

### Tips and Tricks on How to Build Muscles without Weights

**Building muscles** without weights seems like a tough and boring job. It might be true if you are not aware of some tips and tricks on how to make calisthenics more motivational, engaging, and fun. So, get on the right mindset to be more productive with your no-weights workout.

**First thing on the list: be positive.** Working out without weights can be limiting and discouraging, but you should see the upsides of your situation. If you master calisthenic workouts, you can get fit and defined even without a gym nearby. You can exercise practically anywhere you want. You won't miss your workouts even when you go on vacation with your family or your boss asks you to travel somewhere to close a deal. There are many advantages to working out without weights and you can think of them whenever you feel like a no-weights workout is a lost cause.

**Next, be creative.** If you are feel like you're not going anywhere with your current calisthenics routine, think of a more progressive workout to keep you moving forward. Most of the time, people who work out without weights feel a bit stuck with the usual push-ups-pull-ups routine, not knowing that there's a whole range of other progressive calisthenic movements out there to compensate for their lack of weights. Come up with other variations of your typical exercises. You'd be surprised that the workouts you've known all your life can be made more intense and productive with just a little ingenuity.



You can also make your own weights at home (or anywhere, actually). Let your son ride on your back while you do push-ups or you can just put heavy books on your back. Ask your partner to sit on your shoulders while you do squats. There's always some way to make your exercises more intense.

**Finally, be productive.** Working out at home sometimes need a little more motivation to get you going. You need more discipline to do your exercises regularly. You also have to add more resistance and intensity to your training to compensate for your lack of weights and equipment. So you need to grind as much workouts as you can in your training sessions every week. Increase your sets and reps and decrease your rest periods.

Aside from calisthenics, you can also work out by engaging in other physical sports like marathon, basketball, boxing, and swimming. Aside from helping you build muscle, these sports can improve your stamina and endurance.

Working out without weights is slow-going and won't produce quick results. But if you stay productive during your training hours, you will be rewarded with a toned body.

Building muscles without weights may not be the most ideal way to bulk up. But for some, this may be the most convenient way. Don't let the lack of access to a gym or lack of training equipment stop you from getting the shape you want. Remember, if there's a will, there's a way.

### Creative Techniques to Build Muscles without Weights

How do you make bodyweight exercises more intense? When you're stuck at a certain pace and difficulty level, you should step up your game instead of giving up on your fitness goals. There are different ways to increase the intensity of your bodyweight [natural bodybuilding](#) training. With a little creativity, you can build muscles at home – even without weights and fitness equipment.

Admittedly, bodyweight exercises are not like weight training where you can just add a few pounds of weights and progressive overload is achieved. When building muscle without weights, you have to increase your pace and create exercise variations to progress.

Again, how can you do it? Here are some creative techniques to increase the intensity of your simple bodyweight exercises:

1. **Flex before doing your reps.** Flexing may look like a vain and narcissistic thing to do but it actually helps bodybuilders' gain more muscle mass. They call this exercise "iso-tension," the method of contracting your muscles and holding the pose in the same place.



You just have to flex hard, hold it for at least 10 seconds, and do some reps on the muscles you just flexed. You'll soon find out that flexing a group of muscles before working them out is more difficult and intense than exercising without flexing first. You can also flex your muscles in between sets.

2. **Flex while doing your reps.** Another variation of the flexing challenge is to flex while doing your reps. This is much more difficult to do than the first one simply because you are applying more tension on your muscles. Martial artists master the art of flexing while moving because it gives them a stronger punching power.
3. When you do your push-ups, do it slowly while flexing your triceps, biceps, shoulders, and pectorals. When you do your deep knee bends, flex your hamstrings, hips, gluts, quadriceps, and calves. Keeps your muscles hard and steady while doing your reps. It'll be more strenuous, but it'll be worth it.
4. **Increase your reps, decrease your rest.** Another way to put more tension on your muscles is to decrease your rest time between sets. This is a straightforward way to apply progressive overload even without the use of weights.

For example, start with a 60 rep set and 60 second rest period. On the second set, do 80 reps and then rest for 45 seconds. On the third, do 100 reps and rest for 30 seconds. I bet you won't last that long in the 4th set.

- 5. Try the 100 rep set.** Do 1 set with 100 reps on all your exercises and have very little rest in between sets. Expert bodybuilders say that this technique will make your muscles more responsive and adaptive to heavier and more intense training.

Another variation is to do reps to total failure, rest for 30 seconds at most, and then do another set. The bottom line is to grind out as many reps as you can. This will build not only your muscles but your endurance as well.

- 6. Exercise in slow motion.** This is the exact opposite of doing your reps as fast as you can. This technique uses slow continuous tension – you shouldn't rest in the top or bottom positions. The positive phase of one rep should take 12 seconds while the negative phase should take 6 seconds. Make a smooth transition from positive to negative. It will exhaust your muscles very quickly.

### Can you build muscle without weight?

There is no doubt that the wide range of weights and equipment that your local gym offers is the fastest and most efficient set of tools for [muscle building](#). Without weights, it will be difficult for you to undergo a more intensive training and achieve optimal results.

But there are several instances where working out in a gym is out of the question. The location of your local gym may be too far from your home and you'd just waste too much time and effort getting there three or four times a week. It may also be because of the nature of your work – some careers require frequent travel and looking for a gym in an unfamiliar town is a bit tricky. Perhaps, you'd rather invest your money somewhere else rather than spend it on applying for a gym membership or setting up a home gym. Or your reason may entirely be different than what I mentioned.



So, the short answer is:

YES, you can build muscle without weights. BUT! You should know that working out without weights isn't the best and most ideal way to build muscle. Also, you should know

early on that working out without weights won't bulk you up. Your muscles will surely be more toned and defined but you won't get as huge as those who do weight training.

Weights are hands down the best tools for muscle building. They allow you to strain yourself more and apply progressive overload to your workouts. They also offer the best resistance when you work out your muscles. Lack of weights will definitely put you at a huge disadvantage.

So you have to be creative when working out without weights. The first thing to know is that you're *not* entirely without a muscle building tool. You still have your own body weight to help you get fit

and toned. Your own body weight is a smart equipment for building muscle, whether you're aware of it or not.

Make use of the different calisthenic exercises to build muscle without weights. There are tons of them: push-ups, pull-ups, dips, squats, lunges, curls, and inverted rows, among others. Increase your sets and reps regularly so that you're still applying progressive overload even without weights. While you increase your sets, decrease your rest time. It'll make a notable difference in your muscle growth.

Flexing hard is also another surefire way to build muscle at home. It seems like an easy-peasy way to work out, but flexing is actually considered one of the best isolated muscle building exercises. Just contract your muscles in one area and hold that pose in place for as long as you can.

You can also build muscle without weights by engaging in sports like swimming and boxing. Running can improve your endurance and stamina, which in turn will give you more power to do calisthenics for longer periods.

Just remember that building muscle without weights can be painfully slow and difficult. You may not see quick results but that doesn't mean that your workout isn't working. Just be patient, practice proper form while exercising, and eat a healthy diet.