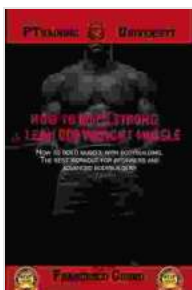


How to Build Strong, Lean Bodyweight Muscle: The Ultimate Guide

Are you ready to take your bodyweight training to the next level? In this ultimate guide, we'll show you how to build strong, lean muscle using nothing but your own bodyweight.



How to build strong & lean bodyweight muscle: How to build muscle with bodybuilding. The best workout for beginners and advanced bodybuilders by Francesco Currò

★★★★☆ 4.2 out of 5

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Whether you're a beginner or an experienced athlete, this guide has something for you. We'll cover everything from basic exercises to advanced progressions, so you can customize your workouts to fit your fitness level and goals.

The Benefits of Bodyweight Training

Bodyweight training offers a number of benefits, including:

- **It's convenient.** You can do bodyweight exercises anywhere, anytime.
- **It's affordable.** You don't need any special equipment to get started.
- **It's effective.** Bodyweight exercises can help you build strength, muscle, and endurance.
- **It's low-impact.** Bodyweight exercises are gentle on your joints, making them a great option for people with injuries or limitations.

Getting Started

If you're new to bodyweight training, it's important to start slowly and gradually increase the intensity of your workouts over time. Here are a few tips for getting started:

- **Start with the basics.** Learn the proper form for each exercise before you start adding weight or reps.
- **Listen to your body.** If you feel pain, stop the exercise and consult with a doctor.
- **Be consistent.** Aim to work out at least 3 times per week.

Basic Bodyweight Exercises

Here are a few basic bodyweight exercises to get you started:

- **Push-ups:** Push-ups are a great way to build strength in your chest, triceps, and shoulders.
- **Squats:** Squats are a compound exercise that works your legs, glutes, and core.

- **Lunges:** Lunges are a great way to target your quads, hamstrings, and glutes.
- **Pull-ups:** Pull-ups are a compound exercise that works your back, biceps, and forearms.
- **Rows:** Rows are a great way to build strength in your back and biceps.

Advanced Bodyweight Exercises

Once you've mastered the basics, you can start adding more advanced exercises to your workouts. Here are a few examples:

- **Muscle-ups:** Muscle-ups are a compound exercise that combines a pull-up and a dip.
- **Handstand push-ups:** Handstand push-ups are a great way to build strength in your shoulders, triceps, and core.
- **Weighted squats:** Weighted squats can help you build even more strength in your legs and glutes.
- **Weighted pull-ups:** Weighted pull-ups can help you build even more strength in your back and biceps.
- **Planche:** The planche is an advanced exercise that requires you to hold your body in a horizontal position with your arms extended.

Sample Workout Plan

Here is a sample workout plan that you can follow to build strong, lean bodyweight muscle:

Day 1:

- Push-ups: 3 sets of 10-12 reps
- Squats: 3 sets of 10-12 reps
- Lunges: 3 sets of 10-12 reps per leg

Day 2:

- Rest

Day 3:

- Pull-ups: 3 sets of 10-12 reps
- Rows: 3 sets of 10-12 reps
- Plank: 3 sets of 30-60 seconds hold

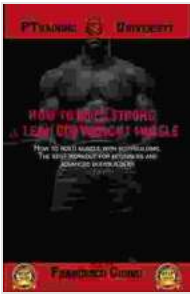
Day 4:

- Rest

Day 5:

- Push-ups: 3 sets of 12-15 reps
- Squats: 3 sets of 12-15 reps
- Lunges: 3 sets of 12-15 reps per leg

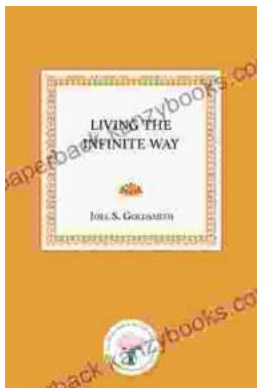
Day 6:



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