

Build Muscle No Weights Required

If you are fortunate enough to fall into the category where you are at the proper weight for your your body type, then you are ready to start conditioning and even buiding muscle without weights or equipment.

If you havn't lost the weight yet, start a good diet and exercise program or include Fat Burning Physical Activity Routines into your day so you can start shaping your new leaner body.

Achieving a good body without use of weights or expensive equipment is a simple matter of duplicating the same resistance to the muscle group your working on.

The workout routines below are isometric type exercises and are very effective if done properly and on a consistant basis. I used this method myself for years before I started using weights and joined a famous health club in 1973.(which I am no longer in need of). Remember to warmup and stretch before you begin.

Build Muscle No Weights Required Routines:

Chest

* Jamb Crushes:- Stand erect between a door jamb facing the jamb where it locks.. With your toes touching the jamb, place a palm on both sides. Your arms should be in an L shape and palms chest high on jamb. Now start to press together as hard as you can, as long as you can. Then repeat to maximize the results.

* Table Top Presses: Find a counter or table top that will allow you once again, to have your arms at chest level (You can sit down for this to achieve proper height). You can do this with your arms at an L shape or straight out in front of you. Now simply place your palms on surface and press down as hard as you can, as long as you can. Rest and repeat

* Praying Hands: While standing or sitting erect, put your two palms together in a praying manner. Press together as hard as you can as long as you can. Again very effective in an L shape, or straight out.

* Pushups: Like them or not, they are still a very effective way to build chest and shoulder muscles (also deltoids) There is also a method for those of you that can't do horizontal pushups. Best way is to use a solid table or counter top that is about waist high. Now stand back from the surface so the tips of your fingers can touch the surface. Place hands on top of surface and let your body go towards surface top, and pushup back. Perform the same way you would a regular pushup, except your on about a 45 degree angle Do as many as you can.

Arms:

* Bicep Curls: Place both your elbows tight to your waist and hold out forearms palms up in L shape. Now take one arm and make a fist, placing it in the other palm. Press down while pushing up with the palm arm. keeping elbows tight to body. { Simulate curling dumbbells). Repeat both arms.

* Wall Press: Stand erect and sideways to a solid wall with one of your hips facing wall. Make a fist and place the side of the fist against the wall with your arm straight down. Now move away a lttile bit so your hips and feet are about 12 in. from wall. Simply press as hard and as long as you can. (Excellent for triceps and latoid muscles).

Stomach:

* Crunches: Another dreaded effective exercise. When done right, you can get great abs. Lay down and bend knees with heel of feet about a 12 in. from your butt To get a full ab workout you want to also work the oblique muscles (Just to the sides of your abdomen). Now with hands clasped behind your head, bring yourself straight up slowly and hold about 6 in. off the ground for about 5 seconds. To do obliques, when you lift up, twist your torso slightly to the left and right. Do as many reps as you can.

* Leg Lifts: Everyone can do these. Simply lay down with body straight. With your hands next to your side lift both legs up and hold in the up

position about a 12 in. off the ground. If you can rotate your legs in a circular motion. Hold as long as you can.

Legs:

* Calve Raises: Great for calves and those ugly love handles. Again use surface top that is about waist high. While standing sideways with hip facing surface, put your palm on top of surface. Raise other arm over your head and curl into a C shape (Like balarina). Lift yourself up while bending towards your other arm. It's important to keep a perfect flowing posture.

* Squats: These will help tone and tighten your buttocks and inner thighs. Stand with your feet about 2 ft. apart and arms stretched out in front of you. Very slowly now, lower yourself down as far as you can and raise yourself up (Be careful, very easy to strain a hamstring). Don't do to many at first. Increase reps as your program progresses.

Do these exercises three or four days a week for an hour or so and you won't believe the results. Remember to mix in some cardio exercises . Use more cardio than resistance training at first to burn the fat if you are still overweight.

Regards, arob c/o Ruff Raun

Source: <http://www.articlecircle.com>

About the Author

Born in 1955 and have been active in personal diet and fitness training for over 35 years. Have been using my own resistance training equipment and vigorous workout routine with tremendous success. Will be developing a user friendly version for the public in the near future.

http://www.6topsystems.com/build_muscle.html