



# KYLA GAGNON

## INTENSIFYING YOUR BODYWEIGHT TRAINING

If you're someone who has been incorporating bodyweight based workouts for a while now and are really loving all that bodyweight training has to offer, yet aren't quite feeling as challenged as you'd like to be with this type of exercise, then it's going to be time to take a look at what you can do to step up the intensity of the workout and see faster results.

My name is Kyla Gagnon and I am the creator of BodyRipped.net, bodyweight is what I do. Here are a few quick tips on how YOU can make the most of your body weight training.

### Decrease The Rest Periods

The very first way to up the intensity of your bodyweight workout session is to decrease the amount of rest that you're taking between sets. Just as you would do this with a usual strength training workout protocol, the same principles apply to a bodyweight training protocol as well. Forcing your body to perform more work in less time will always require a higher level of effort from you, therefore increasing your fitness capability.

As an added benefit, if you start structuring your workout more as a circuit training approach, you'll actually receive good cardiovascular benefits from it as well as the strengthening benefits that bodyweight exercises provide. Just be sure that you are never letting yourself sacrifice good form for shorter rest periods, however, as that will only land you injured.

### Decrease Your Base Of Support

The next way to increase the intensity of your bodyweight exercises is to decrease your overall base of support. For instance, if you're performing bodyweight squats, shift over to single leg squats. Since you have less support underneath you, not only does this stimulate your core to a far greater extent, but now since you're balancing your entire body weight on just a single leg, the strengthening benefits go through the roof.

Likewise, shifting from a regular push-up to a one-arm push-up will also significantly increase the intensity and make everything far more challenging.

### Incorporate An Exercise Ball Into The Mix

Moving along, consider incorporating an exercise ball into the mix. Exercise balls are a great way to add more core muscle activation when going about regular strength training movements, so not something that you'll want to overlook.

For instance, when performing push-ups, place the feet or hands (for a real challenge!) up on the exercise ball as you go about the push-up movement pattern.

You will immediately feel a difference in how significantly this is going to target your abs as you do the exercise. Likewise, for any sit-ups or lying leg raises you're doing, incorporate the ball in as well. Or, when doing tricep dips, place the feet up on an exercise ball as you go about the movement pattern.

### Add Plyometrics To The Routine

Finally, the last way to add more intensity to a body weight training protocol is to add some plyometrics into the workout session. Jump lunges, squat jumps, burpees, mountain climbers, and clap push-ups will all give your fitness level a challenge and will help to really target those fast-twitch muscle fibers very well.

If you need to develop any sort of degree of power as you go about your workout sessions, these are the movements that will definitely help you do so. These exercises do definitely demand more of the body however, so aim to place them at the start of the workout for best results.

Doing them later on in the session when the CNS is already slightly fatigued would lead to a degree in your overall strength and power capabilities.

So there you have the main ways that you can increase the intensity of your workouts and take your training up a notch. Make sure that you are adding these variations into your own program so that you can see optimal results continuing as you progress through the sessions. You can find my follow along videos at [www.bodyripped.net](http://www.bodyripped.net)

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