

BODYWEIGHT EXERCISES & TIPS

Farmer Burns' Stomach Flattener

- Stand straight, feet shoulder-width apart.
- Relax shoulders, let arms hang loose.
- Inhale through nose, filling your lungs and holding stomach in.
- When lungs are full, close mouth and throat and try to breathe out but resist so that no air escapes. You should feel your stomach muscles tighten. Clench your fists.
- Hold breath for 5 seconds. Exhale and inhale completely. Repeat about 30 times.

Exercised: stomach, chest, arms, throat

The Vacuum

- Begin from bent over position, hands on knees
- Exhale, then inhale as you rise, and lift diaphragm and pull in stomach
- Hold for 6 seconds, then exhale. Repeat at least 10 times.

Exercised: waistline, digestive system

Waist-turn

This exercise consists of turning your upper body around by the waist to the left and right. Repeat this exercise 50-100 times.

Exercised: waist, vertebrae, back

Back arch

- Place hands on hip, in standing position.
- Inhale deeply, and lean back as far as possible.
- Exhale deeply as you bow forward, and squeeze your stomach muscles.
- Repeat 10-20 times.

Exercised: lower back, abs

Side-bends

- Stand straight, fingers locking each other and palms facing ceiling.
- Inhale and stretch to the right, squeezing all your muscles. Hold for six seconds.
- Do the same the other side.
- Repeat 5-6 times.

Exercised: ribcage, upper back, shoulders, lats, obliques

Rotating trunk

- Stand straight, feet shoulder-width apart and hands on hips.
- Breathe in deep and bend over.
- Rotate your trunk clockwise, trying to keep your body bent, until you reach starting point, upon which you exhale and re-inhale.

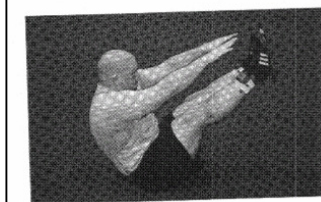
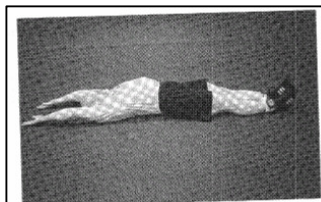
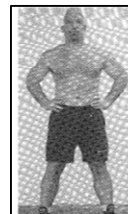
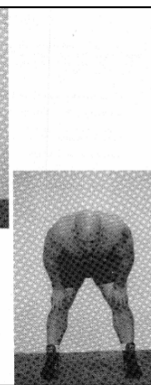
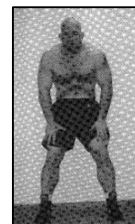
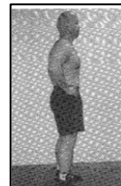
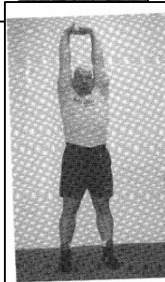
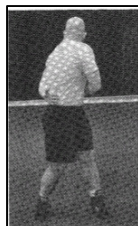
- Repeat 10 times, then do anti-clockwise 10 times.

Exercised: entire midsection, inc. back and waist

V-ups

- Lie down in supine position.
- Slowly raise upper body and legs using only stomach muscles (do not put weight on arms or head) and try to touch your toes with your hands. You can hold for 30-60 seconds.
- Lower your upper and legs back down, but do not let legs touch ground.
- Rise up again. Repeat as many times as possible.

