

5 Bodyweight Exercises That Transform Your Body

No Gym. No Equipment. Just Results.

A Free Guide from No Limit Fitness

- John@NoLimitFitness.shop
- NoLimitFitness.shop
- Instagram: [@NoLimitFitnessLive](https://www.instagram.com/NoLimitFitnessLive)

Join 100+ people transforming their bodies with No Limit Fitness

Your Body Is All You Need

Let me guess—you've been thinking about getting in shape, but the idea of joining a gym feels overwhelming. Maybe you don't have time. Maybe you're not sure where to start. Or maybe you just want to work out on your own terms, in your own space.

I get it. I've been training people for over 4 years, and I've seen it all—the excuses, the fears, the false starts. But here's what I've learned: *You don't need a fancy gym membership or expensive equipment to transform your body.*

Your body is the most powerful tool you'll ever own. With the right exercises and guidance, you can build strength, lose weight, gain muscle, and feel incredible—all from the comfort of your living room.

This guide will show you 5 foundational bodyweight exercises that deliver real results. These aren't trendy gimmicks—they're proven movements I use with my clients every single day. Whether you're a complete beginner or getting back into fitness after a break, these exercises will meet you where you are.

At No Limit Fitness, my mission is simple: empower you to push past your limits and discover the strength you already have inside. Let's get started.

Exercise #1: The Perfect Push-Up



Why it works: The push-up is the king of upper body exercises. It builds your chest, shoulders, triceps, and core—all at once. Master this movement, and you'll see strength gains that carry over into everything you do.

How to do it right:

- Start in a plank position with hands slightly wider than shoulder-width
- Keep your body in a straight line from head to heels—no sagging hips
- Lower your chest until it's just above the ground, elbows at 45 degrees
- Push back up explosively, squeezing your chest at the top
- Breathe in on the way down, out on the way up

Beginner: Start on your knees or against a wall. **Advanced:** Try diamond or decline push-ups.

Common mistakes: Sagging hips, flaring elbows, not going low enough.

Exercise #2: Bodyweight Squats



Why it works: Squats are the foundation of lower body strength. They target your quads, glutes, hamstrings, and core while improving mobility and balance. Plus, they torch calories like nothing else.

How to do it right:

- Stand with feet shoulder-width apart, toes slightly pointed out
- Keep your chest up and core engaged throughout the movement
- Lower down as if sitting in a chair, pushing your hips back
- Go as low as you can while keeping your heels on the ground
- Drive through your heels to stand back up, squeezing your glutes at the top

Beginner: Use a chair behind you. **Advanced:** Try jump squats or pistol squats.

Common mistakes: Knees caving in, heels lifting, leaning too far forward.

Exercise #3: Plank Hold



Why it works: A strong core is the foundation of everything—better posture, injury prevention, and improved performance in all other exercises. The plank builds rock-solid core stability without a single crunch.

How to do it right:

- Start in a forearm plank position, elbows directly under shoulders
- Keep your body in a straight line—imagine a broomstick along your back
- Engage your core by pulling your belly button toward your spine
- Squeeze your glutes and quads to maintain alignment
- Hold for 30-60 seconds, breathing steadily

Beginner: Start on knees or hold 10-20 seconds. **Advanced:** Try side planks or shoulder taps.

Common mistakes: Hips sagging or piking, holding breath, tensing neck.

Exercise #4: Lunges



Why it works: Lunges build single-leg strength, improve balance, and target your glutes and quads from a different angle than squats. They're also fantastic for functional movement patterns you use every day.

How to do it right:

- Stand tall with feet hip-width apart
- Step forward with one leg, lowering your hips until both knees are at 90 degrees
- Your front knee should be directly above your ankle, not past your toes
- Push through your front heel to return to starting position
- Alternate legs or complete all reps on one side first

Beginner: Hold a wall for balance or do reverse lunges. **Advanced:** Try walking or jumping lunges.

