



BODYWEIGHT EXERCISE DATABASE

A Comprehensive Database Of
The *Most POWERFUL*
Bodyweight Exercises
In Existence!

By Mike Thiga

Let me ask you a question:

What would you do if you had a personal "cheat-sheet" of the most powerful muscle building exercises in known history?

Just think about it...

- **How much muscle would you build?**
- **How big would you get?**
- **How much more attention and respect would people give you?**

Just picture yourself a few months from now...relaxing on the beach without a shirt on. People staring at you in awe...not because of how skinny you are, but because you're HUGE! You've finally achieved that superior muscular look you've so badly wanted. And it feels great. You look good AND you feel good.

You want this don't you?

Then the exercises given in this database will get you there. Guaranteed! Here you will find only the best, most incredibly powerful bodyweight exercises designed for SIZE. No more playing in the little leagues. This is the real deal. If it's not here and it's a bodyweight exercise, then it doesn't build muscle. Simple.

Some are very unique exercises which you've probably never heard of before. But the results they'll give you are simply astonishing.

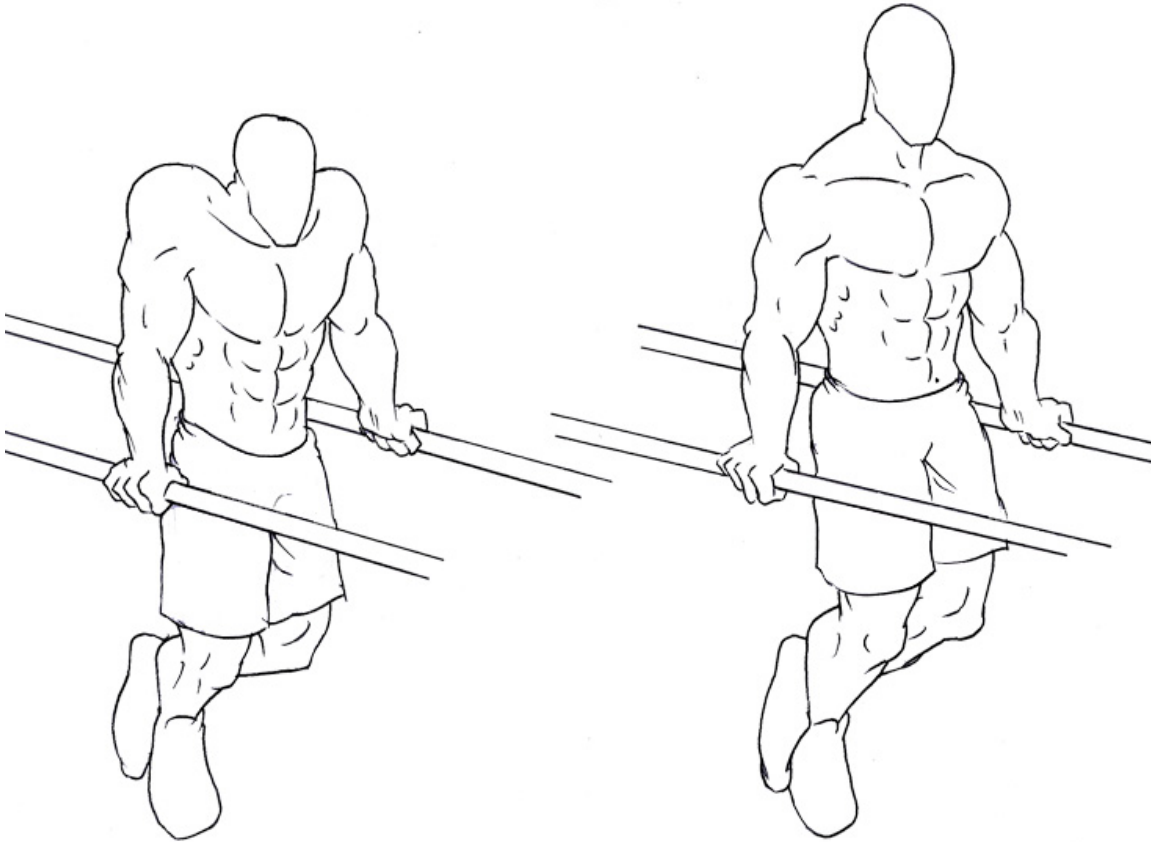
Don't get all "creative" with your exercises. Stick with what works. Stick with what has a proven track record for building beasts over literally thousands of years.

Feel free to print one copy for your reference when training, but please do not distribute to anyone.

Use the exercises given here for the bulk of your workouts and you WILL gain muscle mass FAST.

MUSCLE GROUP 1 - SHOULDERS (TRAPS)

DIP BAR SHRUGS



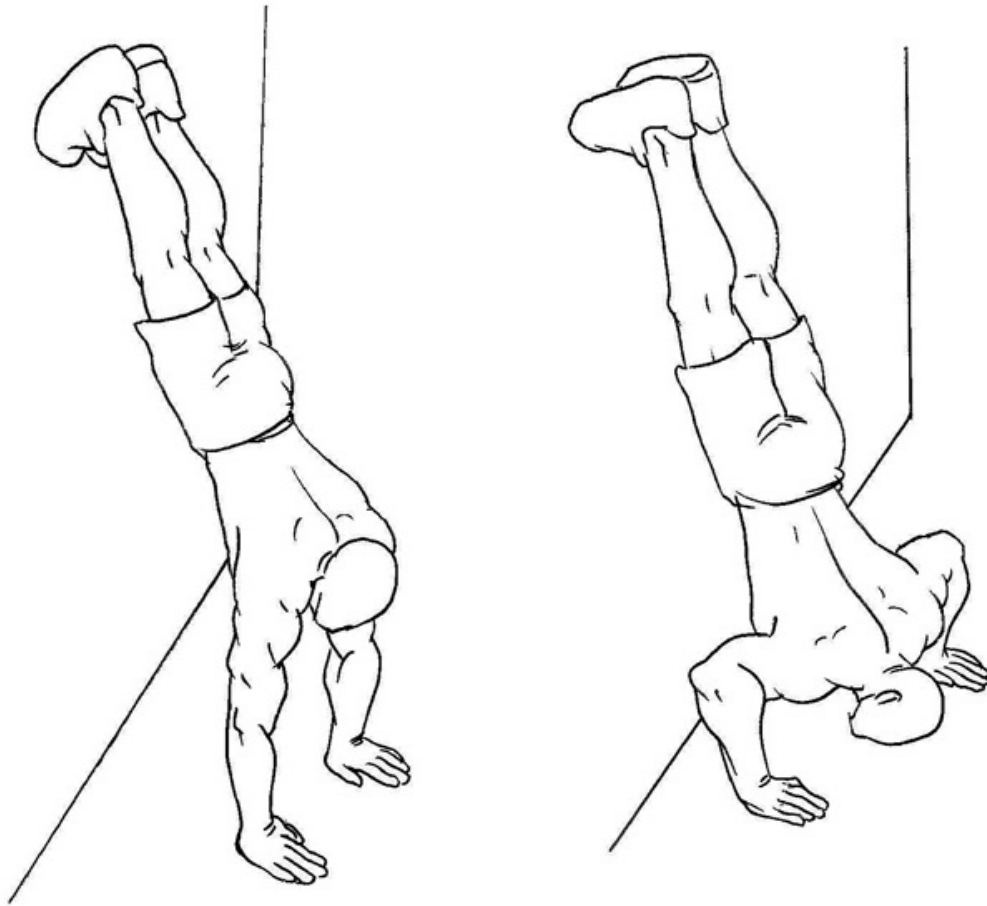
Starting Position:

Hang on a dip bar with your arms **almost** fully extended. Your elbows should be slightly bent.

Procedure:

Push your body up while arms remain in place. Hold the top position for 2 seconds, and then lower yourself back to the starting position. The distance traveled will be very short.

HANDSTAND PUSHUPS



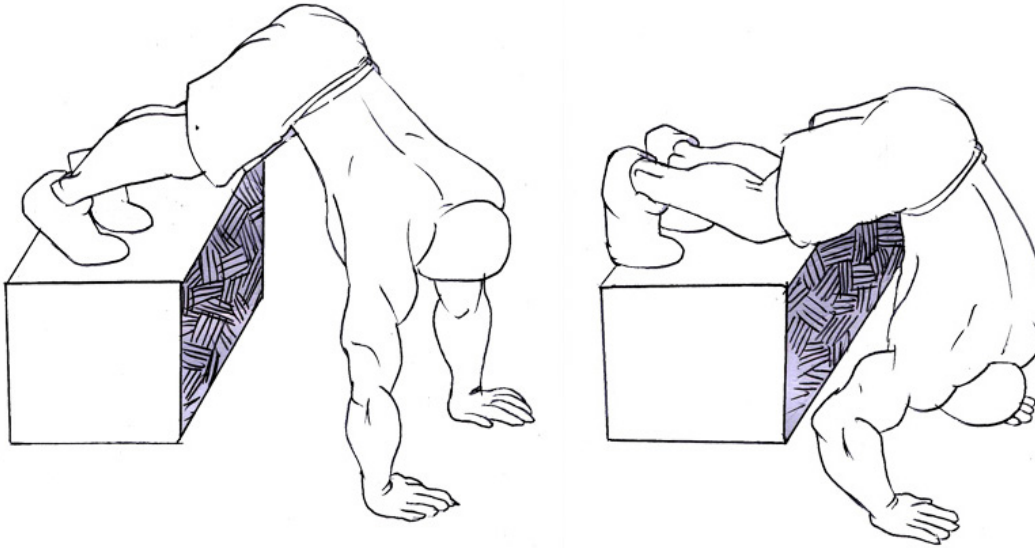
Starting position:

Get a few inches away from a wall and kick yourself up into a handstand against the wall. At this point your body should be as straight as possible, with your legs straight up the wall.