Exercised: upper and lower abs

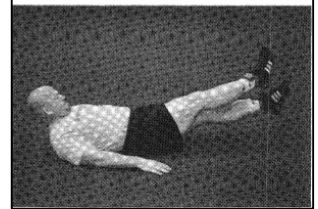
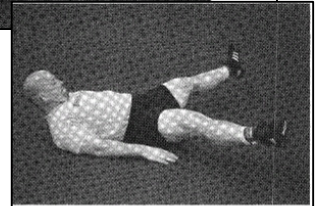
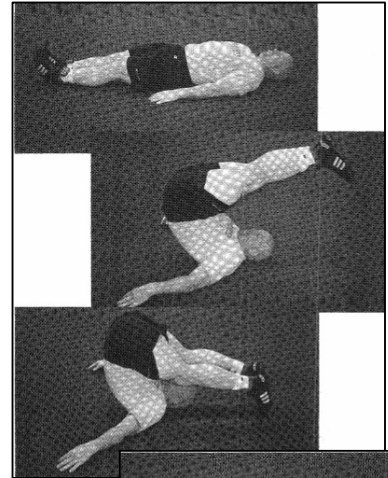
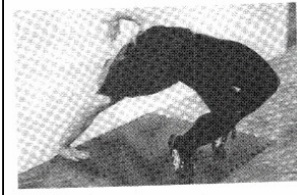
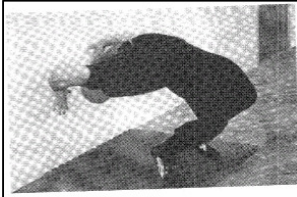


BODYWEIGHT EXERCISES & TIPS

Legs overhead

- Lie down in supine position.
- Raise your legs up and touch your toes on the floor near your head.
- Repeat as many times as possible.

Exercised: abs, lower back, hip flexors, spine, shoulders, upper back



Wall-walking

- Stand three steps away from a wall.
- Lean backwards until your hands touch the wall.
- Slowly move your hands down the wall (you will have to keep bending your back) until your head touches the floor.
- Move your hands back up the wall.
- Repeat 5-10 times.

Exercised: all muscles along the spine

Lying leg scissors

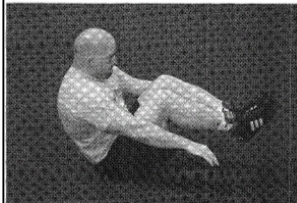
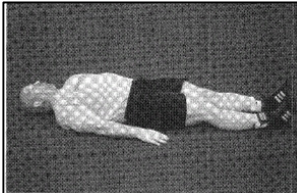
- Lie in supine position and lift both legs six inches off the floor.
- Open your legs wide, then cross them at the knees/ankles.
- Repeat 25-100 times. Try also moving legs up/down or forward/backward.

Exercised: upper and lower abs, hip flexors, inner and outer thighs

Sit-ups with knee pull-in

- Lie in supine position.
- Pull knees in toward your stomach as you sit up, and touch your chest to your thighs.
- Return to start. Repeat as many times as possible.

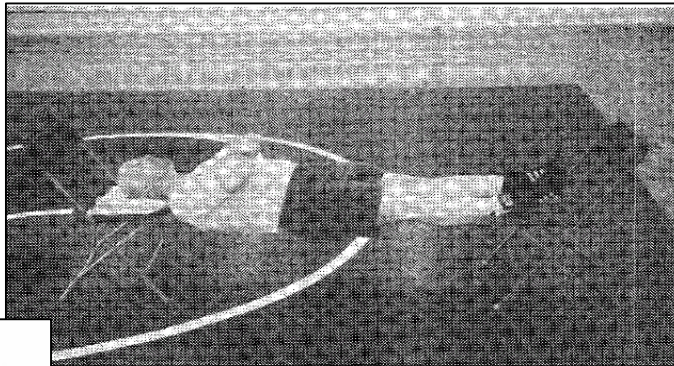
Exercised: upper and lower abs, lower back, hip flexors



Bridge of chairs

- Place your head on one chair, and your feet on another.
- Hold for at least one minute, with your body kept straight.

Exercised: abs, back, neck



Hanging leg-raise

- Hold on to a chin-up bar or rings.
- Lift your knees as high as possible and round your back.
- Lower knees. Repeat as many times as possible.

