**BODY WEIGHT EXERCISES:**

**Upper Body Bodyweight Exercises:**

* Pushup
	+ Dive bomber pushup
	+ Elevated pushup
	+ Decline pushup
	+ Explosive pushups
	+ Matrix pushups
	+ Close grip pushups
	+ Diamond pushups
	+ Down Dog pushup
* Dips
	+ Bent knee
	+ Straight knee
	+ One leg up
* Supermans
	+ Alternating
	+ With one arm fly
	+ Isometric hold with arm press/pull
* Standing rhomboid squeezes
* Standing latissimus dorsi squeezes

**Full Body Bodyweight Exercises:**

* Inchworms
	+ With pushup
	+ No pushup, reach out
	+ Wide reach, wide legs
* Bear Crawl
* Wall Walks
* Plank variations
	+ (See plank handout)
* Burpees
	+ With pushup
	+ One legged
	+ With tuck jumps
* A-Skips
* High Knees
* Mountain Climbers
	+ Straight
	+ Under and opposite
	+ Up and outside
	+ 2 legged
* Stairs

**Lower Body Bodyweight Exercises:**

* Squats
	+ Knees close squats
	+ Wide squats
	+ Sumo squats
	+ Plie squats
* Back foot elevated split squat
* Walking lunges
* Attacking lunges
* Stationary lunges
	+ Matrix lunges
	+ Jumping lunges
	+ Lunge and kick
	+ Step up and lunge back
* Side lunges
* Back bridge
* Single leg hip thrust
* Elevated single leg hip thrust
* Single leg toe touch
* Ice skaters
* Nordic skier
* Single leg bent over jumps
* Vertical jumps
* Tuck jumps
* Scissor jumps
* Calve raises

**ABS Bodyweight Exercises:**

* Sit-ups
* Crunches
* V-up
	+ Bent knee V-up
	+ Alternating bent knee V-up
* Bicycles
* Hip drops
* Hip thrusts
* Leg raise
	+ Diagonal leg raise
* Roll up and sit
* Knee thrusts
* Little bigs
* Reverse Crunch
	+ With one leg crossed
* Trunk rotations
* Russian twists
* Planks with movement