

BODYWEIGHT WORKOUT

MUSCLES









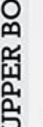
PERFORM EACH WORKOUT AS FOLLOWS:

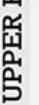
- 1. Perform 1-2 exercises from each body part
- Complete 10-15 repetitions per exercise
- 3. Repeat for 2-4 sets

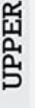
BODY POSITIONS

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

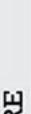






















18 GET-UP



2 COBRA



3 Y-RAISE





PULL-UP



6 AB ROLLER



7 PLANK





9 LEG LIFT



10 RV. CRUNCH



11 MT. CLIMBER



12 HIP ROTATION



13 T. ROTATION



14 SQUAT



15 drop lunge



16 LUNGE



17 side lunge



19 HIP RAISE



20 ONE-LEG MARCH 21 ONE-LEG RDL





10-15

SETS