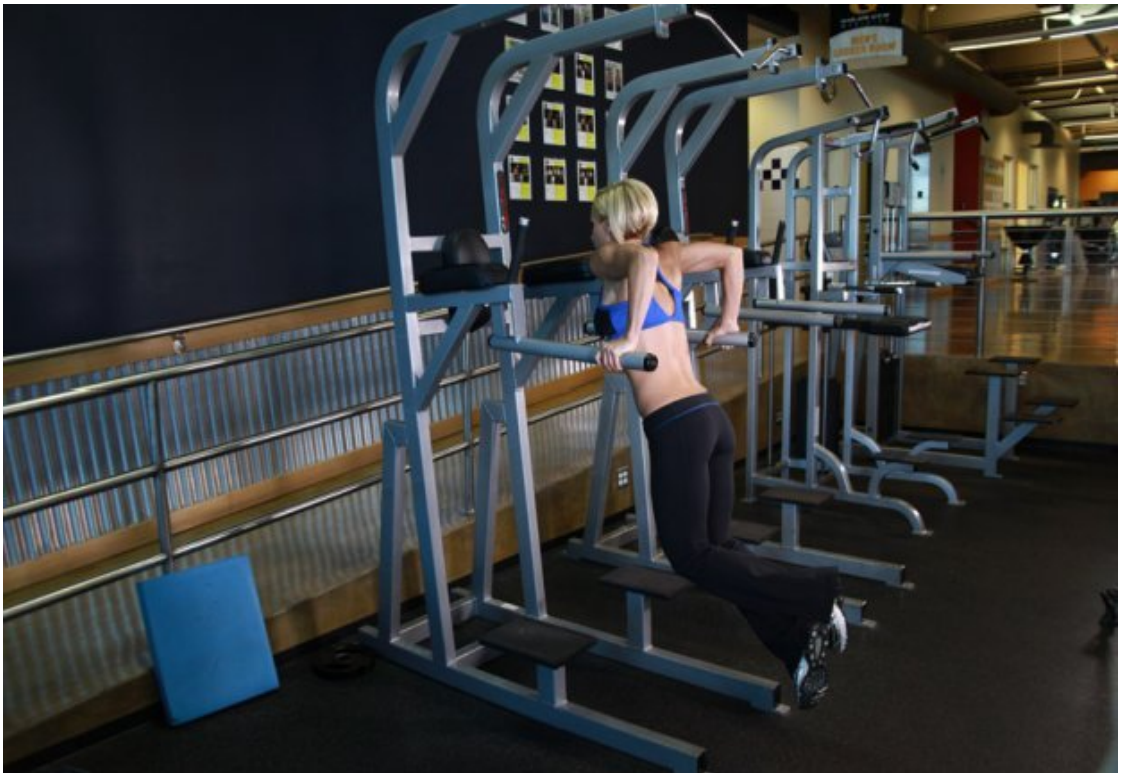


Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/dips-chest-version>

Leg raises



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/hanging-leg-raise>

Handstand push up



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/handstand-push-ups>

Calf raises



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/calf-raise-on-a-dumbbell>

Sit ups



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/weighted-sit-ups-with-bands>

Pistol squat



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/kettlebell-pistol-squat>

Squat



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/bodyweight-squat>

Decline push ups



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/decline-push-up>

Muscle up



Photo credit:

<http://www.bodybuilding.com/exercises/detail/view/name/muscle-up>

Works Cited

Bodybuilding Exercises. Bodybuilding.com/exercises. 2014

Bodybuilding.com/exercises

Photo credits:

Squat

<http://www.bodybuilding.com/exercises/detail/view/name/bodyweight-squat>

Push up

<http://www.bodybuilding.com/exercises/detail/view/name/pushups>

Calf raise

<http://www.bodybuilding.com/exercises/detail/view/name/calf-raise-on-a-dumbbell>

Sit ups

<http://www.bodybuilding.com/exercises/detail/view/name/weighted-sit-ups-with-bands>

Crunches

<http://www.bodybuilding.com/exercises/detail/view/name/crunches>

Pull ups

<http://www.bodybuilding.com/exercises/detail/view/name/pullups>

Chin ups

<http://www.bodybuilding.com/exercises/detail/view/name/chin-up>

Decline push ups

<http://www.bodybuilding.com/exercises/detail/view/name/decline-push-up>

Dips <http://www.bodybuilding.com/exercises/detail/view/name/dips-chest-version>

Pistol squat

<http://www.bodybuilding.com/exercises/detail/view/name/kettlebell-pistol-squat>

Leg raises

<http://www.bodybuilding.com/exercises/detail/view/name/hanging-leg-raise>

Handstand push up

<http://www.bodybuilding.com/exercises/detail/view/name/handstand-push-ups>

Muscle up

<http://www.bodybuilding.com/exercises/detail/view/name/muscle-up>

Check out my other eBooks!

Athletic Body in 90 Days with Calisthenics: No need for a gym. This book has programs for the beginners, intermediate, and advanced. For guys and girls. For the young and the old - <http://www.amazon.com/dp/B00M9LF9K4>

WeightStenics: Never Touch A Weight Again To Become Ripped, Vigorous, And Confident - <http://www.amazon.com/dp/B00SGS40D6>

From 0 to 30 Pull Ups: Guide on reaching 30 pull ups - <http://www.amazon.com/dp/B00MGU40YE>

\$500 Monthly Passive Income From Self-Publishing On Amazon: How To Self-Publish On Kindle Amazon, Find A Cover Designer, And Format Your Book For Beginners - <http://www.amazon.com/dp/B00S0H8R7S>

Instinctive Calisthenics: Innovation In Achieving A Great Body In 90 Days By Designing Your Own Personalized Routine - <http://www.amazon.com/dp/B00UB6G872>

Get a great body that turns heads, skyrocket your energy, drastically boost your confidence, and flourish with pride from the comfort of your own home! - <http://www.amazon.com/dp/B00UZEE494>

25 Things I'd Tell Myself When First Starting Bodybuilding: Bodybuilding Secrets To Gain Muscle, Lose Fat, Get Ripped, And Increase Testosterone - <http://www.amazon.com/dp/B00UF1CECQ>

Learn how to naturally raise testosterone levels by 200% with Testosterone Bible: Blaze Your Charisma, Tap In Your Inner Masculinity, Become A Suave Man, And Grab Life By The Horns - <http://www.amazon.com/dp/B00S48P5BE>

Pull Ups Bible: Develop A Sensational Physique With Only One Exercise - <http://www.amazon.com/dp/B00RM2ZFCW>

Supersets And Dropsets Bible: Spice Up Your Workout By Making It Shorter - <http://www.amazon.com/dp/B00RQFGH5Y>

My 173 page bundle! Aesthetic Bodyweight Training Bible Bundle: 3 Book Bundle - <http://www.amazon.com/dp/B00RY7VSIU>

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