

Alternate Ways To Build Strength 1

Okay maybe when you heard the term “strength building” you thought of free weights and expensive machines. The fact is you can strength train with (or without) almost anything!

Bodyweight, Strength bands, medicine balls, swiss balls, isometrics, clubs and more can all be used to build muscle and increase strength.

This is not a complete guide to all the ways that you can strength gain. To my knowledge there is no such book in the world and I doubt that there ever will be.

Okay so maybe you are wondering why you would even want to learn about other ways to strength train after all you might already have access to all the equipment that you need. Well maybe you don't need anymore training methods but they can be interesting to learn about and you might even find one that sounds fun. Because lets face it when you are new to this working out thing then it can seem really exciting but eventual you get kind of bored. Hopefully you have been doing it long enough that it becomes a habit and you keep up with it even after it loses it's excitement. But it can be refreshing to change up your workout routine every now and again and it can also help you with an underdeveloped muscle group.

Sometimes your current routine can neglect a small muscle group which can cause you a lot of trouble. I once read of a real fitness guru who started having a lot of shoulder trouble. Well it turns out that he had a small stabilizing muscle that his hardcore training routine wasn't hitting and when he added a new training device to his routine he quickly restored his body's muscler balance and had no more should trouble. This kind of thing is more prone to effect you if you use machines that require no stabilization and only work your muscles along a very small and rigid plane. But it can effect you no matter what your training methods are.

So here are some less popular training methods (some less known then others).

Strand Pulling

This is actual a very wide method because besides traditional strand pulling you could also classify most exercises that use strength bands, rubber bands, springs etc... Into this category. But the traditional strand pullers are made with a handle on each end with a number of springs or strength bands in between. You can adjust the number of bands or springs are hooked on at one time to control the level of resistance.

A lot of lifters use strength bands to hook onto the barbell when performing lifts like the bench press and squats. Thats fine but those same bands can also be used without and weights what so ever.

One of the major benefits to strand pulling is the portability of it. You can bring your strand puller of strength band almost anywhere and so it's a great workout for people that travel or live in tight quarters

If you wish to learn more about strand pulling then I recommend this site <http://www.angelfire.com/wrestling2/jujutsu101/strandpulling.htm> it was very benificaly to me when I started in strand pulling.

Indian Clubs

Unlike strand pulling I have never used Indian Clubs but I have seen them online and I think that they might work. Especially for people with shoulder trouble you can learn more about them from these sites

<http://www.indianclubs.com/cstkdarticle.html>

<http://motionrx.com/benefits/index.html>

http://www.jumpusa.com/indian_clubs.html

Bodyweight

I am sure that you have a basic knowledge of bodyweight exercises like pushups, pull ups etc.. But there is an almost limitless combination things you can do using just bodyweight. In addition you can combine bodyweight exercises with strength bands, weighted vest, isometrics etc.

Here is a sample of body parts you can work using just bodyweight. Calves, Quads, Hamstrings, Glutes, Abs, Lower Back, Chest, Lats, Biceps, Triceps, Forearms, Shoulders and Neck.

Does that cover enough body parts for you?

Now you may want to know which exercises to do?

Well for the Calves I recommend Calve Raises, The Calve is the most dense muscle in the human body so you really have to work it to get results. Thats why you can probably start with single leg calve raises right from the start. Thats something that you can do to really make your bodyweight exercises hard is perform them unilaterally like one armed pushups or one armed pullups. The exception being calve raises, You will probably need to go one legged right from the start. You can view how to perform a single leg calve raises here

<http://exrx.net/WeightExercises/Gastrocnemius/DBSingleLegCalfRaise.html>

If it's still to easy for you then you can try holding a gallon of water or something to make it more challenging.

For Quads I recommend either Ski Squats or possible Pistols.

I like to do Ski Squats using a Swiss Ball (buy one here

http://www.jumpusa.com/Merchant2/merchant.mvc?Screen=SFNT&Store_Code=JA&Affiliate=vert2fear)

But you don't need one to perform them

Ski Squats <http://www.bodybuilding.com/fun/likness23.htm>

Or if you want to try Pistols good luck!

<http://www.bodybuilding.com/fun/mahler2.htm>

If you would like to get some work in on your Hams, Glutes and lower back then you should check these out

<http://www.bodybuilding.com/fun/renegade10.htm>

For abs you might want to perform some planks

http://exercise.about.com/od/abs/ss/abexercises_10.htm

Or some crunches on the Swiss Ball

<http://exrx.net/WeightExercises/RectusAbdominis/WtBallCrunch.html>

For the chest, triceps and forearms I like pushups. A wider than shoulder width with my hands for the chest. Regular arms straight down for the triceps and for the forearms do diamond pushups. They are performed by touching the thumb and the right and to the thumb on the left and doing the same with your index fingers so the space between your hands forms a diamond or a triangle on the ground. You can buy a device called the The Power Pushup from

http://www.jumpusa.com/Merchant2/merchant.mvc?Screen=SFNT&Store_Code=JA&Affiliate=vert2fear

Many people don't know the difference between a pullup and a chinup. When your knocking knuckles are facing you that's a chinup and that will primarily work your biceps. When you can see the back of your hand while performing them that's a pullup and that will mostly work your lats.

For shoulders I recommend this article <http://weightsroom.com/handstand-pushup.html>

If you want a bigger neck with and training devices then check out this

<http://www.bodybuilding.com/fun/exercises.php?Name=Isometric+Neck+Exercise+-+Sides>

Isometrics

Isometrics have been around for a long time and like strand pulling it has come to have a much bigger meaning than it used to. Basically isometrics is where you push or pull without moving any. A very simple form of isometrics would be standing next to a wall and getting into a position like you are trying to punch the wall and then pushing against the wall as hard as you can. You can also use a rope and pull (like a curl), Use yourself for resistance (doing a curl with your right arm well you use your left arm to fight your right arm with everything that you got and impede the curl), By hanging from a pullup position or doing a benchpress and holding the bar in one position for a given length of time.

Regardless of which method you use it is usually done for 30 to 60 seconds exerting maximum effort and usually in three positions. For instance suppose that you decide to work on your pullups through isometrics, You might first pull yourself up almost to the top of your rep and hold for 30 seconds. Take a couple minutes off and then repeat. Then after a another couple minutes rest pull yourself to the halve way point of a rep and then hold for 30 seconds rest perform a second rep rest and then to to the third and final position. From a position just barely above the bottom of the rep hold for 30 rest and repeat and you are done!

Or if you were doing the rope curls your might step on a rope or tie it down to something and then starting just above the bottom of a curl pull up and the rope as hard as you can like you were performing a curl and do this for 30 to 60 seconds rest a couple minutes perform a second rep and then move up to a position about halve way though the rep perform a couple sets and then move up to just below the top of the rep do two sets then switch arms and you are done.

Check out these links for more on isometrics

http://www.theverticalproject.com/vipvertical/volume1_issue1/feature.htm

<http://www.bodybuilding.com/fun/kelly4.htm>

<http://www.higher-faster-sports.com/isometrics.html>

There I think that is enough for one night. I may write another ebook with more training methods as well as get further in depth. I really wish that I had wrote more in this one and hadn't sent you off to so many links for more info. But I think that this should really help a lot of people.

Make sure that you go back to <http://www.sportandfit-library.co.nr> and look for an updated version as well as other great (free!) ebooks.

JW

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[***http://www.sportandfit-library.co.nr***](http://www.sportandfit-library.co.nr)

[***http://www.vert.2fear.com***](http://www.vert.2fear.com)

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