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Bendis Saage

# **Functional Bodyweight Training: Complete Home Strength Guide**

## **Master Calisthenics, Resistance Band Training, and Essential Body Weight Exercises for Building Strength and Muscle at Home**

86 Sources

44 Diagrams

41 Images

7 Illustrations

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**Dear readers,**

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Effective strength training is also possible without an expensive gym membership - right in the comfort of your own home. Many people want to improve their fitness but are hesitant to go to the gym or lack the necessary equipment. This practical guide demonstrates how impressive training results can be achieved with minimal tools and one's own body weight. The guide provides in-depth knowledge about functional exercises, progressive training planning, and effective movement patterns. Detailed workout plans for various fitness levels, along with tips for proper execution, help ensure that training is safe and efficient. With this book, you can embark on a sustainable strength training journey - without costly equipment and time-consuming trips to the gym. The scientifically grounded methods enable measurable progress in strength, stability, and muscle building. Start your individual training program today and discover how much you can achieve with systematic bodyweight training.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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## Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

## Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



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# 1. Basics of Home Strength Training



Who doesn't know it - the journey to the gym often seems like an insurmountable obstacle. However, effective strength training can also be implemented within the comfort of your own home, without expensive equipment or extensive renovations. The right fundamentals and thoughtful planning can transform any home into a functional training area. With just a few square meters of space and basic knowledge of movement patterns, nothing stands in the way of training success. In this chapter, you will learn how to design your training correctly from the start and avoid typical beginner mistakes.





## 1.1 Training Forms for Home



Strength training at home offers flexible and cost-effective options to improve personal fitness. From simple bodyweight exercises to challenging weight training, there are numerous methods to enhance muscle strength and functional abilities. The right choice of training form and its optimal execution are crucial for success and help prevent injuries. Discover the variety of home training now and achieve your fitness goals.

*For effective home training, a progressive approach is crucial, where the intensity (e.g., resistance, weight, repetitions) is gradually adjusted to the individual's training progress, regardless of the chosen training form (bodyweight, resistance bands, dumbbells).*

## Bodyweight Exercises as a Base



Bodyweight exercises provide a solid foundation for home training, as they can be performed anywhere and at any time without equipment and cost [s1]. A structured program with defined exercise sequences enhances muscle strength and functional abilities. By integrating exercises into daily routines, time expenditure is minimized [s2]. For instance, squats can be done while brushing teeth, calf raises while making coffee, or lunges while walking through the home. A training plan with daily repetitions, comparable to the three times twelve repetitions training program from the study with older adults [s2], increases the likelihood of performing the exercises regularly. The high acceptance of bodyweight exercises [s1] confirms their easy integration

into daily life, which is particularly advantageous for individuals with a busy schedule. Bodyweight exercises are suitable not only for younger individuals but also for older adults. A four-week full-body training program integrated into daily life can improve muscle strength and function in seniors [s2]. Although the study [s2] did not find significant changes in overall muscle mass, leg strength and maximum voluntary contraction improved. This underscores the benefits of bodyweight exercises for muscle health in older adults. For patients with chronic conditions, such as chronic kidney disease, an online training program



*Endurance training* <sup>[i1]</sup>



*Lunges* <sup>[i2]</sup>

with bodyweight exercises can also enhance functional capacity and muscle mass [s3]. Multi-joint strength exercises, performed with one's body weight or resistance bands, form the basis. Resistance training should be conducted at least twice a week to counteract muscle loss [s3]. The combination of strength and endurance training positively impacts the functional performance and quality of life of patients. Online training overcomes logistical barriers and enables regular workouts without expensive equipment or specialized facilities [s3]. The intensity and volume of training should be adjusted to individual progress to maximize effectiveness.



*Squats* [i3]

## **Good to know**

### **Endurance Training**

Endurance training improves cardiovascular health and increases stamina, enhancing performance during prolonged exertion. Combined with strength training, it optimizes functional fitness and overall well-being.

### **Multi-joint Strength Exercises**

Multi-joint strength exercises, such as squats or push-ups, engage multiple joints and muscle groups simultaneously. They are fundamental for functional training as they reflect everyday movement patterns and promote strength development throughout the body.

### **Online Training Program**

Online training programs offer flexible and cost-effective options for training from home. They allow for individualized training planning and control and often provide a wide range of exercises and guidance for functional training.