

Bodyweight Exercise Cardio Intervals

*Give Monotonous, Steady-State Cardio A Kick
In The Pants!*

By

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About The Author

Eddie Lomax is the Founder & President of the **Optimum Fitness Network LLC**.

*His philosophy of fitness is called **OptiFitness**... The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.*

This philosophy can be seen in his fitness programs:

[Workout Without Weights](#)

[Superior Dumbbell Workout](#)

[Athletic Body Workout](#)

[Gladiator Body Workout](#)

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Vina Del Mar, Chile.

Disclaimer For Your Safety

The **best** way to aim for fitness, health and physique improvement is to stay **healthy, safe and injury free**... so always use **common sense** to guide your training. The material contained in this **book** is for informational purposes only.

The **author** and **anyone else** affiliated with the **creation** or **distribution** of this book are **NOT** liable for **damages** or **injuries** allegedly **caused by** or **resulting** from the use of this material. Before beginning this, or **any exercise program**, I recommend you **consult with your doctor for authorization and clearance**.

The information enclosed will **not**, and **never** should, substitute for the need of seeking the advice of a **qualified medical professional**.

Under **no** conditions should you begin this program unless you can **honestly** answer "**no**" to all the following questions:

- Has your doctor ever said that you have a **heart condition**, and you should only do exercise performed under a **doctor's supervision**?
- Do you ever feel **pain in your chest** when you exercise?
- In the past **three** months, have you had **chest pains** when you were doing physical work?
- Do you lose your **balance** because of **dizziness**, or do you ever **lose consciousness**?
- Do you currently have a **problem** with bone, joint, tendon, ligament or muscle tears that will **worsen** by a **change** in your physical training?
- Is your doctor prescribing **medication** for a blood pressure, circulatory or heart condition?
- Do you know of **any other** reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let's get started.

Why Use Bodyweight Calisthenics?

Bodyweight calisthenics exercise uses **only** the weight of your own body as resistance to develop the ability to squat, reach, twist, lunge, jump, land, push and get up and down... all the physical abilities you need to meet the challenges of sport, work and life with excellence.

Training with nothing more than your own body can produce gains in muscular strength, power and endurance as well as improved cardiorespiratory endurance and promote fat loss.

Using just your body, you can build lean muscle and lose fat without an unneeded high risk of injury.

Bodyweight calisthenics are an incredibly effective and versatile form of exercise... You can do them anywhere and anytime, they do not require expensive equipment or costly gym memberships, you can do them in short bursts and you can effectively train the entire body by using only a few movements.

Bodyweight calisthenics exercises are fundamental in any fitness program designed to improve fitness, health and physique.

Bodyweight Calisthenics For Cardiorespiratory Conditioning... Give Steady State "Cardio" A Kick In the Pants!

Most people are lead to believe steady state aerobic exercise is the only way to improve cardiorespiratory conditioning and burn fat... boy were they wrong!

Cardiorespiratory Endurance is the level of ability your body has to gather, process, deliver and sustain oxygen to produce energy needed for the successful completion of activity.

Your respiratory system gathers and starts to process oxygen, your cardiovascular system continues to process and distributes oxygen and cardiorespiratory

endurance is your respiratory and cardiovascular systems ability to work together to sustain oxygen for activity.

Cardiorespiratory endurance is characterized by healthy, effective and efficient heart and lung function needed to gather oxygen for the production and distribution of energy to the body during activity.

Cardiorespiratory Conditioning is any activity used to improve cardiorespiratory endurance and "condition" the heart and lungs.

Having improved heart and lung function allows you to...

Do more, longer... greatly improving performance abilities in a wide variety of sport, work and life activities.

Perform other physical abilities better... without being winded and exhausted you will be able to produce and distribute the energy needed to perform better for a longer period of time.

Reduce the risk of injury... Fatigue leads to poor form and potentially dangerous movements that greatly increase the risk of injury.

Be healthier... Healthy heart and lung function can greatly reduce the risk of disease and sickness.

Live better... cardiorespiratory endurance carries over to every aspect of life greatly improving your quality of life.

Cardiorespiratory conditioning allows you to simultaneously keep the doctor away and improve your ability to **live life to the fullest**.

Just Imagine...

Many people are brainwashed into believing the only way to positively effect cardiorespiratory conditioning is to do **steady-state aerobic exercise** for 20-30 minutes in your "target heart rate zone".

But what if you used bodyweight calisthenics for cardiorespiratory conditioning by performing a 10-30 minute workout made up of bodyweight exercises without rest?

