

# TRAINIT WORK THAT BODY!

by Todd Templin



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So much can be done in your work out by just using your body weight and no equipment. Just look at how rocking the bodies of male and female gymnasts are. In fact, many good trainers will have some clients start out using only their body weight - then progress to weights. If you are on the road, a lot of your workday keeps you from getting to the gym. Or maybe you just want to spice up your gym routine.

Work that body! Exercises can be done slow with control, or fast and explosive - and can be anything from a pushup to jumping up onto a high platform.

Slow controlled movement on one leg, or on one side of your body, not only works multiple muscles at the same time, but also helps to strengthen your joints. Fast explosive movement gets your heart rate up and improves strength.

Let's take a push up and ramp it up. Perform a push up and when you are in the up position - leap your feet up and spread your legs. Leap up again and bring your feet back together. Now lift one of your arms off the ground, twisting your body until your body is sideways and the arm off the ground is pointing toward the ceiling - then return to the original push up position. Repeat everything and switch sides. You can kick your own ass anywhere!

If - on leg days - you want to work your legs in a different way; or if you want to get your heart rate up on any day - leap up onto a bench. Facing a bench on the side, squat down with your arms behind you - then spring up landing both feet at the same time onto the bench. Land soft and not stiff in the legs, like a spring in a tuck position with your arms out in front of you. Hold the position for a second or two then step back and repeat. If leaping onto a bench intimidates you, then just squat down with your arms behind you and jump up into the air while raising your arms over your head. Land soft springing down into the squat and repeat.

The beauty of working out is that there are many variables - use them. I see people doing the same work out after work out, for years. Not only is that boring but the body is not being challenged. Without challenging your body, you will not achieve progress. Work that body!