Common mistakes: Knee past toes, leaning forward, short steps.

Exercise #5: Burpees



Why it works: Love them or hate them, burpees are one of the most effective full-body exercises you can do. They combine strength, cardio, and explosive power—burning serious calories while building endurance.

How to do it right:

- Start standing, then drop into a squat position with hands on the ground
- Kick your feet back into a plank position
- Perform a push-up (optional but recommended)
- Jump your feet back to your hands
- Explode up into a jump, reaching your arms overhead

Beginner: Step back instead of jumping, skip the push-up. **Advanced:** Add a tuck jump or box jump.

Common mistakes: Sagging hips, landing hard, rushing through reps.

Your Complete Bodyweight Workout Plan

Now that you know the exercises, here's how to put them together into an effective workout routine:

Beginner Routine (3x per week):

- Warm-up: 5 minutes of light cardio (jumping jacks, jogging in place)
- Push-ups: 3 sets of 8-10 reps
- Bodyweight Squats: 3 sets of 12-15 reps
- Plank Hold: 3 sets of 20-30 seconds
- Lunges: 3 sets of 8-10 reps per leg
- Burpees: 2 sets of 5-8 reps
- Cool-down: 5 minutes of stretching

Intermediate Routine (4-5x per week):

- Warm-up: 5-10 minutes dynamic stretching
- Push-ups: 4 sets of 15-20 reps
- Bodyweight Squats: 4 sets of 20-25 reps
- Plank Hold: 4 sets of 45-60 seconds
- Lunges: 4 sets of 12-15 reps per leg
- Burpees: 3 sets of 10-15 reps
- Cool-down: 10 minutes of stretching and mobility work

Pro Tips for Success:

- ✓ Rest 60-90 seconds between sets
- ✓ Focus on form over speed—quality reps build quality results
- ✓ Track your progress—write down your reps and sets each week
- ✓ Stay hydrated and fuel your body with nutritious foods

Ready to Take Your Fitness to the Next Level?

These 5 exercises are just the beginning. Imagine what you could achieve with a personalized training plan designed specifically for your goals, your body, and your lifestyle.

Here's what working with No Limit Fitness looks like:

- **Personal Training Sessions (\$50/hour):** One-on-one coaching tailored to your fitness level and goals
- **Online Coaching (\$30/month):** Custom workout plans, nutrition guidance, and ongoing support—all from home
- **Group Training (\$25/session):** Train with others, stay motivated, and push each other to new heights

Why choose No Limit Fitness?

- ✓ Over 4 years of proven results helping people transform their bodies
- ✓ Personalized programs based on your age, weight, fitness level, and health needs
- ✓ No gym required—train anywhere, anytime
- ✓ Supportive, judgment-free coaching that meets you where you are
- ✓ Real guidance from someone who genuinely cares about your success

■ SPECIAL OFFER: First 10 people get 20% off their first month!

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■ Website: NoLimitFitness.shop

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Let's connect and talk about your goals. No pressure, no sales pitch—just an honest conversation about how I can help you succeed.

About No Limit Fitness

Hi, I'm John Stowe, and I created No Limit Fitness with one mission: to help people like you discover the strength you already have inside.

For over 4 years, I've been training individuals at every fitness level—from complete beginners taking their first steps toward health, to experienced athletes pushing for new personal records. What I've learned is this: *everyone has limits they think they can't break. My job is to show you that those limits are just starting points.*

I specialize in bodyweight training because I believe fitness should be accessible to everyone, everywhere. You don't need expensive equipment or a gym membership to transform your body—you just need the right guidance, consistency, and someone in your corner who believes in you.

Our Promise:

- Personalized training that fits your life
- Honest guidance—no gimmicks, no shortcuts
- A supportive community that lifts you up
- Results you can see and feel

"Your body is capable of more than you think. Let's prove it together."

— John Stowe, Founder of No Limit Fitness

Ready to start your transformation?

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