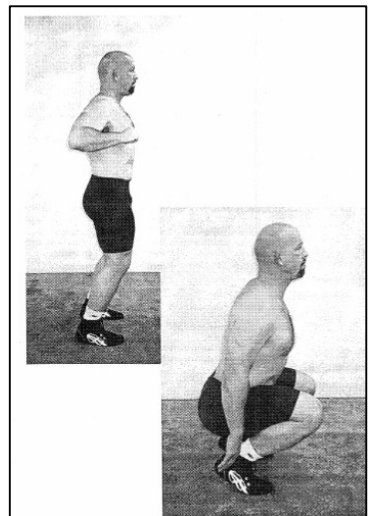
Exercised: abs, grip



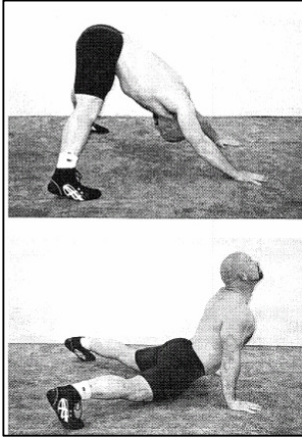
Hindu squats

- Stand up straight, feet shoulder width apart.
- Bend legs at knees until your rear touches your calves.
- Try to come back up as fast as possible.
- Repeat 25-500 times. Try also jumping.

Exercised: thighs, calves, lower back, chest, lungs



BODYWEIGHT EXERCISES & TIPS



Hindu press-ups

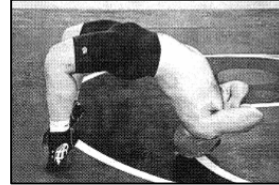
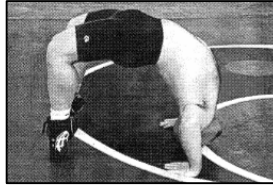
- Start with hands (near your chest) and feet (no knees) on the floor, all shoulder-width apart, buttocks up.
- Bend your elbows and lower your body in a circular motion.
- As you force your elbows to become straight again, your chest goes up and your buttocks down.
- Move shoulders back and lift buttocks, back to starting position. Repeat as many times as possible, at least 25 times.

Exercised: upper body, spine, hips, shoulders

Bridge

Try to go back and forth 10-20 times.

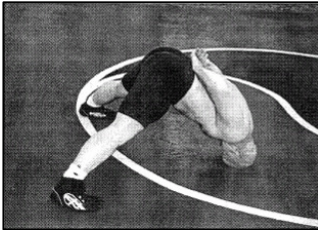
Exercised: neck, spine, abs, legs, hips, buttocks, back, shoulders



Wall Chair

- Lean back against a wall, and sit like as if in a chair, body bent at hips at a right-angle, with arms folded.
- Hold for as long as possible.

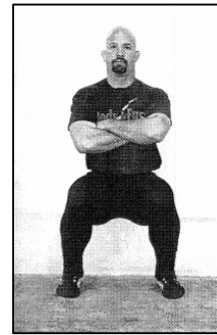
Exercised: legs



Front bridge

- Rest the top of your head on a mat, hands behind back, knees off the floor and buttocks in the air.
- Hold for about three minutes.

Exercised: abs, neck

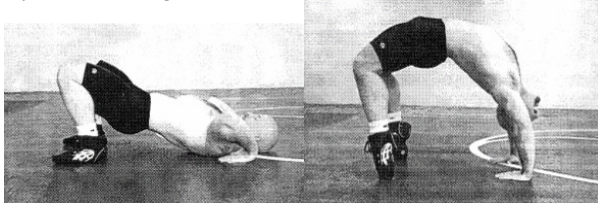


Mountain jumps

- Get into push-up position, then jump and pull legs in, then jump back into starting position.
- Exhale forward, inhale backward. Repeat until fatigued.

Exercised: abs, legs, lungs

Gymnastic Bridge



Hold for as long as possible.

