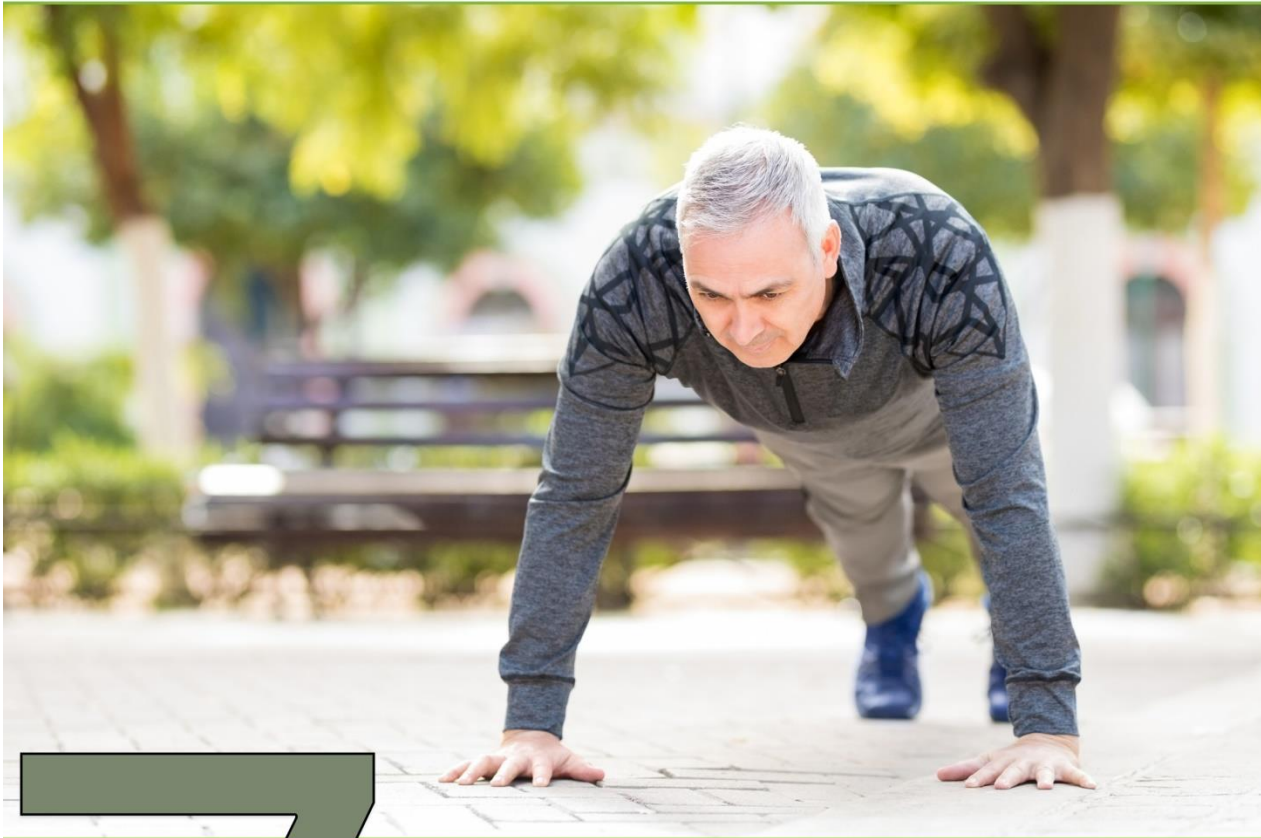




**EXERCISES**  
FOR INJURIES

*YOUR TRUSTED RESOURCE FOR PAIN-FREE LIVING*



# 7 BENEFITS OF BODY WEIGHT EXERCISES

An [ExerciseForInjuries.com](http://ExerciseForInjuries.com) Publication

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## Disclaimer

*7 Benefits of Bodyweight Exercises* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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## Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

### Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.

*Rick Kasey*

## 7 Benefits of Bodyweight Exercises

Denise didn't want to go to the gym. Her life was just too crazy. She enjoyed working out at home, and regularly used a treadmill to get in an evening walk. She was entering middle-age, though, and she knew her muscles were not what they used to be.

"I need to get stronger," she told her friend, Kerry, "but I'm not ready to invest in a bunch of weights. I don't really have room for them."

Denise is right to be looking into adding some strength training to her routine. Scientists are discovering that resistance training can be just as important to our long-term health and wellness as aerobic exercise.



