

- Push Ups
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- Pull Up
 - Behind the Neck Pull Up
 - Pull Up with a Supinated Grip
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- Bench Dips
 - Parallel Dip Bar
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- Crunch
 - Oblique Crunch
 - Plank
 - Hanging Leg Raise
 - Bent Knee Reverse Crunch
 - Long Arm Crunch
 - Plank Get Ups
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- Squat
 - Lunge
 - Knee Tuck Jumps
 - Burpees
 - Bodyweight Squat
 - Bodyweight Bulgarian Split Squat
 - Jump Squat
 - Wall Sit
 - Single Leg Bodyweight Deadlift
 - Duck Walk
 - Bird Dog
 - Groiners
 - Fire Hydrants
 - Bodyweight Glute Bridge
 - Single Leg Glute Bridge
 - Bodyweight Frog Pump
 - Side Lying Leg Raise
 - Standing Knee Raise
 - Donkey Kicks
 - Side Lying Hip Raise
 - Squat Sit to Reach
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- Standing Calf Raise