Procedure:

Slowly lower yourself to the ground. Once your head nearly touches the floor, push yourself back up to the starting position (but don't lock your elbows at the top).

PIKE HANDSTAND PUSHUPS



Starting position:

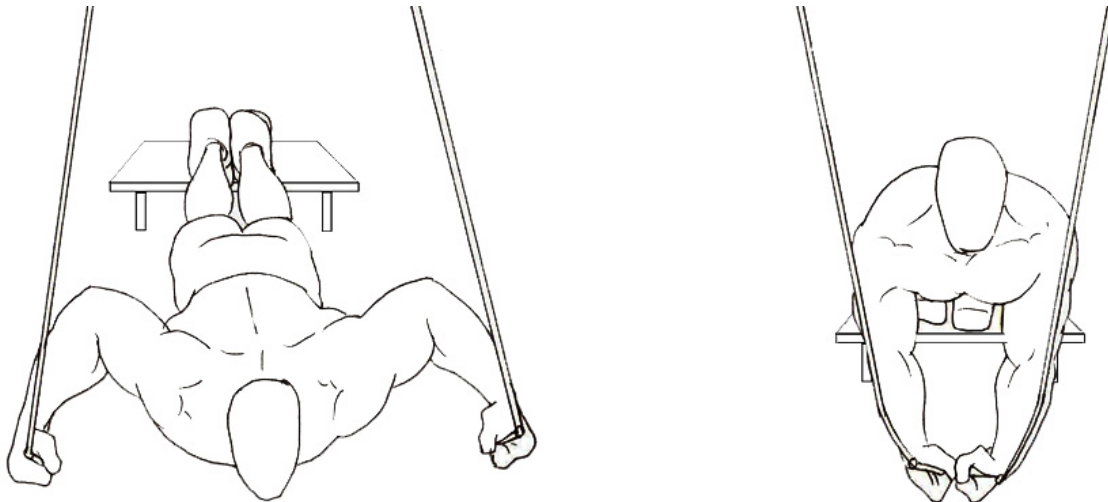
Place your feet on a raised surface and your upper body as shown in the first image. Let your arms be extended to the max. Your body should form an inverted "v" shape.

Procedure:

Lower yourself using your arms until your head touches the floor. Push yourself back up to the starting position.

MUSCLE GROUP 2 - CHEST (PECS)

HANGING RING FLYES



Starting position:

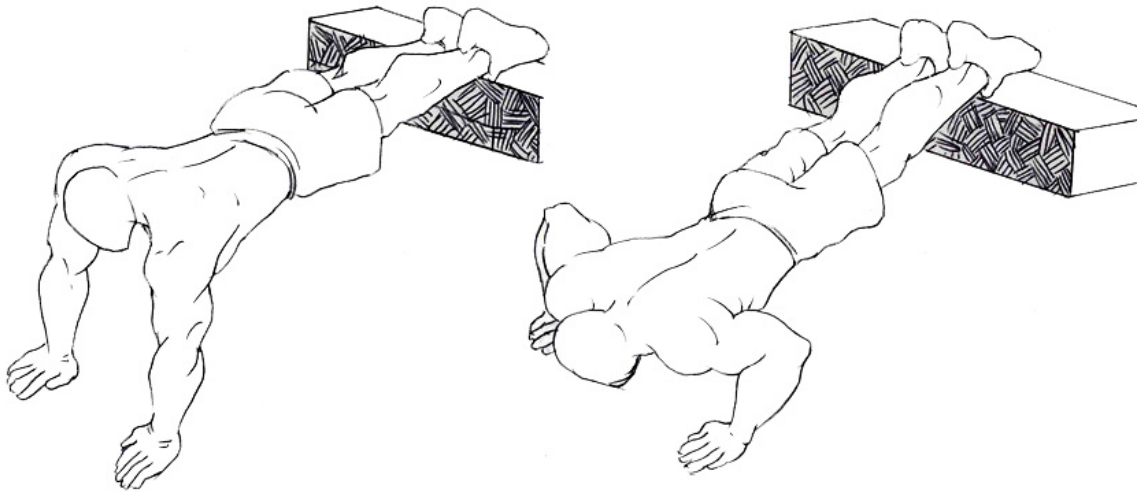
Place a bench approximately 1 meter away from the hanging rings. Grasp the inside of each ring with a palms-forward position. The position of the hanging rings should be closer to your upper chest than your abdominal area. Walk backwards while holding onto the rings and place your toes on the bench. Your feet should be around 8 inches away from the other. You should now be balancing with the rings in a push-up style position.

Procedure:

Slowly lower your body down as your arms extend out to the side, spreading across like an eagle. Keep your arms slightly bent at the elbow rather than stretching them out completely.

Now squeeze your way back up by contracting your chest muscles. Do not "push" yourself back up. Instead, think "pulling two heavy objects together". Once you get back to the top position, pull your hands together as closely as possible and SQUEEZE your chest muscles hard. Repeat.

DECLINE PUSHUPS



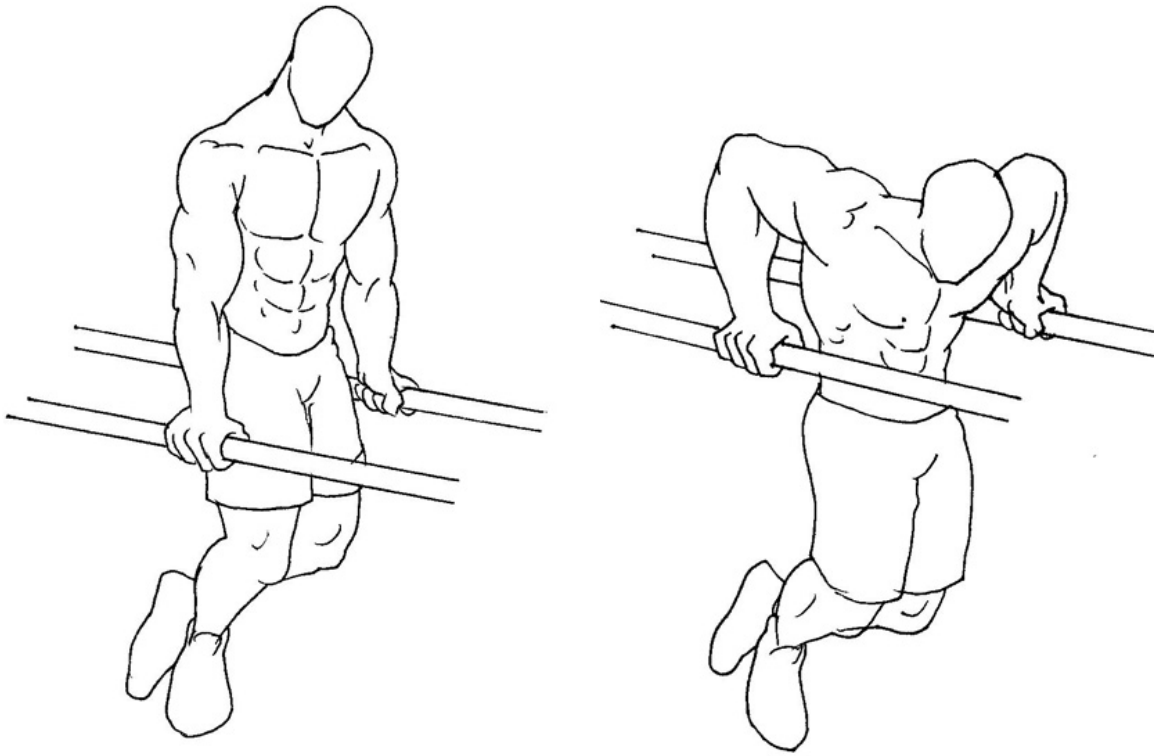
Starting position:

Place your feet on a chair/bench for elevation, and align your body in the pushup position.

Procedure:

Keeping body straight, lower upper body to the floor by bending your arms. For maximum extension pull your head back slightly. Once you reach the lowest point, push your body up until your arms are extended. Repeat.