In 2012, for instance, researchers noted that inactive adults experience a 3-8 percent loss of muscle mass per decade, along with a reduced metabolism and increased fat accumulation. Just ten weeks of resistance training can increase your resting metabolic rate by 7 percent while reducing body fat, boosting cardiovascular health, promoting bone development, and easing back pain and fibromyalgia.

But what if you don't have a weight room, or you can't make it to the gym? No problem—all you have to do is use your bodyweight, and you can experience similar benefits without all the equipment.



## What are Bodyweight Exercises?

Bodyweight exercises are just what they sound like—strength-building exercises in which you use your bodyweight as your resistance tool. You don't need free weights or machines, only your own body and gravity. (These exercises wouldn't work on the moon, for instance.)

Typical movements in any bodyweight exercise include pushing, pulling, bending, balancing, twisting, and squatting. The movements are meant to strain your muscles, so they have to work to get you where you want to go.

Some of the most common types of bodyweight exercises are push-ups, pull-ups, and sit-ups. You probably did all these when you were a student in school. There are many more that you may not be aware of, though, that can work various muscles in the body.

With bodyweight exercises, you can work your arms, legs, glutes, shoulders, core muscles, back muscles, and more. In addition, because of how they work, they also challenge your balance and flexibility as well as your strength.

## 7 Benefits of Bodyweight Exercises



If you don't have a weight room in your home, and you're finding it tough to get out to the gym, bodyweight exercises can be a good alternative. But even if you're a regular gym rat, you can benefit from a bodyweight workout. Below are seven reasons why.

## **1. They'll make you stronger, quickly.**

If you want to see fast results, bodyweight exercises may be the way to go. Particularly those that involve “plyometrics” can be very efficient at helping you get stronger, faster. Plyometrics, also called “jump training,” are those types of bodyweight exercises that involve jumping and hopping and other types of explosive movements.

In one 2016 study, for example, researchers found that just six weeks of resistance training combined with plyometrics improved strength and sprint performance. A second study showed similar results, with 6 weeks of plyometric training alone increasing strength and nerve responses in the muscles. And in another study, adding plyometric push-ups (push up and clap) to the standard bench press training helped participants get stronger faster than those who did bench presses alone.

When you do bodyweight exercises, you can move quickly from one exercise to the next, because you don't have to go to one machine and then get off and set up another. That means you can keep your heart rate up and further challenge your muscles. This is similar to high-intensity interval training, and can produce both strength gains and weight loss more efficiently than just aerobic or strength training alone.

Researchers reported in 2016 that participants who combined high-interval training with regular gym training improved their strength and cardiorespiratory fitness levels more than those who performed gym training alone.

## **2. They're always challenging, whatever your fitness level.**

If you've reached a certain level in your fitness training, you may worry that bodyweight exercises won't be enough for you, but think again. These exercises can be easily modified to challenge you. Simple ways to change them up include:

- Do more repetitions
- Do the exercise really slowly with controlled movements (slower movements reduce momentum and make your muscles work harder)
- Take shorter breaks between each set
- Add a plyometric movement (such as clapping at the top of a push-up, or jumping up at the end of a squat)
- Build in static holds—hold your body in the position of resistance without moving for a set period of time
- Change the leverage—if your push-ups are getting too easy, put your feet up on a chair behind you to increase gravity's pull on your body
- Add in an unstable platform—perform your pushups while holding onto a basketball, for example



You can make similar modifications to make your exercises easier, if you need to. Doing push-ups with your knees on the ground is one good example.

### **3. They naturally work your core muscles.**

Yes, the common sit-up is one type of exercise that will work your core, but there are many more. In fact, the nice thing about bodyweight exercises is that just about all of them naturally work your abdominal muscles.



Bodyweight exercises, by nature, work several muscle groups at once. They also frequently challenge your balance, and you have to use your core muscles to stay in position. They're unstable by design, and you have to use all your muscles to center yourself.

Imagine for a moment doing a single-leg press on a machine. Most likely, you can do one while relaxing your core, or using it very little. But you simply can't avoid tightening your core muscles when you do a one-legged squat.

### **4. They'll improve your cardiovascular health.**

If you've ever performed a set of push-ups, you know how it feels—by the time you stop, you're usually panting pretty hard. That's a sign that your heart is working, and that's a good thing.

There are a number of bodyweight exercises that get your heart pumping while they're strengthening your muscles. That means that you're giving your heart some exercise at the same time, which is healthy for your cardiovascular system. The less you rest between exercises, the better cardio workout you'll get.

