

# Bodyweight Exercises – Not Just For Gym Class

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I know a lot of teenagers want to get jacked, and think that the only way to do so is by lifting weights. While it is true that lifting weights is a great way to go, there are alternatives. Enter bodyweight exercises. While doing hundreds of push-ups won't increase your bench press (provided you already have a decent bench), it will recruit the necessary motor units in your muscles to develop and create smooth co-ordinated movements. Over time, your body will become stronger, leaner and your muscles will be able to produce efficient motor patterns.

**Establish goals** – If you struggle to perform 1 full push-up, then you should start performing them from your knees and be able to perform at least 25 knee push-ups with strict form before even considering attempting a full push-up. Be realistic when setting your goals. The last thing you want to do is regress.

**Portable & Inexpensive** - I believe that before any child starts weight training, it would benefit them immensely by becoming proficient at bodyweight exercises. Not only are they challenging, they also don't require a gym membership. You can do them anywhere and the only piece of equipment you'll need is a pull-up bar.

**Exercises** – Variations and modifications of the following exercises can get kids strong for their weight. Doing these exercises are great to teach kids about body awareness and can improve overall fitness and performance in their respective sport!

## 1) Push-up variations

## 2) Pull-up/Chin-Up variations

## 3) Bodyweight Squats

## 4) Single-Leg Lunge variations

**Standards** – While these standards are by no means carved in stone, they definitely help in setting goals and establishing a solid foundation of strength. It should be noted, however, that with every program, care in making sure that the athlete's needs are met and balance is built into the program to ensure postural deficiencies are not enhanced even further.

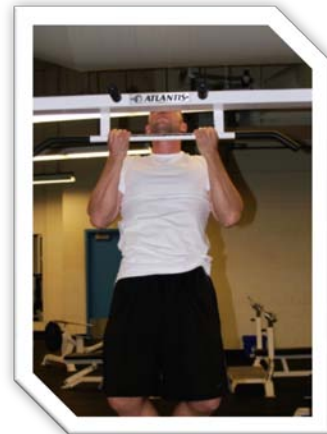
## Exercises

### Push-ups





At least 25 full push-ups under control.



### Chin-ups



At least 15. Start from a dead hang, pull yourself up with your chin passing the bar. As you lower, don't swing. Repeat.

## Exercises

Bodyweight Squats	
	
At least 100.	

Single-Leg Lunge variations	
	
This depends on the exercise, as this can increase in difficulty dependant upon which exercise is chosen. However, for a simple split squat lunge, the student should be able to do at least 15 reps per leg.	

**Bodyweight exercises are no joke. If you want to get in shape and get yourself ready for lifting weights or use it in conjunction with lifting weights and your sport, then these exercises will help you get there.**

For more information regarding bodyweight exercises click [here](#).