BAR DIPS (CHEST)



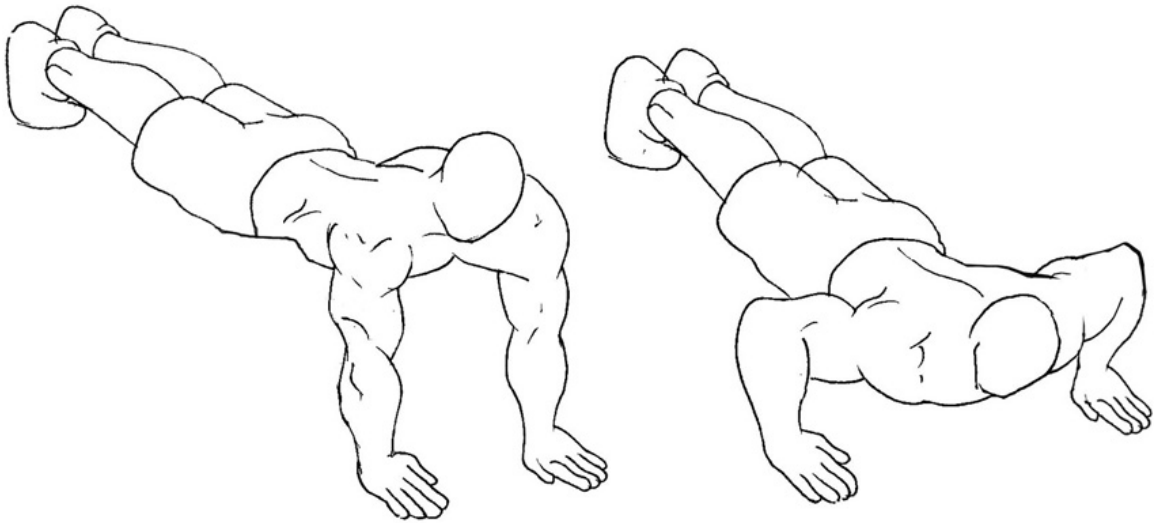
Starting position:

Hang on the bar with your arms fully extended. Keep your legs bent and crossed together.

Procedure:

Slowly lower yourself until your elbows are at about 90 degrees. Focus on your chest muscles as you do this. Now push yourself back up to the top position, but don't lock your elbows.

STANDARD PUSHUPS



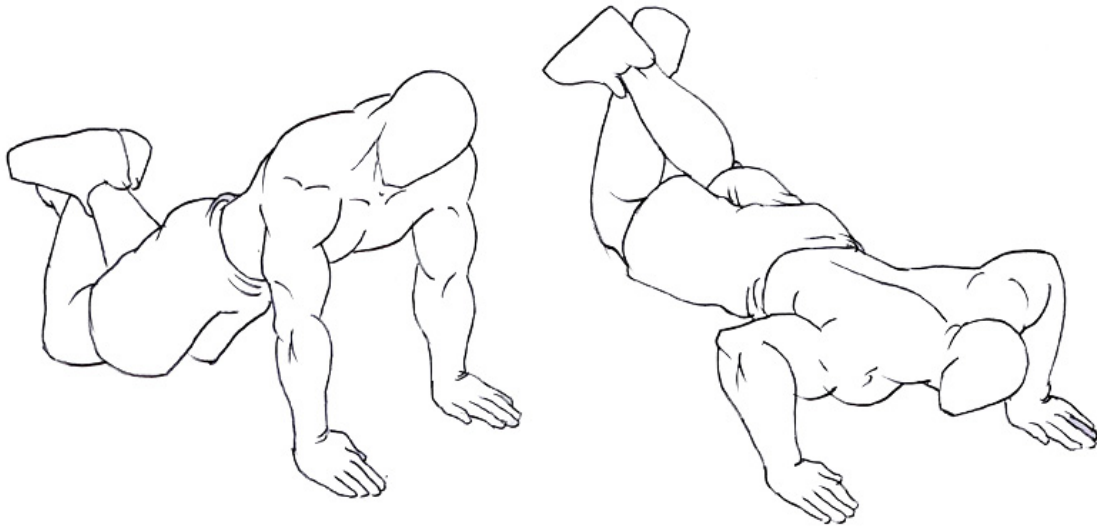
Starting position:

Get into position as shown in the first image. Your palms should be at shoulder width. Keep your body straight throughout the exercise.

Procedure:

Lower your body using your elbows until you just nearly touch the ground. Now push yourself back up to the starting position. Don't lock your elbows fully at the top. The body must then be raised until the arms are straight.

ASSISTED PUSHUPS



Starting position:

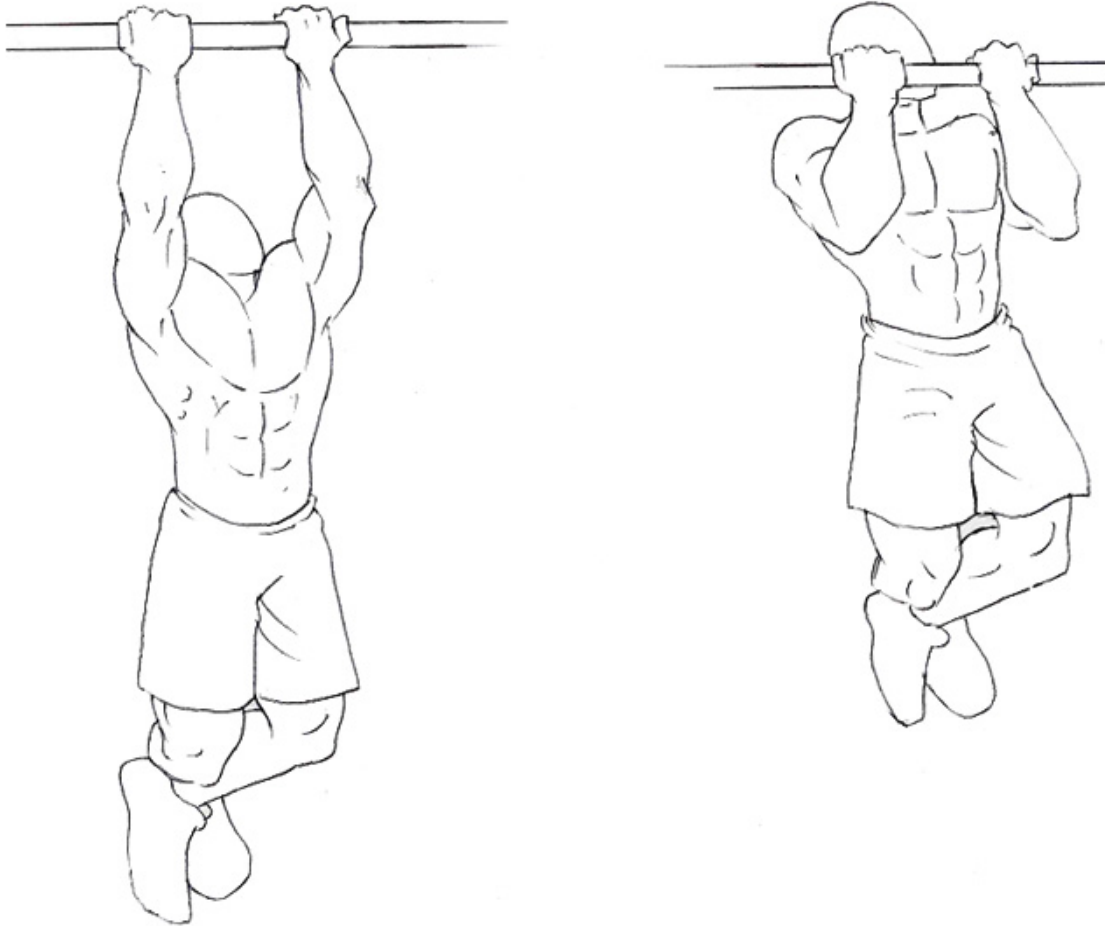
Begin on your knees, with your back straight and your arms greater than shoulder width apart.

Procedure:

Lower your chest toward the floor until your elbows form a 90° angle; slowly return to the starting position. Repeat.

MUSCLE GROUP 3 - BICEPS

CLOSE GRIP CHINUPS



Starting position:

Grip the bar using an under-hand grip (palms facing you), with your hands about 6-8 inches apart.

Procedure:

Pull your body up (using bicep muscles only) until your upper chest touches the bar. Then slowly lower your body until your arms and shoulders are fully extended. Repeat. Don't swing your body for momentum.

FLEXED ARM HANG



Starting position:

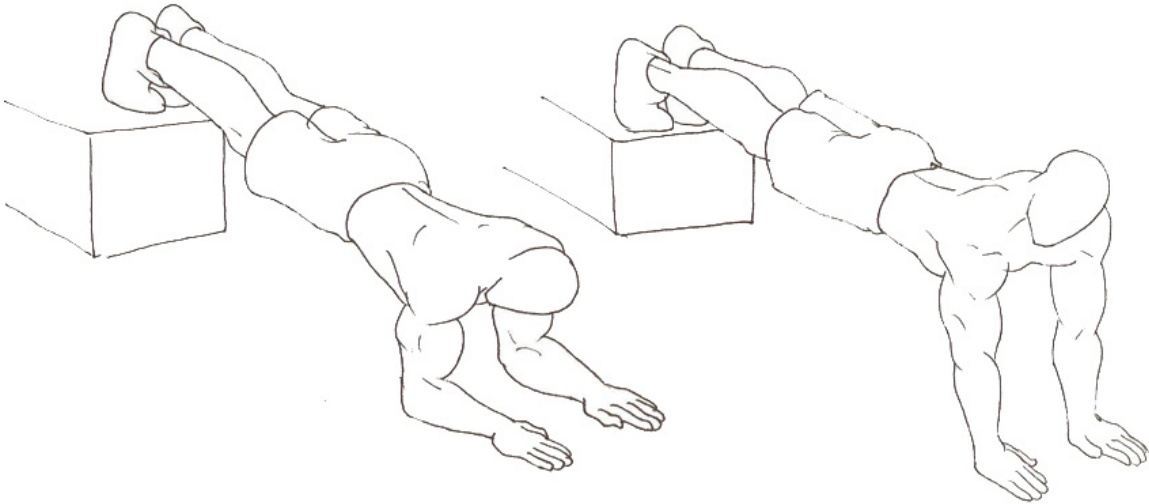
Get into a chinup position (underhand grip).