Strength training alone, though, even without the aerobic component, is good for your heart. It can decrease blood pressure and stress, and improve your cholesterol levels. The American Heart Association recommends strength training at least twice per week.

“Stronger muscles also lead to a boost in your metabolic rate,” they say, “which means you'll burn more calories even when your body is at rest.” That, in turn, can help you maintain a healthy weight—another plus for cardiovascular health.

Even better—a 10-15 minute bodyweight workout can give you both your strength training and aerobic training at the same time. For most of us, saving time is a definite bonus, so this can be one big plus in the bodyweight column.

#### **5. You can do them anywhere—no excuses!**

This is probably the benefit you thought about first when considering bodyweight exercises. They don't require any equipment of any kind. You don't need weights, resistance bands, machines, or even workout clothes, though they're likely to make the exercises more comfortable.

That means you can do bodyweight exercises at home, but you can also do them when traveling, so you don't lose what you've gained when you go on vacation or on a business trip. You can even do them at work—if you have a long day that bleeds into your regular exercise time, you can take 10 minutes to perform a few bodyweight exercises and do something good for your body.

#### **6. They'll help improve your balance and flexibility.**

When you lift weights, you don't typically move a lot. You perform the lift in a small space, and try to limit any excess movement to help reduce risk of injury. Often you're sitting or lying down, so you have the chair or bench to support you.

In other words, regular weight lifting does very little (if anything) for your balance.

Bodyweight exercises, on the other hand, help you work on your balance. These exercises use a variety of positions and postures that you to use a greater range of motion. Often you're standing on one leg, or bracing yourself up on one arm, or bending back and forth in such a way that you have to balance yourself.

That's good news, because studies show that if we're not working on it, we all start to lose our balance as we age. That can lead to falls and other injuries that can severely affect quality of life. In fact, one out of three people aged 65 and older fall each year, resulting in over 20,000 deaths in the year 2009.

It's not only about your muscular strength. The sensory cortex of the brain takes in information from your surroundings to help you keep your balance as you move about your day, but age can make that cortex less sensitive. The processing of the environmental information slows down, which can result in a stumble or fall.

To avoid this outcome, all you have to do is continue to practice and challenge your balance. Bodyweight exercises help you do that. They can also help increase your flexibility—as opposed to weight lifting, which usually restricts it.

### **7. They're less likely to cause injury.**

Weight-lifting exercises can lead to injuries. Common ones include back pain (and disc herniation), tendonitis, shoulder injuries and tears, tennis elbow, hamstring pulls and tears, knee pain (often from patellar tendonitis), and more. Research has also shown that weight training is commonly associated with fractures and dislocations, most common when using free weights.

Proper technique helps, but if you're just getting started with strength training, or if you're concerned about injuries for other reasons, bodyweight exercises are the way to go. Though you can still injure yourself, particularly if your form is off, you have a lower risk of injury compared to using free weights and machines.

“Body weight training is safer as it doesn't involve the lifting of heavy weights and doesn't require any specialized training,” says professional training Jeff Cowan. Because you're using your own bodyweight, your joints can more easily adapt to the training, and usually even benefit from it. You're also more likely to feel when you're “off,” and can adjust your exercise as needed to avoid injuries.

In addition, you're typically using multiple joints and muscles, rather than isolating one or two, so you're getting more support in the movement, reducing strain on any on particular joint or muscle group.



## Types of Bodyweight Exercises

One of the other benefits of these exercises is that they don't cost anything! No gym fees, no equipment fees, nothing.

If you'd like to get started, you can always begin with some push-ups, pull-ups, and squats (watch your form!). Just for fun, here are a few more you may not have tried:

