**BODY WEIGHT EXERCISES (Part 1):**

**1. Inchworm**: Stand up tall with the legs straight and let those fingertips [hit the floor](http://www.youtube.com/watch?v=gCXgC8QVnq4). Keeping the legs straight (but not locked), slowly lower the torso toward the floor, and then walk the hands forward. Once in a push-up position, start taking tiny steps backwards with your hands to your feet.

**2. V Pushup**: In a regular pushup position, walk your feet forward so your butt is in the air (you are in an upside down V position). Bend your elbows bringing your head close to the ground. You will feel it in your shoulders.

**3. Tuck Jump**: Standing with the knees slightly bent, jump up as high as possible and bring the knees in toward the chest while extending the arms straight out. Land with the knees slightly bent.

**3. Bear Crawl**: Starting on the hands and knees, rise up onto the toes, tighten the core, and slowly reach forward with the right arm and right knee, followed by the left side. Like you’re crawling, but knees are two inches off the ground.

**4. Plyometric Push-Up**: Start on a well-padded surface and complete a traditional push-up. Then, in an explosive motion, push up hard enough to come off the floor and hang for a second! Once back on solid ground, immediately head into the next repetition. You can also do it from a bench, chair, or other elevated surface to make it easier.

**6. Mountain Climber**: Starting on your hands and feet (pushup position), bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, [jump and switch legs](http://www.acefitness.org/exerciselibrary/258/mountain-climbers). The left leg should now be extended behind the body with the right knee forward.

**7. Squat down/Criss Cross Jump**: Squat down, then jump up and criss cross your feet, then jump back down to a squat position, then jump back up and criss cross your feet with the other foot in front this time, then jump back down into a low squat. Continue that cycle.

**8. Burpees/ Squat Thrusts**: One of the most effective full-body exercises around, this one starts out in a low squat position with hands on the floor. Next, [kick the feet back](http://www.bodybuilding.com/fun/rossboxing2.htm) to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

**9. Face Down Plank**: Lie face down with [forearms on the floor](http://www.womenshealthmag.com/fitness/plank-1), elbows directly under your shoulders and hands straight out in front. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position.

**10. Plank-to-Push-Up**: Starting in a plank position, place down one hand at a time to lift up into a push-up position, with the back straight and the core engaged. Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.

**38. Back/Glute Bridge**: Lie down on your back, bend your knees 90 degrees. Feet are on the ground directly under your bent knees. Squeeze your glutes (butt) and push your hips up to the sky. Hold in that up position.

**39. Side Plank**: Lie on your side. Bend your elbow with your forearm straight out. Lift your hips up, just balancing on your forearm and side of feet. Your elbow should be directly under your shoulder and you are in a straight position.

**40. Dynamic Prone Plank**: Starting in a standard plank position, [raise the hips as high](http://www.menshealth.com/powertraining/publish/bridging-and-core-stabilization-exercises/Dynamic_Plank.php) as they can go, then lower them back down. Continue this movement for as long as possible. Make sure the back stays straight and the hips don’t droop.

**41. Flutter Kick**: Start lying on your back with arms at your sides and palms facing down. With legs extended, lift the heels off the floor (about six inches). Make quick, small up-and-down pulses with the legs, while keeping the core engaged.

**42. Bicycle**: Lie down with knees bent and hands behind the head. With the knees in toward the chest, bring the right elbow towards the left knee as the right leg straightens. Continue alternating sides.

**43. Crunch**: Lie on your back with the knees bent and feet flat on the floor. With hands behind the head,place the chin down slightly and [peel the head and shoulders](http://www.acefitness.org/exerciselibrary/52/) off the mat while engaging the core. Continue curling up until the upper back is off the mat. Hold briefly, thenlower the torso back toward the mat slowly.

**44. Rotating Obliques**: Target those obliques. Lying on your back with your knees bent and core tight, let the knees [fall gradually to the left](http://www.mayoclinic.com/health/core-strength/SM00047&slide=8)(feeling a good stretch). Hold for five seconds, return to center, and repeat on the right side.

**45. V-Ups**: Lie on your back with arms and legs extended straight out. Keep the arms and legs straight out and lift them up in the air, making a V with your body.

**46. Single Leg Bridge**: Lie on your back with the knees bent and feet on the floor. Tighten the abs and [raise the right leg,](http://www.mayoclinic.com/health/core-strength/SM00047&slide=4) with the knee and hip bent at a 90-degree angle.Leave the left leg bent and push the hips up. Repeat on the other side.