Exercised: abs, arms, back, shoulders, legs, hips, buttocks

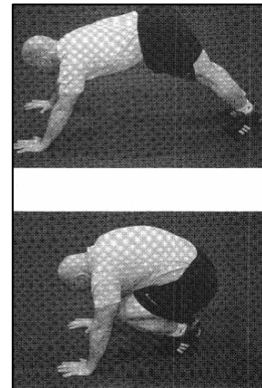
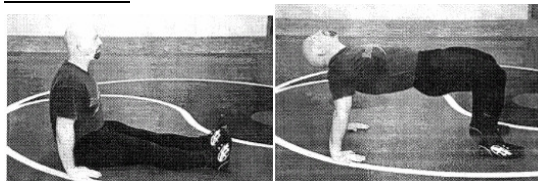


Table Maker

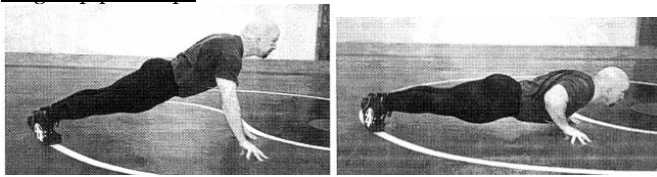


Repeat 10-20 times.

Exercised: upper and lower back, triceps, shoulders, hips, buttocks

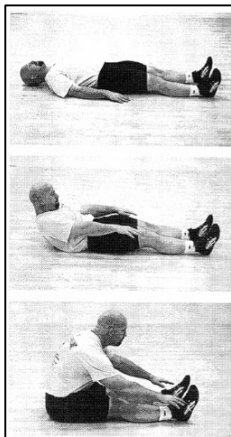
BODYWEIGHT EXERCISES & TIPS

Fingertip press-ups



Do as many as possible.

Exercised: fingers, hands, chest, shoulders, arms



No momentum sit-ups

Repeat as many times as possible

Exercised: abs, lower back, hip-flexors

Kneeling back-bend

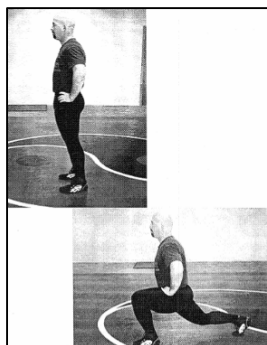
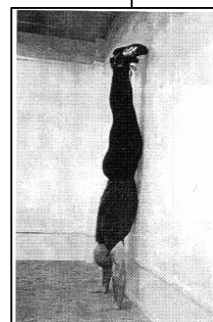
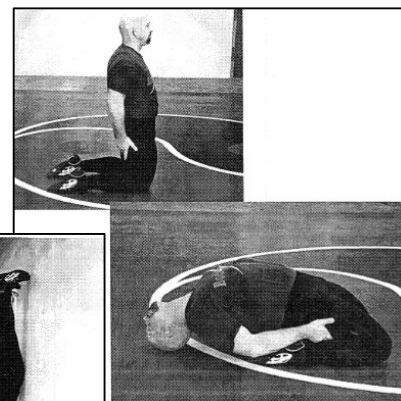
- Kneel down, palms behind thighs.
- Let head fall backwards and go as far back as possible.
- Return to starting position. Repeat 10-25 times.

Exercised: back, thighs, hip flexors, buttocks, abs

Handstand press-ups

- Lean upside down against a wall, hands shoulder-width apart, arms straight, head down..
- Lower yourself until head touches floor.
- Raise yourself back up. Repeat at least 10 times.

Exercised: chest, shoulders, triceps, lats, abs, back

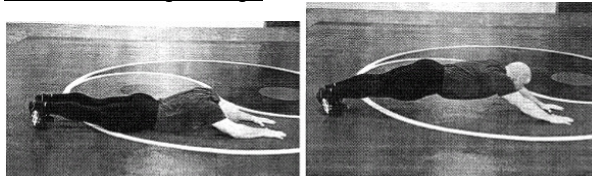


Jumping lunges

- Jump forward and lunge downward with left leg.
- Jump back to starting position.
- Continually switch legs and repeat as long as possible, inhaling down, exhaling up.

Exercised: legs, lungs

Arms-extended press-ups



Do it like normal press-ups, except with arms extended in front of you.

