

- **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**