

TONIC

LONDON

DON'T WISH FOR A HEALTHIER BODY. OWN ONE.

5 JUNE 2017



BODYWEIGHT EXERCISES ROCK

Getting fit doesn't have to be a complicated experience. Simple bodyweight exercises are perfect for achieving gains in overall health, fitness, flexibility and strength. When most people think about bodyweight training, they think they'll be doing endless reps of sit-ups and push-ups, but this really isn't the case. A lot of people think that training with weights is the best way to get fit and strong, fast, however, body weight exercises are at least as good as using weights. In fact, it could be argued that bodyweight exercises are better than training with weights because the movements are very natural and you're much less likely to injure yourself.

Bodyweight exercises, or calisthenics rocks and here's why:

1. It requires minimal to no equipment. Unlike most other forms of exercise, all you need to do bodyweight training is your own bodyweight. This gives you the freedom to work out anywhere and at anytime.

1

The classic push-up works your triceps, chest, shoulders & core (amongst other muscle groups) in a single movement.

2

Squats hit just about every muscle in the lower-body, & develop balance, stabilisation, coordination & athleticism.

3

The plank has become a key exercise to define your core. If you struggle to maintain the arms straight position try it on your forearms.



Bicycle crunches have been proven to activate more muscle fibres in the abs and obliques than a standard crunch.



Double leg lift helps you build a stronger back and will make you less prone to injury.



The lying hip raise (also called a bridge) will strengthen more or less every muscle in your posterior chain, including your back, hamstrings, and glutes while also working your abdominals and inner thighs.

2. It's 100% free. For anyone on a budget, this is a great reason. Switching to bodyweight training means your entire workout is free.

3. It's functional fitness and it helps your body move like it was supposed to. Whether you're climbing the stairs, reaching for a can of kidney beans on the top shelf or lifting a box into the car, bodyweight exercises develop useful athletic abilities. Do bodyweight training and you'll be moving your body the way it was designed to move.

4. It's great for your core. Bodyweight exercises won't just give you tighter abs, you'll also gain better posture, relieve lower back stress, and enhance overall performance.

5. Anyone can do it. Bodyweight exercises are great because they're easily modified to suit anyone. By adding extra reps, performing the exercises faster or slower, or taking shorter breaks, you can make the workout perfect for you.

6. It protects your joints and keeps you injury-free. To be strong all over, you need to not only have strong muscles, but also strong joints. And because bodyweight training works the joints and tendons as they are meant to be worked, it helps to create strong joints and tendons for life, and helps protect you from injuries.

7. It regulates body fat. A lot of bodybuilders and endurance athletes are not always as lean as you might imagine for all the exercise they do. When you constantly overload your body with intense exercise, the natural result is hunger, and unfortunately, you don't always burn more calories than you eat with that type of training. A big bonus with bodyweight exercises is because the training is easier on your body, your appetite will level off and you'll start eating the right amount for your body.

Cheryl Hicks offers Tonic patients complimentary support with motivation, health and well-being. Drop



TIPS FOR BEGINNERS

- Getting results take time, so be patient and don't give up.
- Increase repetitions and sets little by little to keep your progression steady.
- If you are getting better then progress your exercises to challenge yourself.
- You only need thirty minutes, three times a week, however studies show that working out five days a week creates a habit.
- Keep your motivation by reading articles and watching videos.
- Don't make exercising optional. Never ask yourself 'should I work out today', exercising is a fixed appointment, mark it in your calendar.
- If you have some pounds to drop then begin following a cardio training plan and change your eating habits. Eliminate sugar rich foods and included more fruits, vegetables, nuts as well as protein rich meals.
- Don't worry if you can't perform even a single rep of an exercise. Starting is the first step. You will get better with time.



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