

BODYWEIGHT WORKOUTS

QuickFit
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UPPER BODY	<p>Pull-Up</p>	<p>Push-Up</p>	<p>Tricep Dip</p>	<p>Pushback</p>	<p>Side-to-Side Push-Up</p>
CORE	<p>Crunch</p>	<p>Scissor Kick</p>	<p>Cross-Body Crunch</p>	<p>Lying Leg Lift</p>	<p>Windshield Wiper</p>
CORE	<p>Reverse Crunch</p>	<p>Side Plank</p>	<p>Plank</p>	<p>Leg Pull-In</p>	<p>Hanging Knee Raise</p>
BACK	<p>Superman</p>	<p>Dolphin Kick</p>	<p>Bird Dog</p>	<p>Side-to-Side Pull-Up</p>	<p>Swimmer</p>
LOWER BODY	<p>Squat</p>	<p>Fire Hydrant</p>	<p>Wall Squat</p>	<p>Hip Raise</p>	<p>Skater Squat</p>
LOWER BODY	<p>Lunge</p>	<p>Single Leg Squat</p>	<p>Calf Raise</p>	<p>Donkey Kicks</p>	<p>Plié Squat</p>
CARDIO	<p>Jumping Jacks</p>	<p>Mountain Climber</p>	<p>Box Jump</p>	<p>Burpee</p>	
TOTAL BODY	<p>Bear Crawl</p>	<p>Crab Walk</p>	<p>Crocodile Crawl</p>	<p>Army Crawl</p>	<p>Push-Up w/ Extension</p>