

Stay-Fit Bug Unique Bodyweight Exercises



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What is this report all about?

This report has been produced to help you introduce bodyweight exercises into your fitness lifestyle and to introduce what the current and upcoming ebook update will include.

- The benefits of bodyweight exercises
- Unique exercise examples
- The Unique bodyweight exercise ebook features
- What's inside the unique bodyweight exercise ebook?

If you have this ebook, there is a good chance that you watched my pre-launch bodyweight exercise intro video (If not you can watch it [here](#)). It was there where I talked about...

The benefits of bodyweight exercises

- **Increases your functional strength** - *which helps performance in free-weight exercises*
- **Helps increase your metabolism** – *Because you'll eventually build a good amount of lean muscle mass around your body*
- **You can do them anywhere** - *Especially on your travels*

Most of your efforts will probably take a while before you see results... for your efforts, and it is because of that why most people give up and therefore fail to build the body of their dreams. So before you go ahead, you need to do two crucial things for me.

1. Take up a hobby that you are passionate about (It doesn't have to be a sport or fitness related)
2. Treat and make fitness become a part of your lifestyle

That way it won't feel like a chore, And that way, you won't feel like you are working out. You will feel like you are constantly having fun!

Once that happens, the magic will kick in and one day you'll wake up and realize that you...

1. Have the body you always wished for
2. Will be happy! (Which is the most important point of all)

Your mind and body need to be right. Once it is, your lifestyle will rock!

Increases your functional strength

This is strength that you will develop from performing bodyweight exercises, which in turn will help you when performing tasks in your day-to-day activities. Aka... REAL strength!

Helps build mature lean muscle (muscle that sticks)

It may take you a while to do this, depending on how dedicated you are to changing your body. But once you get to the advanced stages of building a lean muscular body, you will indeed develop plenty of [mature muscle](#).

This is muscle that gives you options. You see, once you have mature muscle you can opt to workout or not to workout. Either way, your body will stay more or less the same. My body and fitness story so far is living proof of this. You see, although I have a high metabolism, I still started off with 'soft' muscles. I wasn't always ripped, as you see me now. Most of the lean muscle I built was predominantly a result of performing bodyweight exercises as a broke student back in 1998. A year after that I became a pro athlete (100-200m). And there after I just lived the fitness lifestyle.

(You can read the full story [here](#))

Fast forward to 2007-2009 (The years of no gym activity). I lose my muscle mass, yet I stayed completely lean. Everything was intact, it's just that I decreased in size. This is because my muscles are mature... built up over time. And you can absolutely do the same by performing bodyweight exercises which you will find in the Unique Bodyweight Exercise Ebook.

[Helps Increase your metabolism](#)

There are many ways to increase your metabolism, which you can find in this post...

[How to increase your metabolism](#)

But one of the key ways to do that is by building more muscle mass. Muscle burns fat a lot quicker than when you have a high body fat percentage. But the best part about having lean muscle mass is that this muscle will help you burn fat even when stationary. Once you do this via bodyweight exercises, you will be gladly welcomed to the world of high metabolism body types.

[You can perform them anywhere](#)

This is probably the best part for many of you reading this. Especially in the winter months! The physical benefits of performing bodyweight exercises are listed above. But the fact that you can perform them ANYWHERE is just pure gold.

- In the office at work
- In the hotel while on vacation
- At home during the winter months

Better yet, I'm going to share with you some posts from the past that directly relate to these scenarios.

[Home workout vs Gym workout](#)

[Working out on vacation aka The hotel work out](#)

[Help Me Bulk Up My Long Giraffe Neck!](#)

[8 Tips For An Effective Winter Weightlifting Workout](#)

The Unique bodyweight exercise examples

The exercises within the Unique Bodyweight Exercise ebook range from

Beginner > Intermediate > Advanced

Many of which are unique. But instead of just telling you what's in there, I want to show you some of these unique exercises.

Below are three exercises which will definitely challenge you if you decide to perform on your journey of the fitness lifestyle.

