**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