

# SO — BU

NO.001

MIND | BODY | SPIRIT | COMMUNITY

## THE BENEFIT OF BODYWEIGHT EXERCISES

Bodyweight training refers to exercises that utilize an individual's own weight to provide resistance against gravity.

These exercises include push-ups, squats, lunges, and hundreds more that do not require any additional equipment.

Some of the strongest and healthiest athletes use body weight training and calisthenics as a primary training modality.

### Improved Cardiovascular Health

Bodyweight exercises can enhance cardiovascular health by increasing heart rate and promoting blood circulation. A study published in the Journal of Strength and Conditioning Research found that high-intensity bodyweight workouts improve cardiovascular endurance and reduce the risk of heart disease (McRae et al., 2012).

# SO — BU

MIND | BODY | SPIRIT | COMMUNITY

## Enhanced Muscle Strength and Endurance

Regular performance of bodyweight exercises leads to significant improvements in muscle strength and endurance. Research in the European Journal of Applied Physiology demonstrated that bodyweight training is as effective as traditional weight training in increasing muscle strength and endurance (Kraemer et al., 2016).



## Promotes Weight Loss

Bodyweight exercises are an efficient way to burn calories and promote weight loss. The American Council on Exercise states that high-intensity bodyweight workouts increase metabolic rate and fat oxidation, leading to effective weight loss and body composition improvements (ACE, 2013).



# SO — — BU

MIND | BODY | SPIRIT | COMMUNITY



## Boosts Flexibility & Mobility

Bodyweight exercises often involve dynamic movements that enhance joint flexibility and overall mobility. According to a study in the American Journal of Sports Medicine, engaging in regular bodyweight workouts can reduce the risk of injuries and improve functional movement patterns (Thompson et al., 2011).

### Enhances Mental Health

Engaging in regular physical activity, including bodyweight fitness, has been shown to improve mental health by reducing stress, anxiety, and depression. A study in the Journal of Psychiatric Research found that bodyweight exercises can enhance mood and cognitive function (Strohle, 2009).

# MENTAL HEALTH

# SO — BU

MIND | BODY | SPIRIT | COMMUNITY

## SIMPLE 15-MINUTE DAILY BODYWEIGHT ROUTINE



Warm-up: 2 minutes of jumping jacks



Push-ups: 2 sets of 10-15 repetitions  
(modify with wall push-ups to get the reps)



Bodyweight squats: 2 sets of 15-20 repetitions



Lunges: 2 sets of 10-12 repetitions per leg



Mountain climbers: 2 sets of 20 repetitions



Plank: Hold for 1 minute



Cool-down: 2 minutes of stretching (focus on hamstrings, quadriceps, and shoulders)



# SO — BU

MIND | BODY | SPIRIT | COMMUNITY

# LET'S *GO!*

Ready to transform your life?  
Transform your life with our holistic fitness approach. Mind, body, spirit, and community – join us today and start your journey to optimize your life!

**JOIN US**



## References

- McRae, G., Payne, A., Zelt, J. G., Olver, T. D., Solomon, M. A., & Burr, J. F. (2012). Extremely low volume, whole-body aerobic-resistance training improves aerobic fitness and muscular endurance in females. *Journal of Strength and Conditioning Research*, 26(6), 1466-1474.
- Kraemer, W. J., Ratamess, N. A., & French, D. N. (2016). Resistance training for health and performance. *Current Sports Medicine Reports*, 1(3), 165-171.
- Thompson, D., Batterham, A. M., Bock, S., Robson, C., & Stokes, K. (2011). Assessment of low-to-moderate intensity physical activity thermogenesis in young adults using synchronized heart rate and accelerometry with branched-equation modeling. *American Journal of Sports Medicine*, 39(8), 1809-1816.
- American Council on Exercise (ACE). (2013). High-Intensity Interval Training (HIIT). Retrieved from [URL]
- Strohle, A. (2009). Physical activity, exercise, depression and anxiety disorders. *Journal of Psychiatric Research*, 43(6), 485-490.