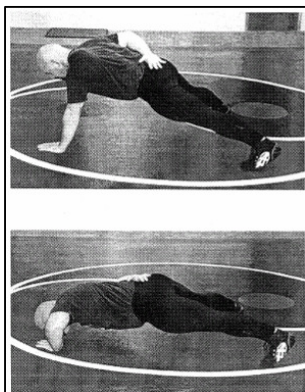
Exercised: arms, chest, shoulders, abs, upper and lower back

One-legged squats

- Have arms extended in front of you, while standing with one leg straight off the ground.
- Slowly lower buttocks, then lift back up.

- Repeat as many times as possible, then repeat with the other leg.

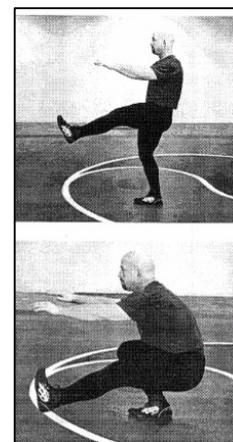
Exercised: legs



One-armed press-ups

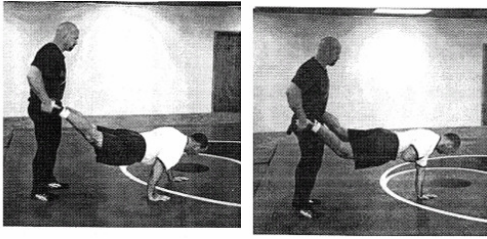
- Have one hand behind your back.
- Lower your nose down to your bottom hand. Push back up.
- Repeat as many times as possible, then switch hands.

Exercised: upper body



BODYWEIGHT EXERCISES & TIPS

Wheelbarrow walking



Exercise for both people.
Exercised: upper body

Grass Hoppers

- Alternate between legs, 25-100 times
- Exercised: abs, hips, thighs, lungs*

Mountain climber

- This is like Grass Hoppers, but you alternate between legs moving them forwards and backwards, repeating 25-100 times.
- Exercised: lungs, thighs, buttocks, hips, abs*

Duck waddle

- Squat down, then walk like a duck, one foot after the other. Repeat until fatigued

Exercised: thighs, hips

Bear crawling

- Get into position, butt up, and walk forward.
 - When fatigued, rest and resume.
- Exercised: all the limbs, lungs*

Crab walking

- Make a table, then walk forward. Rest and resume when fatigued.
- Exercised: overall body, hips, spine, back, lungs*

Towel-pushing

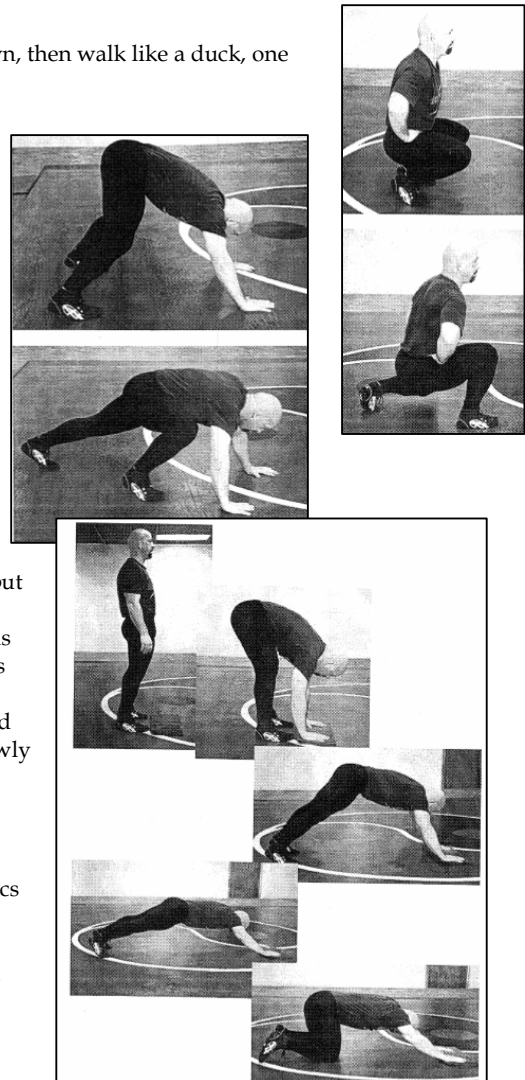
- Place towel at your feet, then bend down and put palms on towel.
- Push the towel forward, keeping your arms straight, until body is fully extended but still off the ground.
- Put your knees on the floor, and bring hands backwards near your knees, keeping the abs tight.
- Repeat 5-10 times. The towel can be replaced with an exercise wheel. Do this exercise slowly

for more tension.