Procedure:

Lift yourself to the top position of the chinup and hold that position for the given length of time. Keep your body vertical and don't lean backwards. After hanging for the given length of time (e.g. 30 seconds), slowly lower yourself down. Do not drop yourself.

MUSCLE GROUP 4 - TRICEPS

TRICEP BLASTERS



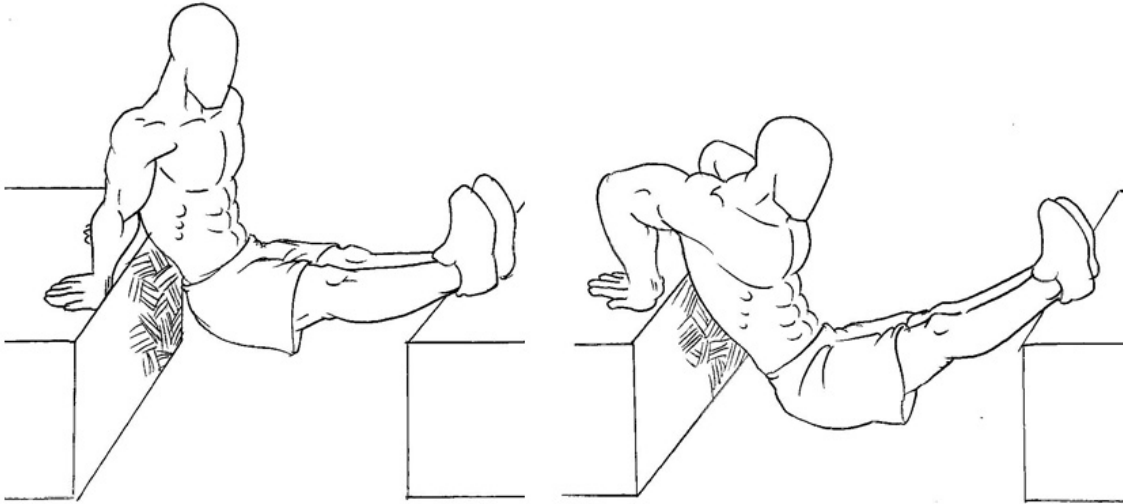
Starting position:

Place your feet on an elevated bench/chair and put your arms as shown in the first image. Your lower arms (elbow to palm) should be flat on the ground and each arm about 4-6 inches apart. Make sure your whole body is in a straight line.

Procedure:

Slowly straighten your arms until they are almost completely straight. Then lower yourself again to the start position. Repeat

REVERSE TRICEPS BENCH DIPS



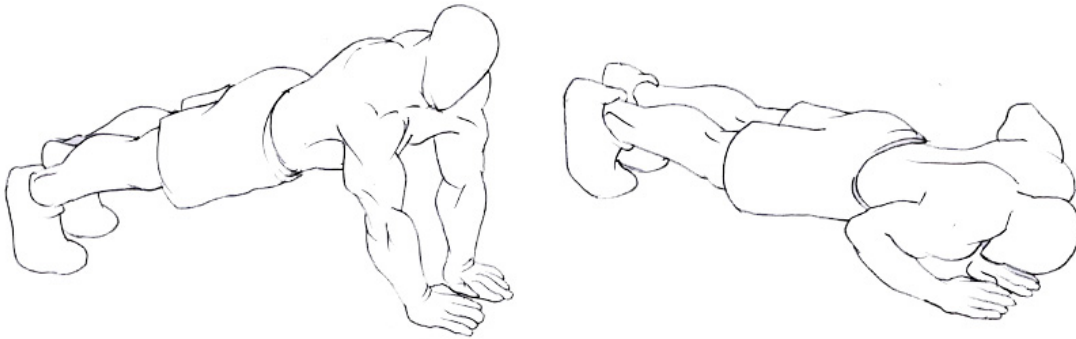
Starting position:

Have two firm chairs/benches parallel to each other and about 4 feet apart. Grasp the edge of one bench with your hands, fingers facing forward and your arms straight. Place the heels of your feet on the other bench.

Procedure:

Slowly lower your body by bending your arms (while rotating your elbows outward). Lower yourself down until your upper arms are at right angles with your forearms. Then push yourself back up using nothing but your tricep muscles. Squeeze your triceps hard at the top of each rep.

ISOLATED TRICEP PUSHUPS



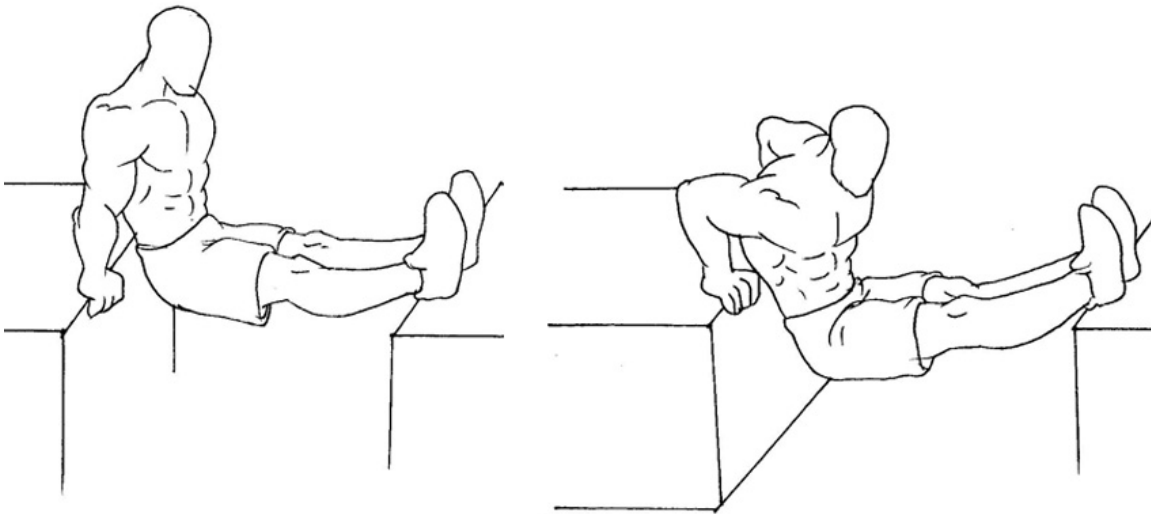
Starting position:

Assume a pushup position. Now move your hands close together (let your thumbs touch and your other fingers face forward). The position of your hands should be directly under your face and not your chest.

Procedure:

Lower yourself until your nose touches the back of your hands. Then, using the power of your tricep muscles, push yourself back up to the starting position.

STANDARD BENCH DIPS



Starting position:

Place your hands on the edge of a bench, and keep your feet on a parallel bench.

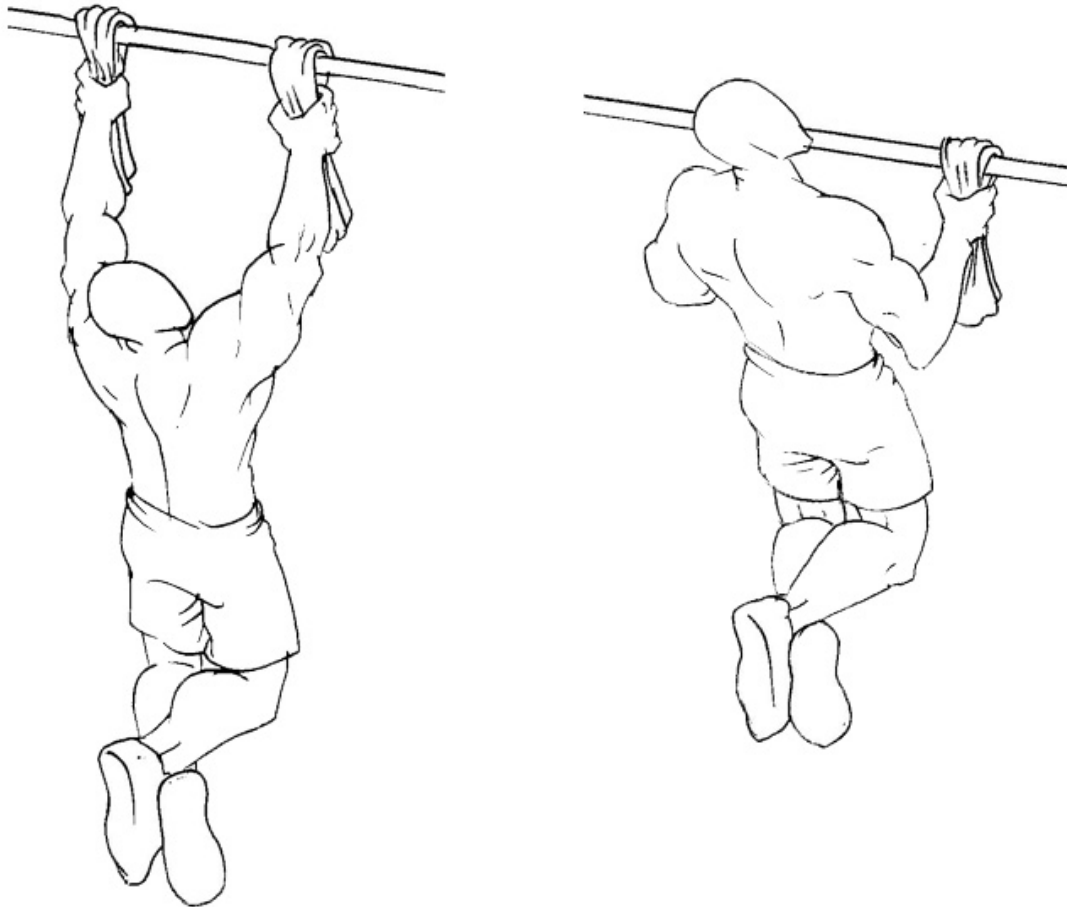
Procedure:

Lower your body by (bending your arms) until your rear end almost touches the floor. You should feel a slight stretch on your shoulder/chest area. Raise your body and repeat.

NOTE: There is a big difference between the standard bench dips and the reverse bench dips (see the difference in arm rotation).

MUSCLE GROUP 5 - UPPER BACK (LATS)

COMPOUND TOWEL PULL-UPS



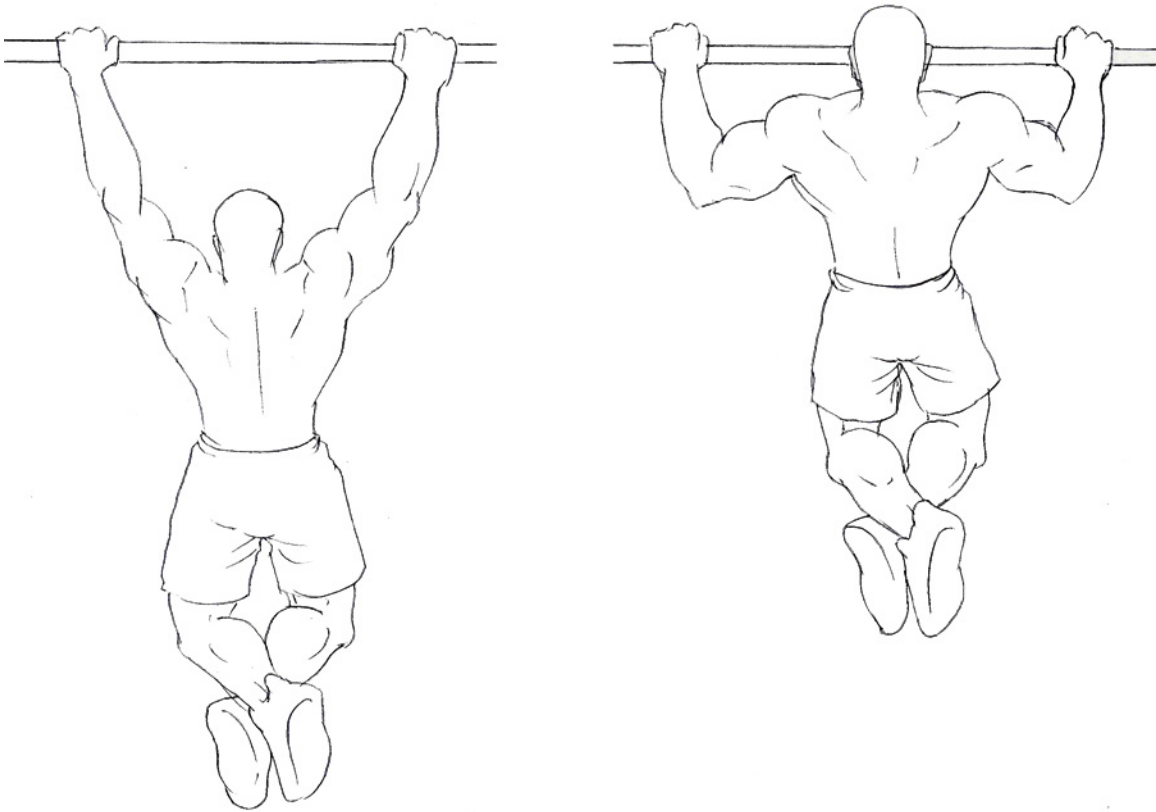
Starting position:

First hang two strong towels over the bar as shown. Keep them approximately 30 cm (1ft) from each other. The towels should be hanging down at a length of about 5 inches.

Procedure:

Hold each towel firmly in your hands and lift your body using your biceps and your lats only. Then slowly lower yourself down and repeat. As you get stronger, lower the towel more so as to make the exercise harder and more stimulating.

WIDE GRIP PULL-UPS



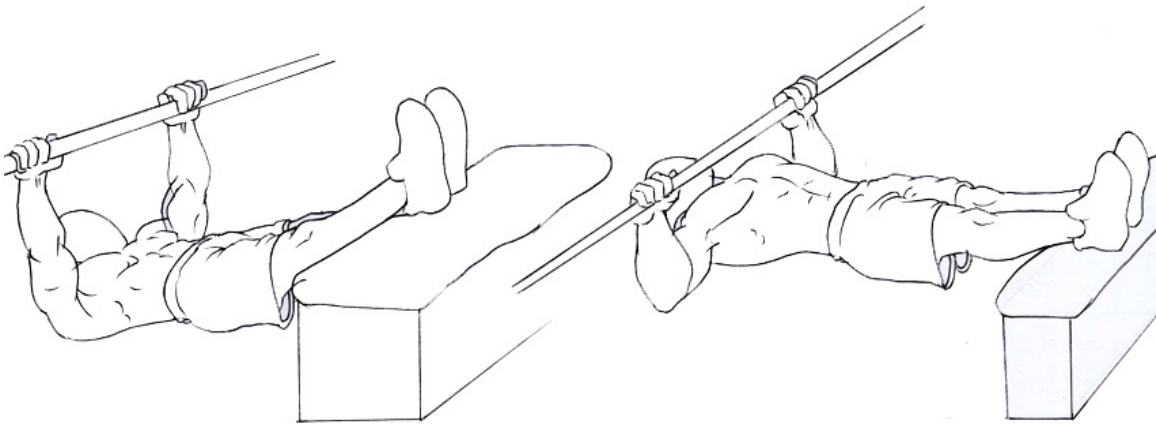
Starting position:

Grip the bar with an overhead grip (palms facing away/outward). Let your grip be approximately shoulder-width apart (or wider).

Procedure:

With your back straight and legs crossed, pull your body up until your upper chest touches the bar. Then slowly lower yourself until your arms and shoulders are fully extended. Repeat.

INVERTED ROWS (Full bodyweight)



Starting position:

Lay on your back under a fixed horizontal bar. Grip bar with an overhand grip, hands about shoulder width apart. Place your feet on an elevated surface.

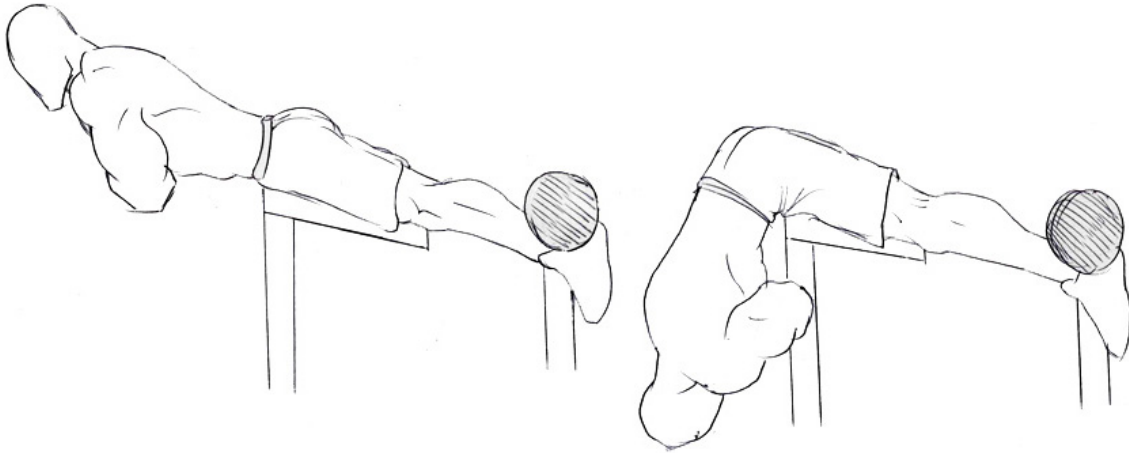
Procedure:

Pull your body up until your chest touches the bar. Keep your body straight all through. Then lower yourself until your arms are fully extended. Repeat.