One arm chin up



- Difficulty : 10 / 10
- Time to master: 6 months to several years!

This is actually one of my favourite exercises. It's not the fact that it will increase your muscle mass or strength, it's just that I was always really bad at trying to do these exercises, and to progress and be able to do them fluently is quite a good feeling. *(Correction, I can only do the one handed chin up, which requires you to hold on to the lifting arm. All explained in the ebook).*

Once you have mastered ordinary chin ups, this exercise is the one that will truly challenge your strength. If you do manage to master it, it will prove that you are one of very few who possess this raw human strength and you can be proud to wear that trophy too.

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Advanced Push ups



This exercise is quite unique as it is a combination of dumbbell fly's and the push up exercise, and is great for working on your chest on the cheap.

How to do them?

- 1) Grab a pair of dumbbells and loosen the collars until they can roll.
- 2) Place them in front of you (vertically).
- 3) Get into the press up position.
- 4) Now instead of placing your hands on the floor, hold onto the dumbbells in front you, close together, and use them as push up stands.
- 5) Now slowly roll and extend both dumbbells outwards as you press down. Hold for a second and bring them in close again to the starting position. Also be sure to watch your balance.
- 6) As you go up and down try to keep your elbows bent a little, as this will make the exercise easier to perform.

As i mentioned, you will all get an in-depth version on how to do these in the unique and common bodyweight exercises.

The Dragon Flag Exercise

This exercise is a challenge and should only be performed if you have become experienced at some of the most challenging bodyweight exercises out there, most of which are present in version 2.0 of the ebook.

Learning through progression is the best way to avoid injury when performing difficult exercises, or any exercise in fact. It is also a good way to practice good form, which too helps prevent injury.

Unfortunately, this exercise doesn't leave too much room for progression. But I'll show you how it can be done below.

How it looks and how to do it

- Find a weights bench
- Lie flat on your back
- Place your arms behind your head and your hands gripping the edge of the bench (As in the photo).
- Then bring your knees in to your waist so that your thighs are at 90 degrees.
- Then use all of your strength and pull up with your hands, keeping your whole body rigid until it rises up so that your torso is pointing directly towards the ceiling.
- Hold that position for a few seconds and then lower your body back down 'under control' until your butt is just a few inches from the bench.

Tip

- As your body rises to begin the rep, slowly breath out and keep your whole body tensed. As you begin to lower your body, slowly breath in with the abdomen and repeat the sequence.
- If you find that even with your legs bent you cannot lift yourself off of the bench 'under control' you can simply perform partial negatives by lowering yourself down from the end of the movement until you reach as low as you can safely go, and then pulling your body back up.

The Sequence



Then you lower yourself back down to the bench using the bent knee method (As reduced leverage for progression)



Then you progress to the straight legged version. There is no time limit on how long it will take you to reach this level. Just make sure you listen to YOUR body. Your body will tell you when to progress. Not me or anyone else!



I know you want to go out and try this exercise straight away, which is great. But please, do take it easy.

The bodyweight exercises I introduce may be proven, tried and tested by yours truly.

But do know I have faced and watched many get injured in the process from having that same hesitant attitude. Which is why you will see a heavy focus on injury prevention throughout the e-book.

Are the exercises above too challenging for you?

No problem!

I have structured the exercises in a progressive manner from...

Beginner > Intermediate > Hard > Extreme > Insane (Sometimes impossible!)

So you can jump right in, regardless of what level of fitness you are currently at.

The Unique Bodyweight Exercise Ebook Features

Why Perform The Stability Ball Rollout?

To add even more variations to your workouts when developing your abdominals

Exercise Benefits

It's not always EXACTLY clear why you should perform certain exercises when you workout. But 'I' made sure to tell you the reasons why you should perform each and every exercise listed and the benefits of each.

