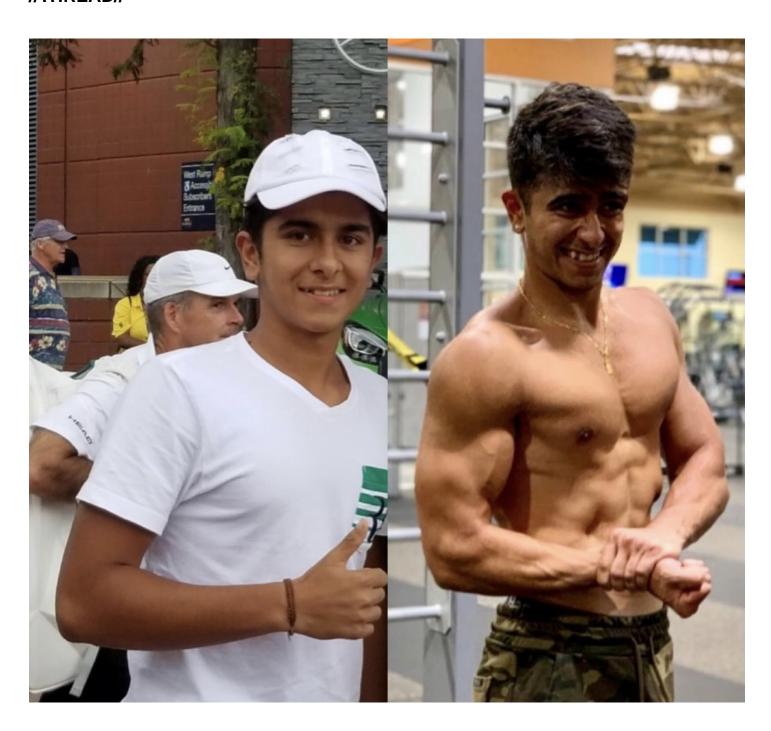
Twitter Thread by Coach Raj





How to make INSANE GAINZ with ZERO equipment!

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You don't need a gym to get jacked.
The same principles of building muscle apply to bodyweight training and weight training.
Progressive overload = GAINZ
Pick 1-2 body weight exercises per muscle group and get stronger over time.
For chest shoulders and triceps:
Regular push ups
Diamond push ups
Wide grip push ups
Archer push ups Tricep push ups
Tricep push ups
For back and biceps:
Chin ups
Pull ups
Archer pull ups
For legs:
Squats
Lunges
Hip thrusts
With no equipment, I recommend either a 4x a week upper-lower split, or a full body 3x a week split
There are less exercises you can do, so this will make your workouts less boring.
Also more frequency = more chances for progressive overload.
YOU NEED TO TRACK YOUR WORKOUTS
If you don't, it is impossible to consistently apply progressive overload.
Aim to increase your reps each workout by 1-2 reps.
Overtime, you will get really good at body weight exercises!
Example:
Day 1:

Push ups: 21 reps, 18 reps, 17 reps Chin ups: 8 reps, 7 reps, 7 reps
Day 2:
Push ups: 22 reps, 20 reps, 19 reps Chin ups: 9 reps, 8 reps
Day 3:
Push ups: 23 reps, 22 reps, 20 reps Chin ups: 10 reps, 10 reps, 9 reps
Do this for weeks or even months until you become a BEAST at the basic bodyweight exercises!
Now increase the difficulty of your exercises.
After regular push ups and chin ups become too easy
Start doing archer push ups and chin ups!
Then after you have mastered the advanced bodyweight movements
You can introduce additional resistance!
know what your thinking
But you said how to get jacked with ZERO equipment!
Don't worry, I got you!
Put some water bottles in a bag pack and now you have a weighted vest to do push ups and chin ups with!
(You can use a weighted vest for a variety of exercises, push ups and chin ups are just an example)
Start off with a light resistance e.g 1-2 water bottles
Then overtime increase the resistance by adding more water bottles to your bag!
If you are able to to rep out push ups and chin ups with additional weight, you will get JACKED!
Use this framework with any bodyweight exercise to put on some SERIOUS muscle without any equipment!
1. Progress in the basic bodyweight movement

2. Progress in the advanced bodyweight movement3. Progress in the weighted bodyweight movement