The bodyweight exercises (**anaerobic in nature**) increases your muscular endurance while bringing the heart and respiratory rates up.

The calisthenics exercises (**aerobic in nature**) lowers the intensity some-what forcing the body to lower the heart and breathing rates while still under stress... greatly improving cardiorespiratory endurance.

Therefore, using **bodyweight calisthenics for cardiorespiratory conditioning** in this fashion will simultaneously improve strength endurance, heart and lung power and your body's ability to function as one complete unit... **with the added bonus of burning calories and fat even after the workout is completed!**

And you won't even have to do a **separate** "cardio" session if you don't want to!

This type of muscle blasting, heart pounding, breath taking, fat burning workout is intense, and you should work up to it **progressively**.

If you are currently bored with your "cardio" training, or don't feel you are getting the most out of your cardiorespiratory conditioning, try using bodyweight calisthenics for cardiorespiratory conditioning... **and see what you've been missing!**

How To Do It...

After your regular training session, when you would normally perform some type of aerobic, steady-state training like running, biking, etc., perform **Bodyweight Exercise Cardio Intervals** instead.

Choose 1 exercise from each of the 4 sections below, (or use other bodyweight exercises you are familiar with, or ones found in my bodyweight calisthenics books, [Workout Without Weights](#) or [Ultimate Gymless Workout](#)), and perform the exercises for 5-10 repetitions each in a continuous circuit without rest for a specified period of time.

For example...

Squat Thrust	5 reps
Classic Push Ups	5 reps
Free Squat	10 reps
Combination Crunch	10 reps

Do 5 push ups, then immediately do 10 free squats, then immediately do 10 combination crunches.

Keep the reps relatively low per set, and perform the reps as quickly as possible while maintaining proper form... the reps really add up over the time period!

When you get done the circuit, immediately start over again... and keep going until the selected time period expires.

Beginners	10 minutes
Intermediate	15 minutes
Advanced	20 minutes

Soon your heart will be beating fast and your breathing will be heavy... but keep going and maintain proper form on all exercises.

Section 1 Calisthenics

Jumping Jacks



Begin standing with your feet together and arms at your sides.

Simultaneously jump your feet out laterally and bring your arms in an arcing motion over your head.

Then jump back to the starting position in the same manner.

Continue in an alternating fashion.

Steam Engine

Stand with your hands lightly grasping your head.

Twist the left elbow to the right knee and then the right elbow to the left knee.

Continue this back and forth movement in an alternating fashion.



Squat Thrust

Stand with feet close together and arms at your sides.

Bend knees and squat down, placing hands shoulder-width apart on the ground.

Extend both legs backwards while supporting weight on extended arms.

Jump legs under body into a low squat and stand up to starting position.



Mountain Climbers

Begin in the up push up position with your fingers pointing slightly outward.

Tuck one leg under your body and keep the other extended.

With your weight on the balls of your feet, alternate legs as quickly as possible.

Head position is important... Your head should be up when the knee is fully tucked and down during the transition period.



Burpees

Bend knees and squat down, placing hands shoulder-width apart on the ground.

Extend both legs backward while supporting weight on extended arms.

Jump legs under body into low squat position.

Push off the floor and jump into the air while you raise your hands overhead.



Section 2 Upper Body

Push Up From Knees

Start by laying face down on the ground with your legs straight and your hands by your shoulders.

Your body should form one straight line from your feet to your head and your eyes should stay focused on the floor about 6 inches in front of you.

Raise yourself from the floor by straightening your elbows while keeping your knees on the ground... Keeping your elbows close to your body.

Pause at the top and lower yourself down... stopping before your chest hits the ground.



Classic Push Up

Start by laying face down on the ground with your legs straight and your hands by your shoulders.

Your body should form one straight line from your feet to you head and your eyes should stay focused on the floor about 6 inches in front of you.

Raise yourself from the floor by straightening your elbows... *Keep your elbows close to your body.*

Pause at the top and lower yourself down... stopping before your chest hits the ground.

This movement should be performed slow and controlled, 1-2 seconds up and 1-2 seconds down... unless performing push ups for time.

Do not raise your butt in the air, sag in the middle or stretch your head and neck to meet the floor.



Dands or Hindu Push Up

Start in an up push up position with your feet spread wide.

Walk your hands back so your butt is in the air and you are looking back through your legs.

Your body will resemble an inverted "V".