Adding resistance with leverage (Like a gymnast)

You will always hear people state that you don't need to take note of is the importance of adding resistance with time they will get used to it and become strong level. However, the first step in this cycle is to start

One example of this is when performing the leg lift core. But you can make the exercise more difficult

Bodyweight Exercise Facts

Another cool feature I added was the inclusion of bodyweight exercises facts. These facts act as bonus points to your overall knowledge of how to make the most out of the exercises when you perform them to give you maximum results.

Stayfitbug.com Tweak

Tweak

Start with your palms facing each other in the bottom
As you push the weights up, rotate your wrists so that

The Result

Exercise Tweaks

Exercise tweaks are the foundation of growth when you workout. And I made sure that this ebook was jam packed with them and easy to find as you refer back to it.

Warnings!!

What To Look Out For/ What To Prevent

Shoulder Injuries

Ok, it's time to slow down from all of the exercises up then you really are one of very few. How

Prevent Injury

Injuries are arguably the no.1 cause of why people stop going to the gym. Once you are injured, you usually have to quit your workouts until you are fully recovered. At which point most people quit! That is why I have included RED warning signs throughout the ebook, which will show you 'in detail' how to prevent injury when performing any of the exercises.

The Story Behind The Ebook - What's inside the unique bodyweight exercise ebook?

This e-book was inspired by a popular blog post on unique bodyweight exercises, and it was then that I found out how popular bodyweight exercises are. I had also become aware of how much some people love 'tweaked exercises'.

(And rightly so!)

That's why I made sure that this ebook contained a wide variety of body weight exercises that you can perform. A library of exercises large enough to ensure that when you do reach a plateau, you always have a new exercise to turn to in order to switch things up in your routine.

Since then, I have written numerous articles on the topic, while putting many new ideas into practice in my own workouts. Ideas which have now been embedded in the structure of this ebook which consists of,

- Common bodyweight exercises
- Advanced bodyweight exercises
- Unique bodyweight exercise
- Extra exercises for bodyweight workouts/ to build functional strength
- Injury prevention techniques

All of which take advantage of:

- Stayfitbug.com exercise tweaks
- Old school and modern day fitness equipment, exercise balls, stability balls, medicine balls, olympic rings, Iron Gym Xtreme and others)

Even if you have found a successful method of continuously shocking your muscles, there will always be a day where you need to add something extra to your workout to keep your muscles alive and active. You can never have too many exercise variations at your disposal.

The Version 3.0 update

This is the biggest update so far in the life of this ebook. And here's what I've included.

What's new?

- Bodyweight exercise routines
- Even more exercises
- Upgraded exercise descriptions
- Bodyweight exercise do's and don'ts
- Bodyweight exercises that can be performed with a partner

And some goodies that won't be revealed here ;)

You are now ready for some bodyweight action!

Now that you fully understand the concept and benefits of including bodyweight exercises into your workouts and fitness lifestyle, your mindset will now be ready to progress through the exercises included in the ebook. If you aren't yet fully motivated then do me a favour and read this post..

[The Only Way To Train Is To Train Insane](#)

Motivated yet. I'm sure you are! :)

CLICK HERE

To visit the Unique Bodyweight Exercise Ebook website

(Version 3.0 will be live from 30th September 2010)

Remember, this ebook is not the be all and end all. All of the current and future Stay-Fit Bug products and services have been created to 'follow' and improve the fitness lifestyle to all those that use and follow!

In short... All products and services from Stay-Fit Bug will continuously be improved upon and come with 100% full support!

Once you have the Unique Bodyweight Exercise Ebook, you will receive all the future updates for FREE!

Make the world a fitter place by spreading some love!

The Stay-Fit Bug message is to make the world a fitter place via the 'fitness lifestyle'. Because that is exactly what it is, and that is how you succeed in building a better body. By making fitness a lifestyle choice.

With that being the case, I encourage all who read this to distribute this FREE report to all who may benefit.

Website/ Blog owners

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Or email myself, Shaun Sinclair, directly at [**mailus@stayfitbug.com**](mailto:mailus@stayfitbug.com)

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Yours Sincerely

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Author @



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- TAKE YOUR MUSCLES TO THE NEXT LEVEL

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