

# BODYWEIGHT VS WEIGHTS: WHICH IS BETTER?



## BODYWEIGHT

- BETTER FOR **BALANCE** AND **FLEXIBILITY**
- **MINIMAL** EQUIPMENT REQUIRED
- COMPLEX MOVEMENT **PROGRESSION**



## WEIGHTS

- BETTER FOR **STRENGTH/MUSCLE GAIN**
- **SIMPLE** PROGRESSION
- EASIER TO **ISOLATE** SPECIFIC MUSCLES



# Body Weight Strength Training

**Jiyuan Zhang**



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