With your legs straight, lower your hips and bend your arms until you reach the down push up position.

Continue to lower your hips while you straighten your arms, arch your back and look up with your head.

Your hips should almost touch the floor.

Keep your arms straight and push your butt back to the starting position.



Dips

You need two stable surfaces a little wider than shoulder width to perform this exercise... here I use sturdy chairs.

Grasp the chairs and push yourself to the extended position.

Lower yourself between two chairs and push yourself up until your arms are fully extended.

This is an excellent exercise to combine with the pull up... Giving you both a push and pull stimulus.



Chin Up



Grasp the pull-up bar with a shoulder width underhand grip.

Your palms should face you.

Pull yourself up until your chin comes over the bar and then lower yourself until arms are fully extended.

Think of it as trying to press your elbows to the ground as you lead with the chest to the bar... trying to touch your upper chest to the bar.

Exhale on the way up and keep your body as straight as possible... no swinging.

This exercise should be performed with controlled movement and through full range of motion.

Section 3

Lower Body

Free Squat

Stand with feet hip-width apart.

Lower your body by bending your knees until your thighs are parallel to the ground and your knees are at 90° angles.

Make sure your feet stay flat on the ground and your knees do not extend beyond your toes... Use your arms for balance.

Press off the ground and return to upright position.



Bethaks or Hindu Squats

Stand with feet hip-width apart and arms pressed close to chest.

Bring your hands down and lower your body by bending your knees.

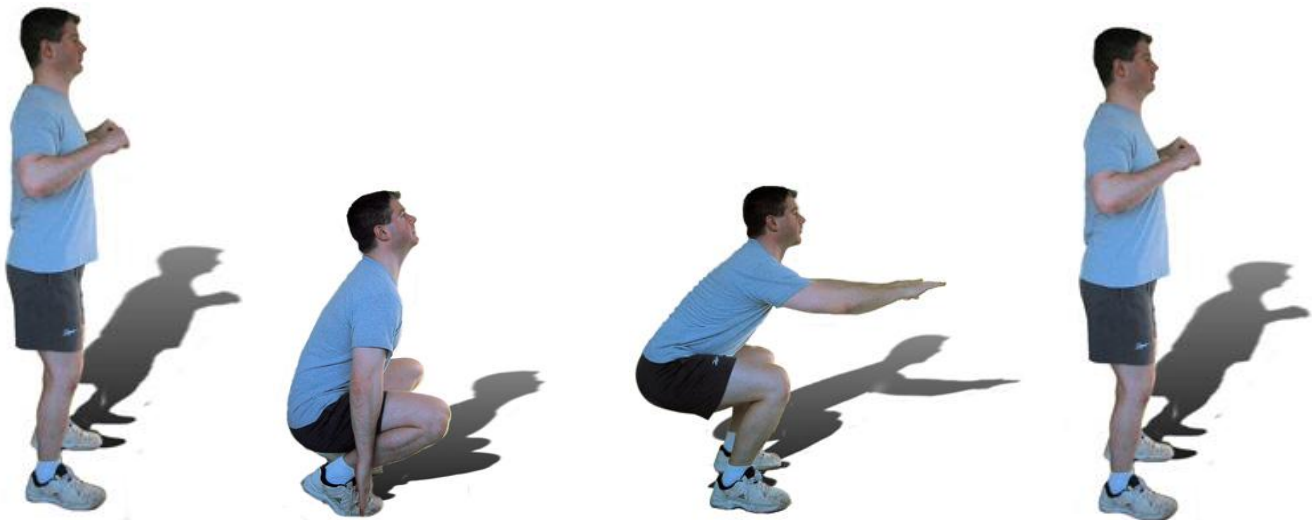
Keep your hands down and back for balance.

At the bottom of the movement you should come up on your toes... Making sure to keep your back straight.

Straighten legs by pushing off your toes and swinging your arms forward... As you rise, press your heels to the floor and rise your arms to chest level.

When upright, pull arms to chest and repeat.

Your arms will look like you are rowing a boat.



Bootstrappers

To get into the starting position, squat down with knees together rising up on your toes.

Slowly lean forward and place your hands on the ground just forward of your shoulders... Make sure your toes are pointed forward, your heels are off the ground and your knees are together.

Your butt should be resting on your heels with 60% of your weight on your legs and 40% on your hands.

From this position, straighten your legs and stop when your heels touch the ground.

Return to the starting position and repeat.

If you feel this exercise in your hamstrings, you are suffering from poor flexibility.



