

# BODYWEIGHT WORKOUT

## CARDIO



JUMPING JACK



ALTERNATING LUNGE



BURPEE



KNEE HIGH SKIP



JUMP TUCK



CRAB WALK



JUMP TWIST



MOUNTAIN CLIMBER



## LOWER BODY



BULL SIT



CALF RAISE



SQUAT



GLUTE BRIDGE



SKATER



PISTOL SQUAT



DONKEY KICK



SIDE LEG LIFT



## UPPER BODY



PUSH UP



TRICEP DIP



SUPERMAN



SPIDERMAN PUSHUP



TRICEP EXTENSION



DIAMOND PUSHUP



WIDE PUSHUP



POKE PRESS



## CORE



PLANK



SIDE PLANK



IN & OUT CRUNCH



SCISSOR



SITUP



BICYCLE



TWO POINT PLANK



REVERSE CRUNCH



# Learn Body Workout Guide

**A Loxley**



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