

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



Successful Weight Training

Sabine Zange



Successful Weight Training:

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