



# Basic Body Weight Training

By Lee Campbell

We see and hear a lot about body weight training which is one of the best forms of training that you can do. Every bit of body weight training is functional and you can use it in everyday life. For younger people it's a great way to get learn about how your body works and how you can push yourself to higher levels of health and fitness

Body weight training will give you total body awareness and all ages can do it! My top tip is making sure you spend time on learning the correct technique and safety with each exercise. This will also make your training efficient.

With body weight training you can combine any number of training areas together like cardio, strength, endurance, power, speed and flexibility. You can do body weight training indoors or outdoors and your workout can be 10 minutes or 60 minutes, it is totally your call and can be for all fitness level and ages.

## Body Weight Training Workout

### Upper body:

- push-ups
- dips
- shoulder punches (above your head)
- alternate push up (one hand forward one hand back)
- shoulder shrugs (lift your shoulder to your ears and roll them backwards).

### Lower body:

- lunges
- squats
- skipping
- alt Jumping (left to right)
- toe taps.

### Core:

- elbow sit-ups
- plank
- alt twist sit-ups (feet on the ground twist left to right)
- fingers to knee sit-ups
- v-crunch.

### Cardio:

- walk or Jog 100 – 200 meters each distance over 2 km
- 50 meter sprints walk back recovery x 10 effort
- spin bike for 10 - 20 minutes
- hill walking
- swim one length of the pool and get out and walk back and swim again for 10 minute.