

BODYWEIGHT WORKOUT

CARDIO



PUMPING JACK



ALTERNATING LUNGE



BURPEE



KNEE HIGH SKIP



JUMP TUCK



CRAB WALK



JUMP TWIST



MOUNTAIN CLIMBER



LOWER BODY



WALL SIT



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

CALF RAISE



SQUAT



GLUTE BRIDGE



SKATER



PISTOL SQUAT



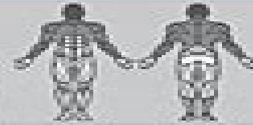
DONKEY KICK



SIDE LEG LIFT



UPPER BODY



PUSH UP



TRICEP DIP



SUPERMAN



SPIDERMAN PUSHUP



TRICEP EXTENSION



DIAMOND PUSHUP



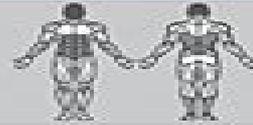
WIDE PUSHUP



PIKE PRESS



CORE



PLANK



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

SIDE PLANK



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

IN & OUT CRUNCH



SCISSOR



SITUP



BICYCLE



TWO POINT PLANK



REVERSE CRUNCH



Total Body Guide

**Thirumalaisamy P.
Velavancorresponding**



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