

BODYWEIGHT WORKOUT

CARDIO



PUMPING JACK



LOWER BODY

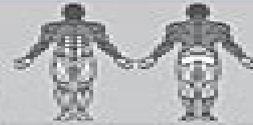


WALL SIT



Hold position for 30 sec. to 1 min. depending on fitness

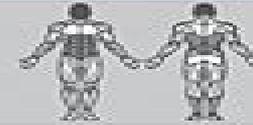
UPPER BODY



PUSH UP



CORE



PLANK



Hold position for 30 sec. to 1 min. depending on fitness

ALTERNATING LUNGE



CALF RAISE



TRICEP DIP



SIDE PLANK



Hold position for 30 sec. to 1 min. depending on fitness

BURPEE



SQUAT



SUPERMAN



IN & OUT CRUNCH



KNEE HIGH SQUAT



GLUTE BRIDGE



SPIDERMAN PUSHUP



SCISSOR



JUMP TUCK



SKATER



TRICEP EXTENSION



SITUP



CRAB WALK



PISTOL SQUAT



DIAMOND PUSHUP



BICYCLE



JUMP TWIST



DONKEY KICK



WIDE PUSHUP



TWO POINT PLANK



MOUNTAIN CLIMBER



SIDE LEG LIFT



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REVERSE CRUNCH



Total Body Guide

Victor M. Corman



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