Exercised: abs, lower back, arms, chest, shoulders

OTHER SUGGESTED ACTIVITIES:

- Skipping: 1min skipping, 30secs rest → 2mins skipping, 60secs rest → 3mins skipping, 60secs rest → 2mins skipping, 30secs rest → 1min skipping. [150 jumps or more per minute]
- Sprinting: preferably on a hill, for 30secs, 2 or 3 times a week
- Uphill buddy carries: even just walking around makes you stronger
- Wrestling, boxing, swimming, tai chi/chi kung



BODYWEIGHT EXERCISES & TIPS

ANIMAL ARK

ALLIGATOR WALK

Keep your chest as close to the floor as possible without touching. Keep your elbows high and move forward. Move right hand and right foot, then left hand and left foot. Continue moving forward with same-side hand and leg movement. It will not take you long to feel this exercise burning!



CRICKET WALK

Assume a squat position with your arms between your legs. Grab the outsides of your ankles and walk in different directions, forward, backward and sideways. This exercise is excellent to improve balance and coordination.



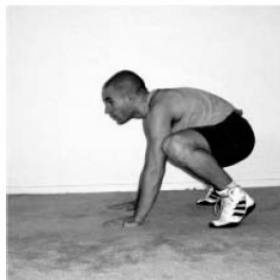
RABBIT HOP

Begin in a squatting position with your hands by your chest and hop around.



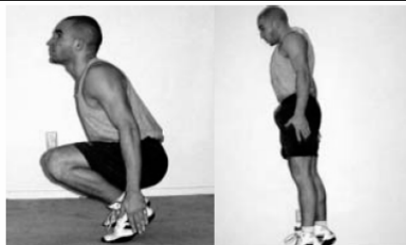
FROG JUMP

Begin by squatting down with your hands on the floor. Jump forward and land with your hands and feet at the same time.



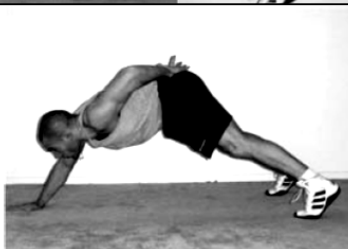
KANGAROO HOP

Begin in a squatting position. Jump upward and forward, fully extending your body in the air. Land in a squatting position. Continue this jumping motion forward.



MONKEY WALK

Walk on your feet with one hand. Alternate hands as you fatigue. Keep a fast pace like a monkey.



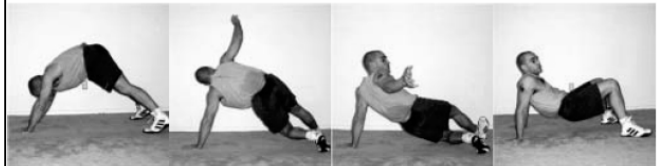
CHICKEN WALK

In a squatting position, grab both heels and waddle forward like a chicken.



DRUNKEN SPIDER

Begin by standing on all fours. Rotate your body so that your left side becomes your right side. You start with your stomach facing the floor and end with it facing the ceiling. Continue the movement. Practice moving to your left and right.



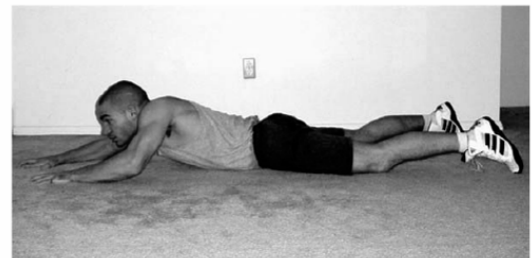
INCHWORM

Begin by standing with a shoulder width stance. Your hands will touch the ground in front of your feet as illustrated. Walk your hands out as far in front of you as possible. Walk outward as far as you can without allowing your stomach to touch the ground. Hold for a second. Walk your hands back to the starting position. Repeat.



