

# BODYWEIGHT WORKOUT

CARDIO



PUMPING JACK



LOWER BODY

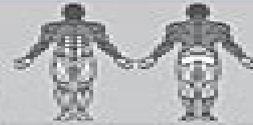


WALL SIT



Hold position for 30 sec. or 1 min. depending on fitness

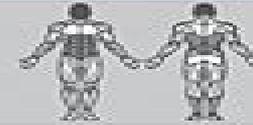
UPPER BODY



PUSH UP



CORE



PLANK



Hold position for 30 sec. or 1 min. depending on fitness

ALTERNATING LUNGE



CALF RAISE



TRICEP DIP



SIDE PLANK



Hold position for 30 sec. or 1 min. depending on fitness

BURPEE



SQUAT



SUPERMAN



IN & OUT CRUNCH



KNEE HIGH SQUAT



GLUTE BRIDGE



SPIDERMAN PUSHUP



SCISSOR



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SKATER



TRICEP EXTENSION



SITUP



CRAB WALK



PISTOL SQUAT



DIAMOND PUSHUP



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TWO POINT PLANK



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# Total Body Guide

**Roman Wölfel**



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