NOTE: The bar should be just high enough to allow arm to fully extend. The lower the bar, the harder it is to do the exercise (hence the more fiber stimulation)

MUSCLE GROUP 6 - LOWER BACK (ERECTOR SPINAE)

HYPEREXTENSIONS



Starting position:

If you don't have a place to secure your legs, find someone to hold down them down as you perform this exercise.

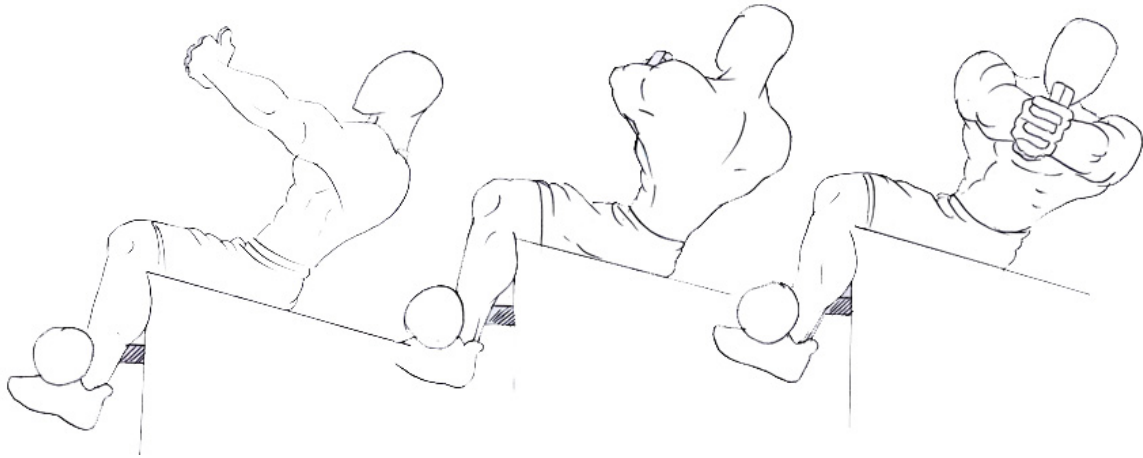
Position yourself on an elevated bench such that your entire upper body is hanging down towards the floor. Cross your arms in front of you.

Procedure:

Raise your upper body until your waist and hips are fully extended. Then lower your body by bending until your lower back is fully flexed. Repeat.

MUSCLE GROUP 7 - ABDOMINALS (ABS)

DECLINE RUSSIAN TWISTS



Starting position:

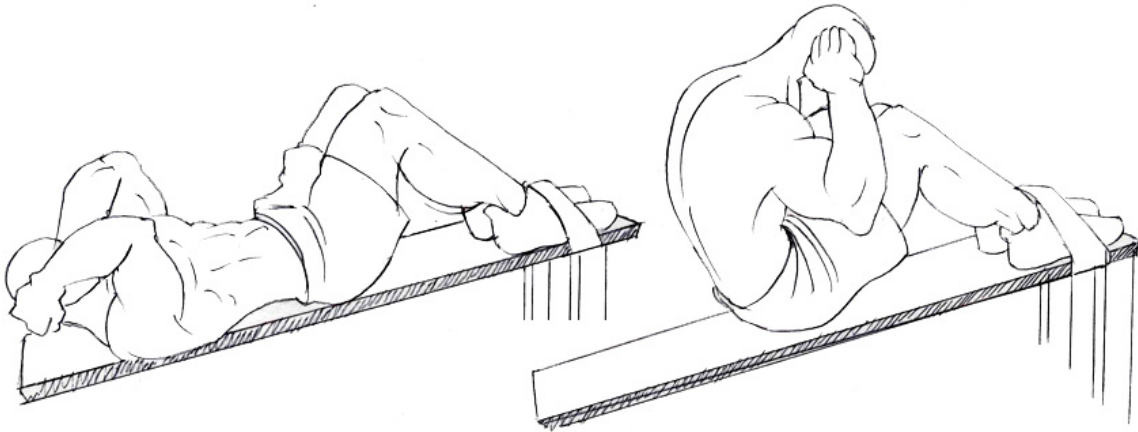
Sit on a decline bench and position your body in a half sit-up position.

Procedure:

Have a ball or any small, somewhat heavy object in both hands, and keep your hands straight above you. With your arms locked in that position, rotate your torso to the right until your right arm is parallel to the floor. Hold for about 2 seconds and then return to the start. Repeat the procedure on your left side.

Alternating from right to left is one rep.

DECLINE BOARD SITUPS



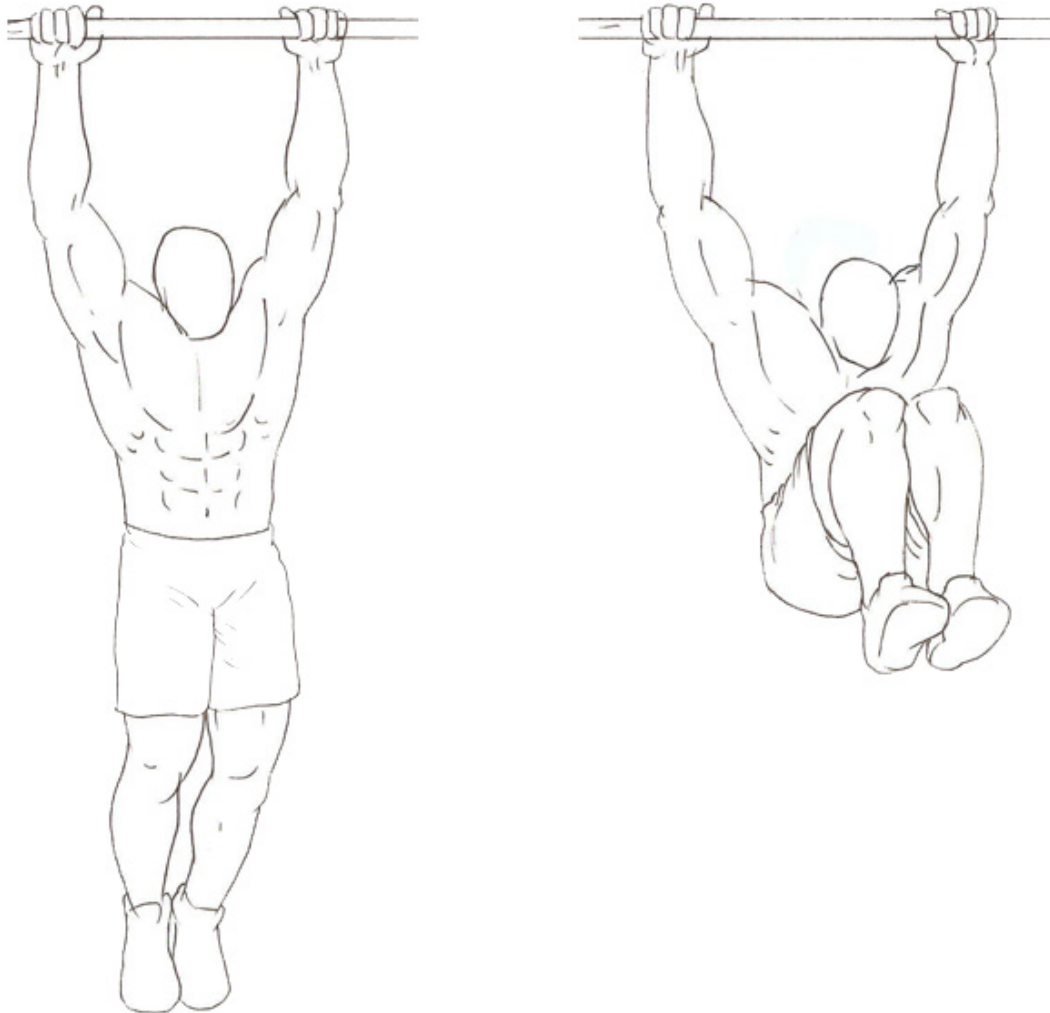
Starting position:

Lie down on a decline bench (whatever angle suits you). Strap your feet at the top of the board and position your hands behind your ears or crossed on your chest.

Procedure:

Using your abdominal muscles, slowly lift your upper body. As you get to the top, squeeze your abs for about 1 second then lower yourself slowly back to starting position. Repeat.

HANGING KNEE RAISE



Starting position:

Hang from chin-up bar as shown.

Procedure:

Kick your knees up towards your chin while rounding your back slightly during each movement. At the top of each rep, hold and squeeze your abs, then lower your legs in a controlled fashion. Do not use momentum to swing your legs up.

JANDA SITUPS



Starting position:

Lie on the floor with the knees bent to ninety degrees and your feet flat. Tighten your glutes and hamstrings to keep your soles flat on the floor. Keep your arms at your sides.

Procedure:

Slowly lift yourself up to the top position. Hold that position for one second while tightly squeezing your abs, then lower yourself back down. Repeat.