SEAL CRAWL

With your feet pointing out, drag yourself around the floor with your arms. You can also try an inverted seal where your stomach faces the ceiling.



LAME DOG WALK

Walk on any three of your hands and feet while keeping the fourth hand or foot in the air at all times. Alternate which hand/foot remains off the ground.



BODYWEIGHT EXERCISES & TIPS

- Tiger Walk:** this is just like the bear crawl but instead of your butt high in the air, it is at the same level as your shoulders and hips. In fact, your entire body is parallel to the ground. Walk forward on your hands and feet, keeping your knees off the ground.
- Gorilla Walks:** the position is similar to the Bear Crawl. Get on all fours, butt held high in air. However, your palms are not on the ground. Instead, fold your fingers inward and the weight of your body is resting on your inner knuckles as well as your thumb. There are two ways to do the Gorilla Walk. The first way is to move your hands and feet almost like as you would in the bear crawl, walking them forward one at a time. The second way consists of a jumping motion. Move both of your hands forward at the same time, then jump your legs toward your hands. Do both methods.
- Monkey jumps:** start in a full squat position hands on floor just outside your feet. Now jump up as high as you can throw your hands up to help get up high, make big circles, up in front of face over head outside and back down to sides. At the same time right after you jump and your feet clear the ground, pull knees to chest, then let them go back down to meet the floor and help you land as softly as possible. These can get you pretty winded quickly.
- Snakes:** low crawl on the ground using just your elbows/forearms and knees to move around. Advisable to wear sweat pants and shirt you don't mind ripping and getting dirty
- Ape walks:** requires a bit of flexibility to do well. Squat down and place your hands in front of you on the ground a little bit wider than shoulder width. Now swing your legs under your arms, like an ape (this is the flexibility part), using enough momentum to bring your upper body forward so that you can resume the starting position in a fluid movement. Kind of hard to explain, but think of a monkey running on the ground and how they swing their legs under their body when they run. It helps to have long arms.

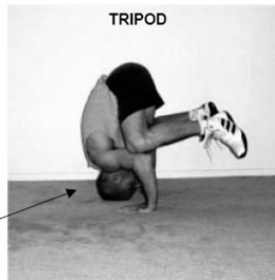
These animal exercises can build enormous strength just by themselves, and improve mobility in all the limbs. It doesn't matter if you look silly, just do them and you will benefit.

PERFORMANCE TIPS

HEADSTAND

Master the headstand and you will have an exercise that improves balance and neck strength while impressing all onlookers. I began to integrate the headstand into my routine after witnessing Junior Welterweight world champion boxer Kostya Tszyu finish a workout with a ten-minute headstand.

Be patient mastering the headstand. It will take time. You can begin by balancing your knees on your elbows in the **tripod**. Once comfortable, you can



yourself upright with legs fully extended. Try this with a coach or partner so they can prevent you from falling. If you start to fall, tuck your head in towards your chest and push off with your hands. Neck training is important but dangerous. If you feel any pain, stop immediately. If done correctly however, this is one of the best ways to strengthen your neck. It will also do wonders to improve your balance. I recommend this exercise to all athletes.

PARALYSIS BY NUMERALYSIS

You may be familiar with the expression "paralysis by analysis". Paralysis by analysis occurs when someone overanalyzes a situation or problem. By overanalyzing the situation, they never make any real progress and are hence left "paralyzed".

Paralysis by Numberalysis takes place when an individual "paralyzes" his future gains and improvements by becoming satisfied with a certain "number" of repetitions. It happens all the time. Most people simply lack the willpower and resolve to continually challenge themselves towards new achievements and accomplishments.