Lunge

Stand with your feet hip-width apart and your head in line with your spine.

Step forward with your left foot and bend your knee so that your left thigh is parallel to the ground, your knee makes a 90° angle, your right knee points down and the right heel comes up off the floor.



Your right knee should lightly "kiss" the ground.

Push off the left foot and return to the starting position.

Keep your head up and your back straight.

Complete all repetitions on then repeat with the right leg, or do in an alternating fashion.

Knee Tucks

Stand with feet shoulder-width apart and arms at your sides.

Slightly bend your knees and bring your arms back.

Explode up as high as possible while bringing your knees to your chest at the top of the jump.

Use your arms for balance.

Try to land as softly as possible and repeat.



Section 4 Core

Combination Crunch

Do the BT #5 Crunch and BT #6 Reverse Crunch at the same time.

Exhale and tighten your abdominals while simultaneously raising your shoulders from the floor and raising your hips toward your chest.

Do this exercise in a controlled and slow motion... Do not swing your legs up and jerk your head forward.

Works the abdominals and hip flexors.



Ankle Wiggles

Lie on your back with your knees bent and feet flat on the floor.

Assume a semi-crunch position and alternate touching your hands to the outside of your ankles.

Keep your abdominals contracted throughout the entire exercise.

Works the abdominals and oblique muscles.



Chinnies

Lie on your back with your legs straight and your elbows bent, hands lightly grasping your head.

Do not grab your head tightly and pull with your arms. Exhale and contract your abdominals while you bring your right elbow to left knee and then your left elbow to right knee.

Continue alternating at a brisk pace. Your abdominals will stay contracted throughout the entire exercise, maintaining a semi-crunch position and your legs will not touch the ground until the repetitions are complete.

Works the abdominals, hip flexors and oblique muscles.



Flutter Kicks

Lay on your back with your legs straight.

Tilt your pelvis up, press your lower back to the ground while raising your legs about 6 inches and tuck your chin to your chest... This will take quite a bit of strain off the lower back.



Keep your legs slightly bent and bring your left leg up perpendicular to the ground so that your left heel is directly over your left hip.

Lower your left leg while bringing your right leg up to the perpendicular position... and repeat.

Works the abdominals and hip flexors.

Superman

Begin by lying face down on the ground with legs and straight and arms straight over your head.

Lift your arms and legs off the ground at the same time, like Superman.

Hold the up position for 2 seconds before returning to the ground... repeat.



Bodyweight Only Workout Programs:

WORKOUT WITHOUT WEIGHTS Bodyweight Calisthenics Workout Progression System!



Workout Without Weights utilizes one of the most effective, versatile and beneficial training methods available to both the serious athlete and non-professional fitness enthusiast... **your own body!**

And the **Bodyweight Calisthenics Workout Progression System** is a comprehensive, progressive plan to SIMULTANEOUSLY IMPROVE STRENGTH AND CONDITIONING WHILE BURNING FAT... using **only** bodyweight exercises and calisthenics.

This is **not** just a bunch of exercises and workouts! It is a **step-by step plan** allowing you to systematically take your fitness, health and physique to new heights... often exceeding your expectations!

This is not a generic program that works for a while and then becomes useless... but a progressive program changing as your needs and desires change!

You will discover what works best for you... making your training time more effective and allowing you to reach your strength, conditioning and physique goals in the shortest time possible.

And by taking an active role in designing a unique program to meet your goals, needs, abilities and limitations... **you can stop struggling through workout programs you hate!**

"I did some of the drills this morning. I am impressed with the broad range of bodyweight drills and the varying levels you included in the book. I am now a huge fan of the book. The book is so good in that it has something to offer fighters and the general workout population. For someone teaching class's your book would be a goldmine of information."

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Ultimate Gymless Workout



The **Ultimate Gymless Workout** is a HUGE bodyweight only workout program... or should I say TWO workout programs wrapped into one.

Optimum Fitness & Physique System: In these workouts you rotate between General Fitness, Fat Loss and Strength & Size Workouts. This keeps the workouts fresh and new, while keeping you on the path of continuous progression. I've even included the Build Your Own Workout so you can take an active role in creating a workout specific to your needs!

Above & Beyond Package: These workouts are probably unlike anything you've done before. They are designed to take your fitness, fat loss and physique building to new height and exceed your expectations. You're going to put all your physical and mental improvements to the test!

[Click Here To Get Full Details On The Ultimate Gymless Workout](#)