

CheatSheet: Gym & Fitness

LIFE

- PDF Link: [cheatsheet-gym-A4.pdf](#), Category: linux
- Blog URL: <https://cheatsheet.dennyzhang.com/cheatsheet-gym-A4>
- Related posts: CheatSheet: Maintain A House In US, #denny-cheatsheets

File me Issues or star this repo.

1.1 YouTube Channels

Name	Summary
Reference	YouTube: AlexKaltsMotivation, YouTube: OFFICIALTHENX
Reference	YouTube: Bowflex, YouTube: FitnessFAQs, YouTube: Fraser Wilson
Reference	Link: darebee - workout of the day

1.2 Home Workout Video

Name	Summary
Reference	YouTube: 10 MIN BODYWEIGHT WORKOUT
Reference	YouTube: The BEST HOME CHEST WORKOUT

1.3 Gym Music

Name	Summary
Motivation Lectures	YouTube: KEEP GOING, YouTube: IT'S POSSIBLE
Motivation Lectures	YouTube: LISTEN THIS TO CHANGE YOUR LIFE IN 2019
Motivation Lectures	YouTube: Best Motivational Speech Compilation EVER
Motivation Lectures	YouTube: Denzel Washington Motivational Speech 2019

1.4 Train For Core

Name	Summary
Plank	YouTube: 6 Good Reasons Why You Should Do Plank Daily
Full plank	YouTube: The Three-Minute Perfect Plank Workout, YouTube: 10 Most Common Mistakes Of
Elbow plank	
Raised-leg plank	
Plank knee twist	YouTube: Plank Knee Twist
Plank up - serratus exercise	YouTube: 10 MIN BODYWEIGHT WORKOUT
Shoulder taps	YouTube: How to do Shoulder Taps
Mountain climbers	
Toe cross overs	
Heel touches	
Bird dogs	YouTube: Equip Yourself: 5 Bodyweight Exercises
Bicycle crunch	YouTube: The Three Minute TV Commercial Core Workout
AB crunch - touch knees	YouTube: 10 MIN BODYWEIGHT WORKOUT
Oblique crunch	YouTube: 10 MIN BODYWEIGHT WORKOUT
Crawl forward/backward	YouTube: Equip Yourself: 5 Bodyweight Exercises
Russian twists	
V INS - crunch from both ends	
Rotating punch	YouTube: 10 MIN BODYWEIGHT WORKOUT
Reference	YouTube: 10 MIN BODYWEIGHT WORKOUT

<https://raw.githubusercontent.com/dennyzhang/cheatsheet.dennyzhang.com/master/cheatsheet-gym-A4/side-plank.png>

1.5 Train For Chest

Name	Summary
Push ups	
Push up in a circle	YouTube: The BEST HOME CHEST WORKOUT
Archer push ups	YouTube: The BEST HOME CHEST WORKOUT
Explosive negative push ups	YouTube: The BEST HOME CHEST WORKOUT
Wide push-ups	
90 degree hold	YouTube: The BEST HOME CHEST WORKOUT
Incline diamond push ups	YouTube: The BEST HOME CHEST WORKOUT

<https://raw.githubusercontent.com/dennyzhang/cheatsheet.dennyzhang.com/master/cheatsheet-gym-A4/push-ups.jpg>

1.6 Train For Legs

Name	Summary
Side lunges	YouTube: Equip Yourself: 5 Bodyweight Exercises
Burpees - no push-up	YouTube: 10 MIN BODYWEIGHT WORKOUT
Toe jumps - Calf focus	YouTube: 10 MIN BODYWEIGHT WORKOUT
Lunge jumps	YouTube: 10 MIN BODYWEIGHT WORKOUT
Lunge ups	YouTube: 10 MIN BODYWEIGHT WORKOUT
High knees	YouTube: 10 MIN BODYWEIGHT WORKOUT

1.7 Train For Big Back

Name	Summary
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<https://raw.githubusercontent.com/dennyzhang/cheatsheet.dennyzhang.com/master/cheatsheet-gym-A4/big-back-workout.png>

1.8 Equipments

Name	Summary
Body fat scale	YouTube: Does a Body Fat Scale Really Work

1.9 Female Home Gym

Name	Summary
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<https://raw.githubusercontent.com/dennyzhang/cheatsheet.dennyzhang.com/master/cheatsheet-gym-A4/women-workout.png>

1.10 More Resources

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