

CHART_{2.0}

Bodyweight Exercises

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abs



quads



glutes



triceps



biceps



back



chest

 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups