



# BODYWEIGHT WORKOUT

## MUSCLES



## PERFORM EACH WORKOUT AS FOLLOWS:

1. Perform 1-2 exercises from each body part
2. Complete 10-15 repetitions per exercise
3. Repeat for 2-4 sets

## BODY POSITIONS

- Starting position: Left or top figure
- Second position: Right or bottom figure

## UPPER BODY



1 PUSHUP



2 COBRA



3 Y-RAISE



4 DIP



5 PULL-UP

## ABS & CORE



6 AB ROLLER



7 PLANK



8 SIDE PLANK



9 LEG LIFT



10 RV. CRUNCH



11 MT. CLIMBER



12 HIP ROTATION



13 T. ROTATION

## LOWER BODY



14 SQUAT



15 DROP LUNGE



16 LUNGE



17 SIDE LUNGE



18 GET-UP



19 HIP RAISE



20 ONE-LEG MARCH



21 ONE-LEG RDL

**REPS**  
**SETS**

**10-15**

REPETITIONS

**2-4**

SETS