

# BODYWEIGHT WORKOUTS

## UPPER BODY



Pull-Up



Push-Up



Tricep Dip



Push-Back



Side-to-Side Push-Up

## CORE



Crunch



Scissor Kick



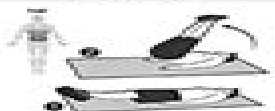
Cross-Body Crunch



Reverse Crunch



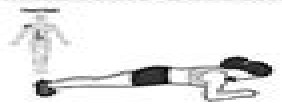
Windshield Wiper



Lying Leg Lift



Side Plank



Plank

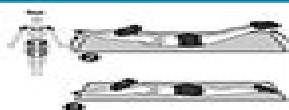


Leg Pull-In



Hanging Knee Raise

## BACK



Superman



Dolphin Kick



Bird Dog



Side-to-Side Pull-Up



Swimmer

## LOWER BODY



Squat



Fire Hydrant



Wall Squat



Glute Bridge



Skater Squat



Lunge



Single Leg Squat



Calf Raise



Donkey Kicks



Sumo Squat

## TOTAL BODY



Jumping Jacks



Mountain Climber



Box Jump



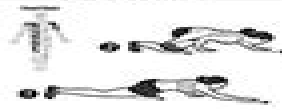
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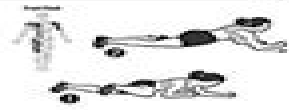
Bear Crawl



Crab Walk



Crocodile Crawl



Army Crawl



Push-Up w/ Extension

# Body Weight Workout Posters Charts

**Kathy Charner, Maureen  
Murphy, Jennifer Ford**



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