ABDOMINAL SITUPS



Starting position:

Lie on your back. Roll up a large towel and place it underneath the small of your back, just above the waistband. Keep your knees bent about 90 degrees. Keep your feet close together and knees wide apart. Don't anchor your feet or have someone hold them down. (Doing this automatically activates the hip flexors, and we don't want that). Your arms should be at your ears.

Procedure:

Start by tightening your lower abs. Come up to about 30 degrees above horizontal, then hold for a second and squeeze your abs hard. Keep your back in contact with the towel all through. Now slowly lower yourself down. Do not drop yourself in an uncontrolled manner.

LYING RUSSIAN TWISTS



Starting position:

Sit on the floor with your knees bending at 90 degrees. Secure your feet by getting someone to hold them, or putting them under a solid surface. Lean back slightly. Hold your hands straight out in front of you.

Procedure:

Rotate your torso (not just your arms) to the right until your right arm is parallel to the floor. Hold for about 2 seconds and then perform the same movement for the left side. Repeat in a fairly rapid manner for the required number of reps.

NOTE: Your hips should stay in place when your upper body (torso) is moving.

BENT LEG CRUNCHES



Starting position:

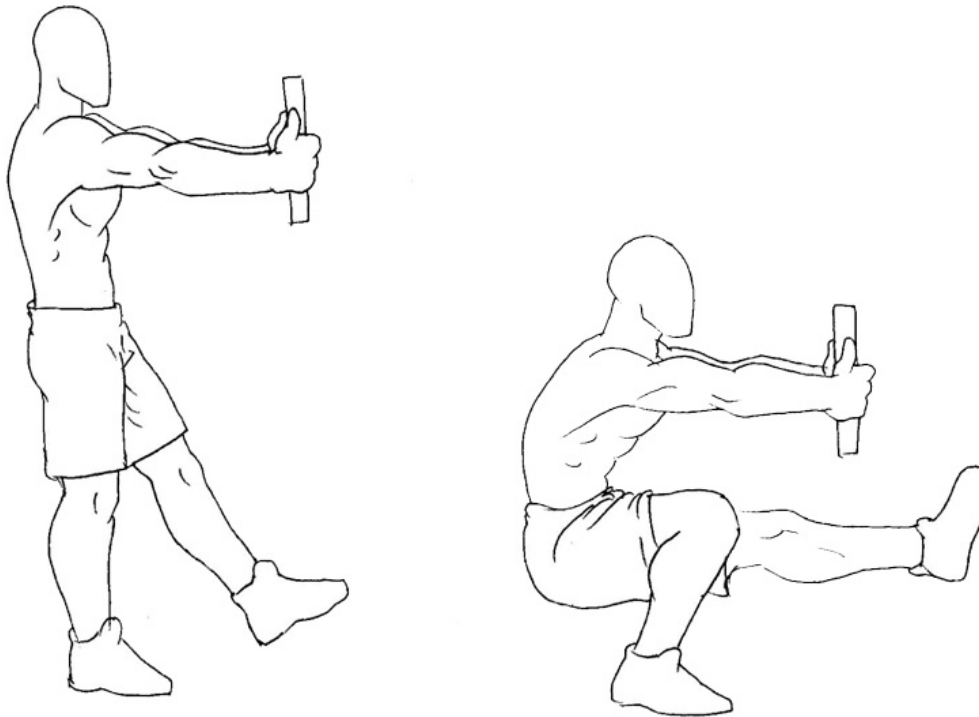
Lie on your back with your legs bent as shown. Place your hands at your ears.

Procedure:

Lift your upper back area only (from your shoulder blades). Make sure to squeeze your abs at the top of each rep. Lower yourself and repeat.

MUSCLE GROUP 8 - LEGS (QUADS, HAMS, CALVES)

ONE LEGGED SQUATS



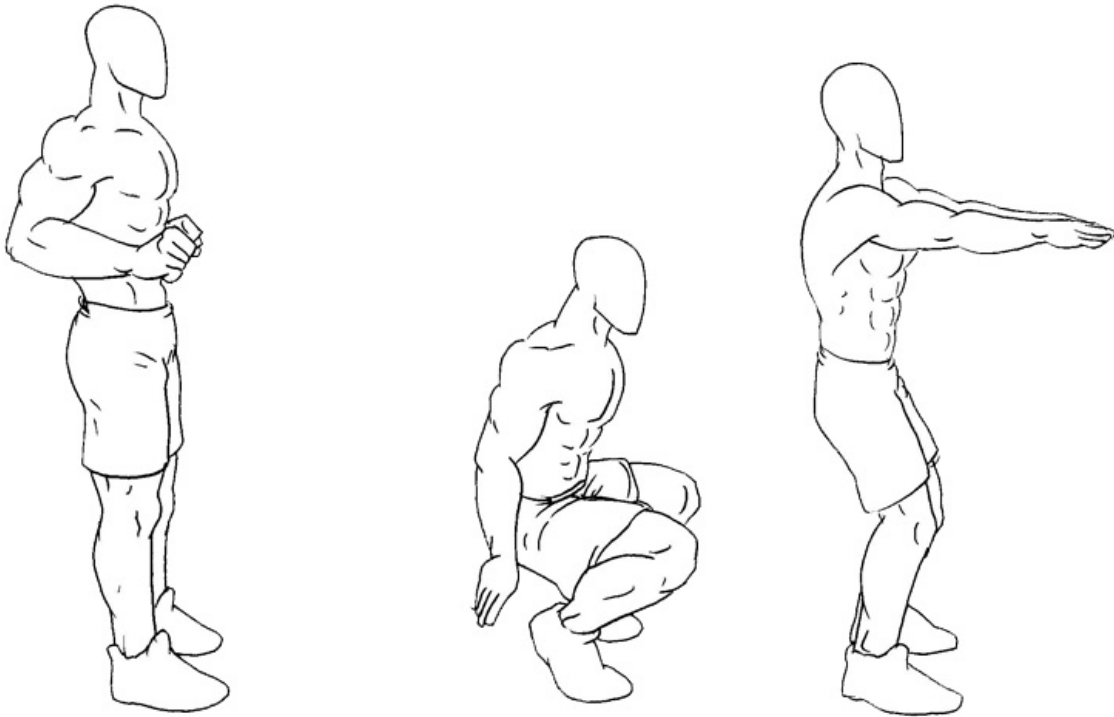
Starting position:

Hold one leg out in front of you and stretch out your arms.

Procedure:

Lower yourself slowly using the leg that's on the ground. Make sure your foot is perfectly flat on the floor and that you aren't moving your toes around. At the point where your squatting leg is parallel to the ground, squeeze your stomach muscles as hard as you can and get to the bottom position. Hold the bottom position for 1 second then push yourself back up to starting position. This exercise is done one leg at a time.

HINDU SQUATS



Start position:

Begin in a standing position, with your legs shoulder width apart and your feet pointed forward. Have your hands pulled to the sides of your chest.

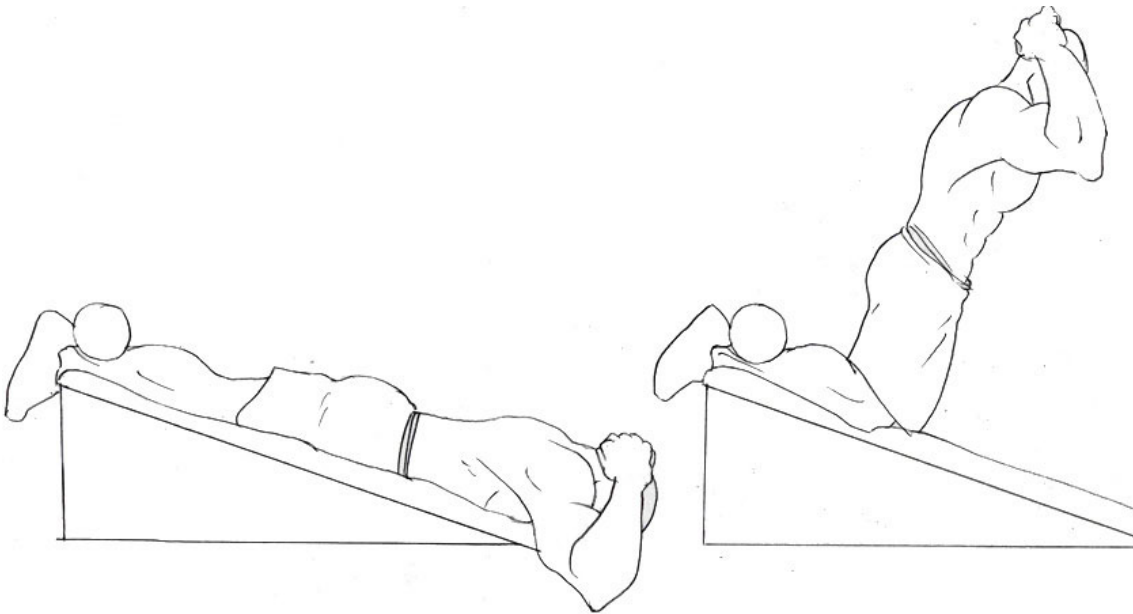
Procedure:

Squat down with your legs, keeping your back straight. As you get to the bottom you should come up on to the balls of your feet, and your arms down behind you.

