

Bodyweight Exercises

BY NEILA REY © neilarey.com



abs



quads



glutes



triceps



biceps



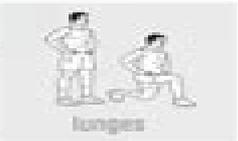
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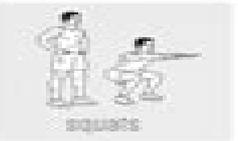
chest



sit-ups



lunges



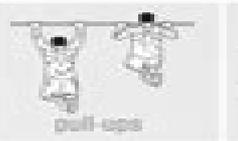
squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



bicycle crunches



turning kicks



bridges



tricep extensions



doorframe rows



superman



chest squeezes



flutter kicks



climbers



jump knee tucks



get-ups



body rows



star plank



shoulder press



leg raises



plank jump-ins



fly steps



punches



sitting pull-ups



alt arm/leg plank



shoulder taps



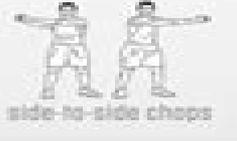
elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups

Body Weight Strength Training Pdf

Lei Huang



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