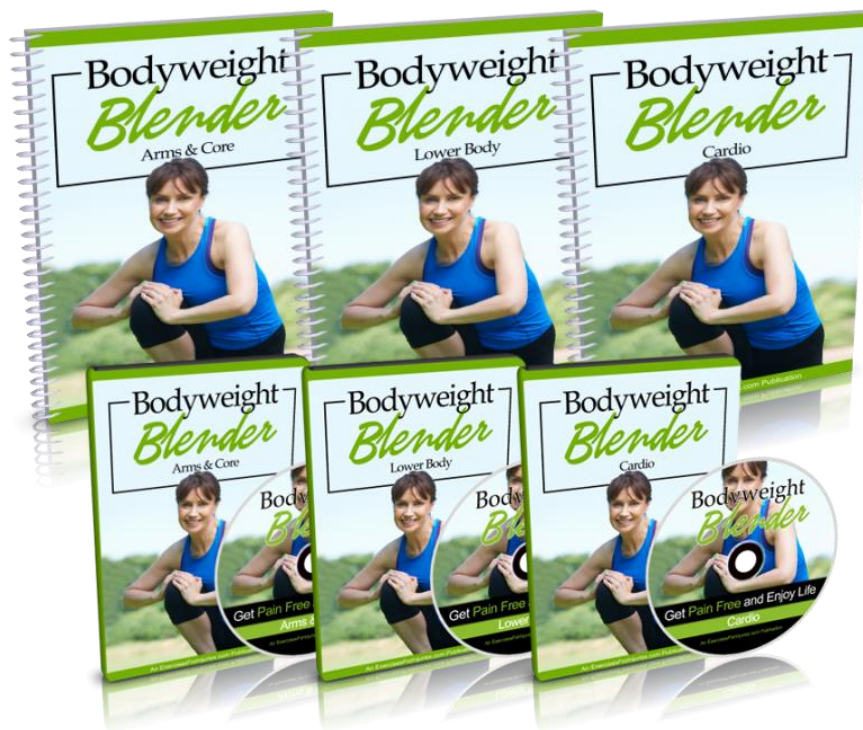
1. **The inchworm:** Start by standing up tall. Bend over and touch your fingertips to the floor (keeping the legs straight if you can). Slowly lower down and walk your hands forward into a push-up position. Hold for a few seconds, then walk your feet up to meet your hands. Repeat across the room for 4-5 reps.
2. **The burpee:** One of the best bodyweight exercises for working your heart, the burpee is definitely challenging. Stand tall with your feet shoulder-width apart, jump up, clap your hands over your head, and then bend down into a squat. Jump your feet behind you and lower down into a push-position. Perform one push-up, then jump your feet back up between your hands, and jump back up to your feet. The push-up strengthens your arm and shoulder muscles, as well as your core. The jumping gives you a burst of cardio.
3. **Bear crawl:** Get down on your hands and knees. Then rise up on your toes (similar to a downward dog yoga position), hold for a moment to get your balance, then reach forward with the right arm and knee, then the left arm and knee.
4. **Single leg deadlift:** Stand with your feet together. Extend your right leg behind you slightly, then lower your upper body while raising your right leg further. Your left knee will naturally bend a

little. Reach your arms toward the floor, touching the floor if you can. Raise up and lower the right leg, then repeat the movement on the other side.

- 5. L Seat:** Sit on the floor with your legs straight out in front of you, and your feet flexed. Place your hands palm down on the floor by your hips. Round your torso a little, and lift your hips off the ground. Hold for 5-10 seconds and release.

For best results, work your bodyweight exercises into a routine. Try 10 push-ups, 30 jumping jacks, a 15-second plank, 5 burpees, and then 20 squats, for example. Repeat 3-5 times. Vary up the routine to include more exercises that are particularly challenging for you.

*If you are looking for ways to lose weight, build muscle, have more energy throughout the day, and get healthier... without having to become a total health and fitness nut, then [check out the Bodyweight Blender program](#).*





## About Exercises For Injuries

### **Exercises For Injuries – Your Trusted Resource for Pain-Free Living**

*Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

**Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: [ExercisesForInjuries.com](http://ExercisesForInjuries.com)**



## About Rick Kaselj

**Hi, I'm Rick Kaselj.** I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

### Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN**

**I'm all about finding what works...** and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

**People get the best results** when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

## What My Clients and Customers Say:

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

## Free DVD Offer

**I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!**

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and I want you to have it for free.

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.



***We have limited supplies right now...*** so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

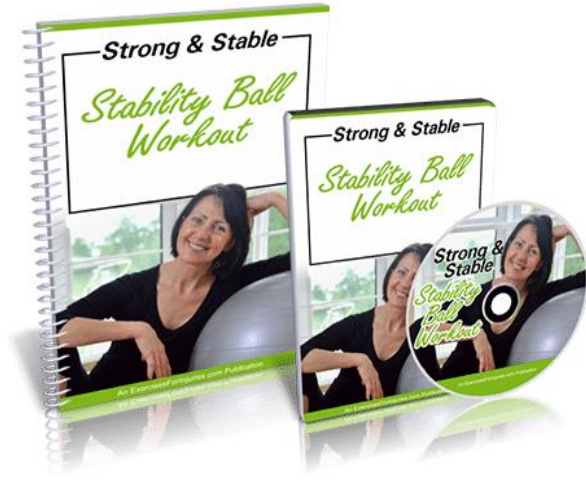
**[ThePainHacker.com/Free-DVD-2](http://ThePainHacker.com/Free-DVD-2)**

## Our TOP 5 Best Selling Exercise Programs

### #1: Strong & Stable Stability Ball Workout

Have some stubborn pounds that are IMPOSSIBLE to lose?

Using a stability ball is SCIENTIFICALLY PROVEN to increase the effectiveness of your exercise routine. One study showed that just adding a stability ball to your workouts can increase your exercise results by 247%! All WITHOUT adding any extra time, and WITHOUT increasing the intensity or difficulty of your workouts. Another study proved that adding this item to your exercise is safe and easy... even for seniors over the age of 78.



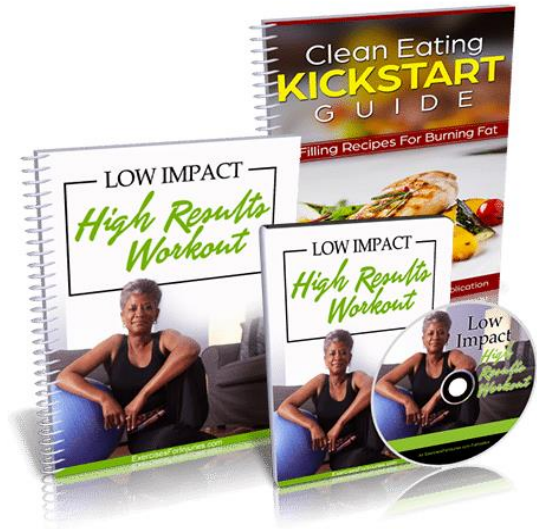
- This program only takes 12 minutes a day!
- Specifically designed for women and men between the ages of 45 and 85
- This entire program is easy, safe, gentle, and it's ACTUALLY FUN too!

**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Strong & Stable Stability Ball Workout.**

## #2: Low Impact - High Results Workout

If you're in your 40s, 50s, or 60s and you'd like to trim some fat. This program can help you lose 12 pounds in 21 days! These new, gentle, yoga-based movements can help you lose weight fast, without heavy weights, grueling workouts, or endless cardio. These low-impact movements also help reduce muscle soreness and joint pain!



- This easy sequence only takes 15 minutes or less each day
- You can do it on your own, in the comfort of your own home—no equipment needed

This could be the easiest, most gentle way to unlock a SLIMMER, SEXIER YOU.

**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Low Impact - High Results @ Home Workout**

### #3: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to doing the things you love in life. Get back to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don’t have to depend on or burden other people!



**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**



## #4: 14-Day Joint Recovery Quick Start Program

Is chronic joint pain and stiffness your constant companion?

Whether your joint pain is mild or excruciating, it can severely limit your daily activities and drastically lower your overall quality of life.

We've combined the most powerful and science-based exercise, diet and lifestyle techniques that increase joint function, flexibility and strength, and also relieve chronic pain.

By following this groundbreaking system, you'll ensure your joints stay strong and healthy well into your "golden years," and beyond.

And since these strategies heal the root cause of your joint problems, you'll finally obtain permanent relief... even if you've been living with miserable joint pain and stiffness for years, even decades.

**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **14-Day Joint Recovery Quick Start Program**



## #5: Best Gluteus Maximus Exercises

Most doctors have NO IDEA what really causes low back, hip and knee pain. Your “butt” muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally return to your normal, pain-free life!



- This amazing pain-relieving program only takes 15 minutes a day
- You’re finally going to be addressing the real cause of your pain
- This program isn’t just *made up* - it’s based on scientific research and medical studies
- You don’t need a gym membership or any expensive equipment to do this program

**Visit:** [ExercisesForInjuries.com/Shop](https://www.ExercisesForInjuries.com/Shop)

Type or paste in the Search box one or more keywords of the product name: **Best Gluteus Maximus Exercises**

## GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For more than 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

### BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

### KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)

### SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

### NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

### LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

### MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these  
or our other pain, injury or exercise programs, go to:**

**[ExercisesForInjuries.com/Shop](http://ExercisesForInjuries.com/Shop)**