Now push yourself back up rapidly through balls of feet to the starting position while swinging your arms forward. Once you are at the top again, pull your hands back to the sides of your chest and repeat the cycle.

NOTE: The key difference between regular bodyweight squats and hindu squats is the motion of your hands and feet. Hindu squats are generally of greater physical benefit than the regular squats.

DECLINE HAM EXTENSIONS



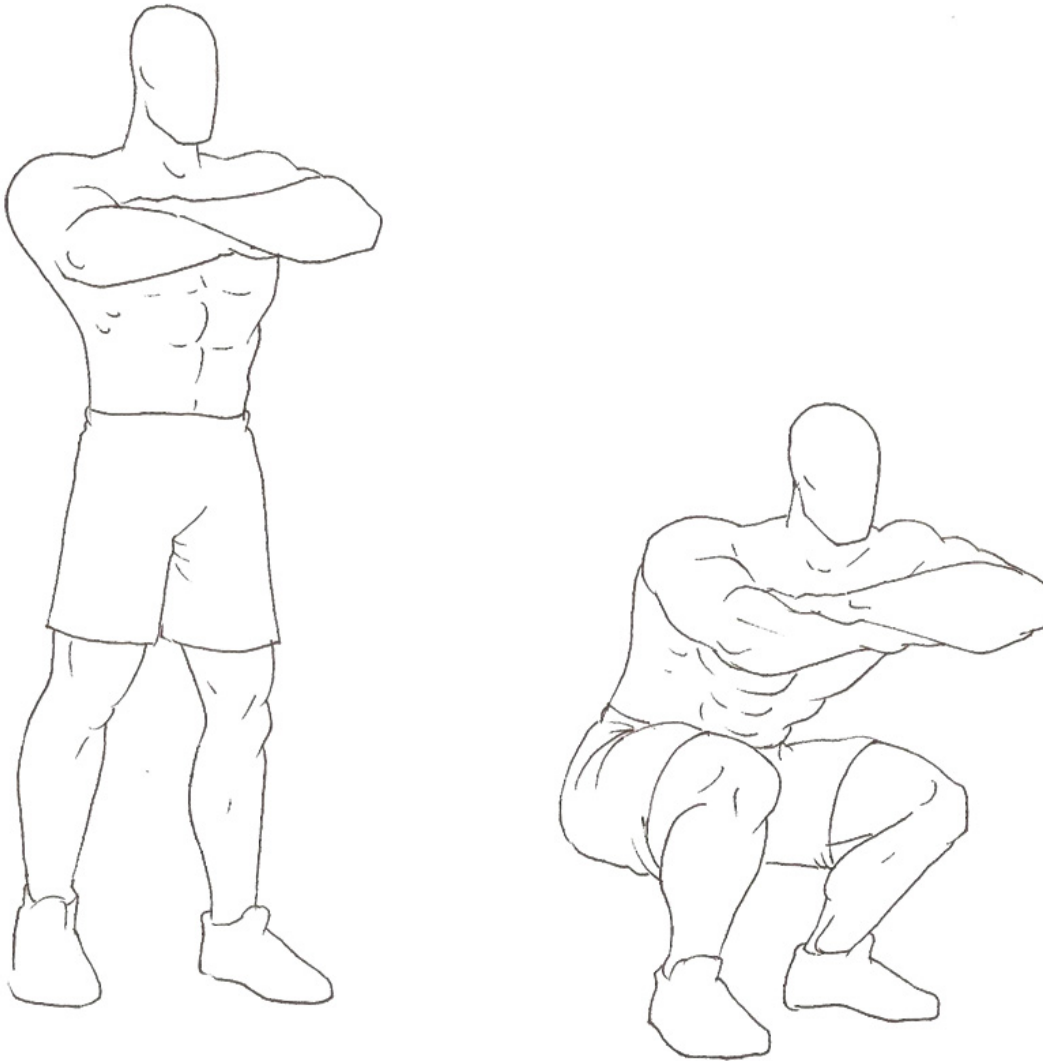
Start position:

Lie face down on a decline sit-up board, with your feet firmly strapped at the top. You might need assistance to get into that position.

Procedure:

With your knees as the pivot, curl your body up using your hamstring muscles. Squeeze your hamstrings hard at the top of each rep. The top part of this exercise is simply when you are in a kneeling position, while the bottom is when you are flat on the bench, face down. Keep your arms crossed on your chest or behind your head as you do this exercise.

BODYWEIGHT SQUATS



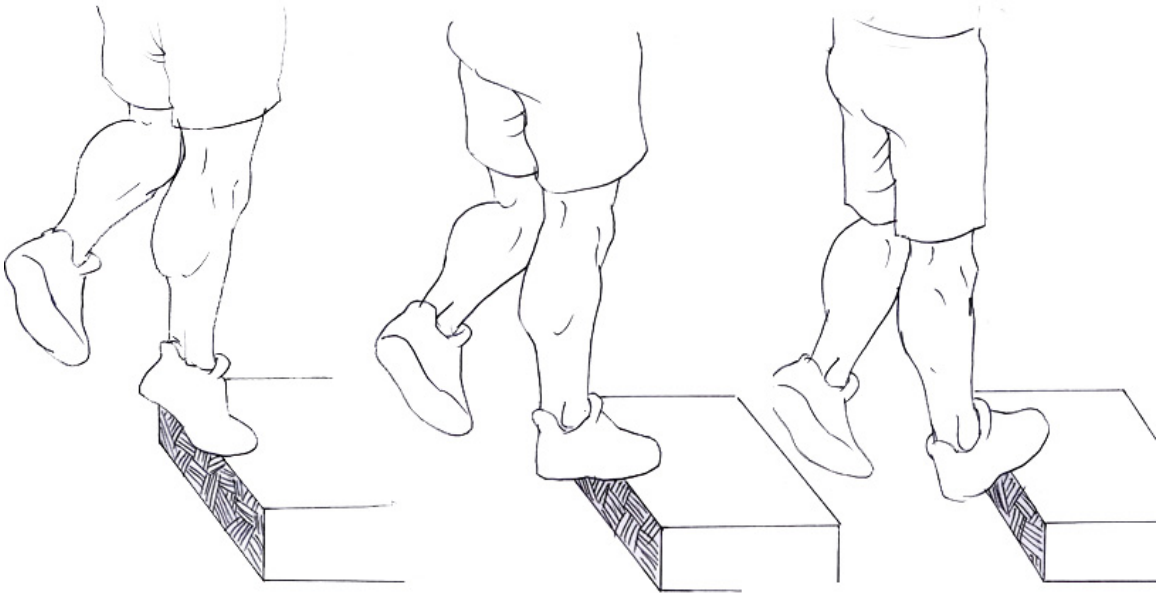
Starting position:

Begin in a standing position, with your feet a little more than hip width apart and your toes pointed slightly outward. Cross your arms on your chest.

Procedure:

Lower yourself until your hams touch your calves. Now explode upward, pushing through your heels and back to the starting position. Your feet should be flat on the ground all through the exercise.

CALF RAISES



Starting position:

Place the balls of your foot on a raised surface e.g. a block, stairs etc. Make sure you have something to hold on to for balance as you do the exercise.

Since this is being done one leg at a time, you'll lift the idle leg by bending your knee.

Procedure:

Raise your heels by extending your ankles as high as you can. Contract your calve muscles at the top of each rep. Then lower your heels by bending ankles until calves are stretched downward. Repeat. Once you're done with the reps for one leg, switch to the other leg.

YOUR MUSCLE BUILDING CHEATSHEET

BODYWEIGHT EXERCISE	MUSCLE GROUP	ADVANCED LEVEL (OUT OF 5)	MUSCLE BUILDING CAPACITY (OUT OF 10)
Tricep blasters	Triceps	5	9.5
Compound towel pull-ups	Upper Back	4.5	9.5
Normal handstand pushups	Shoulders	4.5	9.5
Flexed arm hang	Biceps	4	9.5
Hanging ring flyes	Chest	4.5	9
Close grip chinups	Biceps	3.5	9
Wide grip pull-ups	Upper back	3.5	9
Reverse triceps bench dips	Triceps	4	8.5
Janda situps	Abs	4	8.5
Decline ham extensions	Hams	4	8.5
Decline pushups	Chest	3.5	8.5
Decline russian twists	Abs	3.5	8
Decline board situps	Abs	3.5	8
Isolated tricep pushups	Triceps	3.5	8
Bar dips	Chest	3	8
Normal pushups	Chest	3	8
One legged squats	Quads	3.5	7.5
Hanging knee raises	Abs	3	7.5
Bench dips	Triceps	3	7.5
Abdominal situps	Abs	2.5	7.5
Calf raises	Calves	2.5	7.5
Dip bar shrugs	Shoulders	3.5	7
Lying russian twists	Abs	3	7
Bent leg crunches	Abs	2.5	7
Inverted rows	Upper Back	3	6.5
Hindu squats	Quads	2.5	6
Pike handstand pushups	Shoulders	2.5	5.5
Bodyweight squats	Quads	2	5.5
Hyperextensions	Lower back	2	5.5
Bent knee pushups	Chest	1.5	3