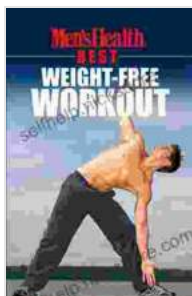


# Men's Health: The Ultimate Bodyweight Workout for Weight Loss and Muscle Building



## Men's Health Best: Weight-Free Workout by Rajeev Lal

★★★★☆ 4.3 out of 5

Language : English

File size : 8596 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 166 pages



If you're a man looking to lose weight, build muscle, and get in shape, this bodyweight workout is perfect for you. It requires no equipment, so you can do it anywhere, and it's designed to target all major muscle groups.

## Warm-up

1. Jumping jacks: 30 seconds
2. High knees: 30 seconds
3. Butt kicks: 30 seconds
4. Arm circles: 30 seconds forward, 30 seconds backward
5. Torso twists: 30 seconds clockwise, 30 seconds counterclockwise

## Workout

1. Push-ups: 10-15 repetitions

2. Squats: 10-15 repetitions
3. Lunges: 10-15 repetitions per leg
4. Plank: 30-60 seconds
5. Burpees: 10-15 repetitions
6. Mountain climbers: 30-60 seconds
7. Tricep dips: 10-15 repetitions
8. Pull-ups: 10-15 repetitions

Repeat this circuit 2-3 times, resting for 60 seconds between sets.

### **Cool-down**

1. Static stretching: Hold each stretch for 30 seconds
2. Foam rolling: Roll out all major muscle groups

### **Tips**

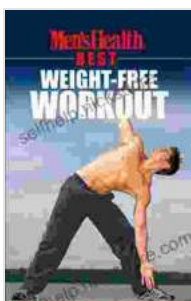
- Start slowly and gradually increase the intensity and duration of your workouts as you get stronger.
- Listen to your body and rest when you need to.
- Make sure to warm up before each workout and cool down afterwards.
- Stay hydrated by drinking plenty of water throughout your workout.
- Eat a healthy diet that includes plenty of fruits, vegetables, and whole grains.
- Get enough sleep.

## Benefits of Bodyweight Training

Bodyweight training offers a number of benefits, including:

- Improved body composition: Bodyweight training can help you lose weight, build muscle, and reduce body fat.
- Increased strength and power: Bodyweight training can help you increase your strength and power, which can improve your performance in other activities.
- Improved endurance: Bodyweight training can help you improve your endurance, which can make it easier to perform everyday tasks and activities.
- Reduced risk of injury: Bodyweight training is a low-impact activity, which makes it less likely to cause injuries.
- Improved flexibility: Bodyweight training can help you improve your flexibility, which can reduce your risk of injuries and improve your overall mobility.

This bodyweight workout is a great way for men to lose weight, build muscle, and get in shape. It's a challenging but effective workout that requires no equipment and can be done anywhere. So what are you waiting for? Give it a try today!



### Men's Health Best: Weight-Free Workout by Rajeev Lal

★★★★☆ 4.3 out of 5

Language : English

File size : 8596 KB

Text-to-Speech : Enabled

Screen Reader : Supported

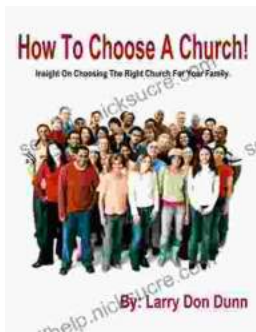
Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 166 pages

FREE

DOWNLOAD E-BOOK



## How to Choose a Church That's Right for You

Choosing a church can be a daunting task, but it's important to find one that's a good fit for you. Here are a few things to consider when making...



## The Unbelievable World of Self-Working Close Up Card Magic: A Comprehensive Guide

Imagine having the power to perform mind-boggling card tricks that leave your audience in awe, without years of practice or complicated...