# Bodyweight Exercises

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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