

Bodyweight Exercises

By Doug Long
B.S. Exercise Physiology, HFI

For Muscular Strength and Endurance

1. Pushup Variations (Chest)
 - a. Regular
 - b. Wide
 - c. Diamond
 - d. Spiderman
 - e. Incline
 - f. Decline
 - g. One Arm
2. Squats (Quads/Hamstrings/Glutes)
 - a. One Legged
3. Pullups (Upper Back/Biceps)
 - a. Wide
 - b. Close
 - c. Reverse Grip
 - d. Horizontal
4. Mountain Climbers (Abs)
5. Crab Walks (Shoulders)
6. Hanging Leg Lifts (Lower Abs)
7. Hanging Twists (Obliques)
8. Calf Raises (Gastrocnemius)
9. Side Planks (Abs/Obliques)
10. Bear Walk (Shoulders/Quads)
11. Hip Ups (Abs)
12. Lunges (Quads/Hamstrings/Glutes)
 - a. Side
 - b. Reverse
 - c. Split Jumps (For Power)
 - d. Bench Lunge
13. Deep Knee Bend Explosions (Quads/For Power) – Not for Beginners
14. Handstand Pushups (Shoulders/Only for Experienced/Fit) - Not for Beginners
15. Dips (Triceps)
16. Leg Raises (Adductors/Abductors)
17. V Ups (Abdominals)
18. Bench Reverse Crunches (Lower Abs)
19. Ham Curls (Hamstrings)

Therapeutic Exercises

1. Walk outs on ball (Hips/Low Back)
2. Crawl outs on ball (Shoulders/Spine)
3. Supermans (Back)
4. Dolphins (Lower Back)

- 5. Heel Rockers (Anterior Tibialis)
- 6. Bridges (Low Back/Hips)
- 7. Ham Curls on Ball (Hamstrings)
- 8. Spiders (Hips)
- 9. Leg Lifts (Hip Flexors)

Demonstrations

For Strength



Horizontal Pullups



Hanging Twists



Hanging Leg Lifts



Bench Lunge



Deep Knee Explosions and Spiderman Pushup



Dips



V-Ups

Therapeutic



Walk outs on ball



Crawl outs on ball



Supermans



Dolphins