Consider the following... the pushup is probably the most common exercise in the world. We all do or have done pushups. If every athlete in the world does pushups, it would only make sense that we could all perform more than 100 consecutive repetitions. The law of numbers is in our favor. Unfortunately, this is not the case. Paralysis by Numberalysis takes over as you approach the 100 mark. It is human nature to **settle** for mediocrity. Society has become lazy. The great percentage of human beings shy away from a challenge, fearful of failure and the extra work required.

Once you hit the 80-pushup mark, all you should be thinking about is when you will pass 90. Once you hit 90, your eyes should focus on 100. This cycle should

never end. **CONTINUOUS IMPROVEMENT** is a very important concept that is practiced by very few. Each day of your life presents an opportunity to improve. Take advantage of this opportunity. If you improve 2% each week, you will experience more than a 100% improvement over the course of a year.

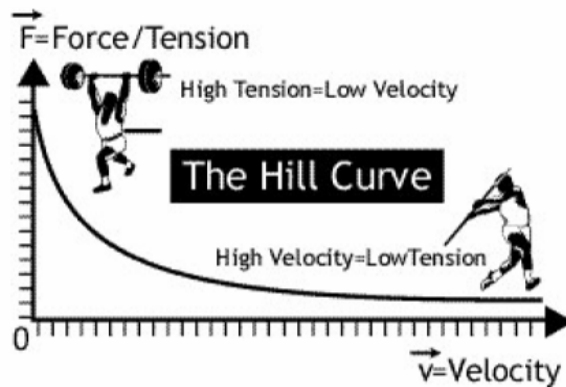
Forget about gloating in victory or past accomplishments. There will always be someone else out there working just as hard as you, eager for a chance to defeat you. You can prevent this from happening if you continue to improve. There is no such thing as the "best" because the "best" is a moving target. Once you are the "best" you must look to improve upon what your "best" really is. When you follow this outlook in life, you will notice dramatic improvements not only in fitness and sport but also your job and financial well-being.

Paralysis by Numberalysis should only infect the mentally weak. Real Warriors are strong both physically and mentally. Real Warriors will improve each day, each week, each month, and each year. Whether you participate in an organized sport or not, you must compete with yourself to foster continuous personal improvement.

BODYWEIGHT EXERCISES & TIPS

Tension = Force. The tenser your muscles are, the more strength you display. It is that simple. Watch how the wiry muscles of a kickboxer stand out in sharp relief when a powerful kick makes its impact or how a gymnast's compact deltoids appear rock hard and almost inanimate as he executes a crucifix on the rings.

Force and tension are essentially the same thing. That is why neurological, or 'bulk free', strength training can be summed up as **acquiring the skill to generate more tension.** "Skill is perhaps the most important element in strength," agrees strength researcher from California Prof. Thomas D. Fahey. To acquire that skill—and the super power that comes with it, not to mention the traffic-stopping muscle definition—you must maximize muscular tension in your training. High tension training involves:



- Moving muscles slowly can increase tension, but this is not always practical when speed is required. Muscles were not really built to be slow although it may be useful in activities such as arm wrestling.
- Speed can, however, increase power, like force. Speed and force/tension/strength both make up power.
- Regularly tensing up your muscles deliberately can soon make your muscles even more toned, as the nervous system becomes programmed and starts doing it for you. You should however try to pick up some heavy sometimes, as your body has to become accustomed and you need to develop a skill for doing the actual thing.
- Another way to exert power is to tense all your other muscles to get more power from just something as small as your grip – this is called "hyper irradiation".
- Strength training and endurance training are both important.
- Aim to exercise at least 3 times a week, with at least 30min sessions.
- About an hour or two before exercising, eat complex-carbohydrate foods like pasta, rice, bread, fruits or vegetables.
- Drink water during exercise. During longer workouts, consider drinking a sports drink, with no more than 10% carbohydrate.
- After working out, you should have a small meal immediately like Weetabix, bananas or beans, full of proteins and carbohydrate. About an hour later, have some complex-carbohydrate foods like pasta, bread, potatoes, rice, vegetables, meat, fish or eggs.
- Go to bed hungry for more growth hormones to be released.