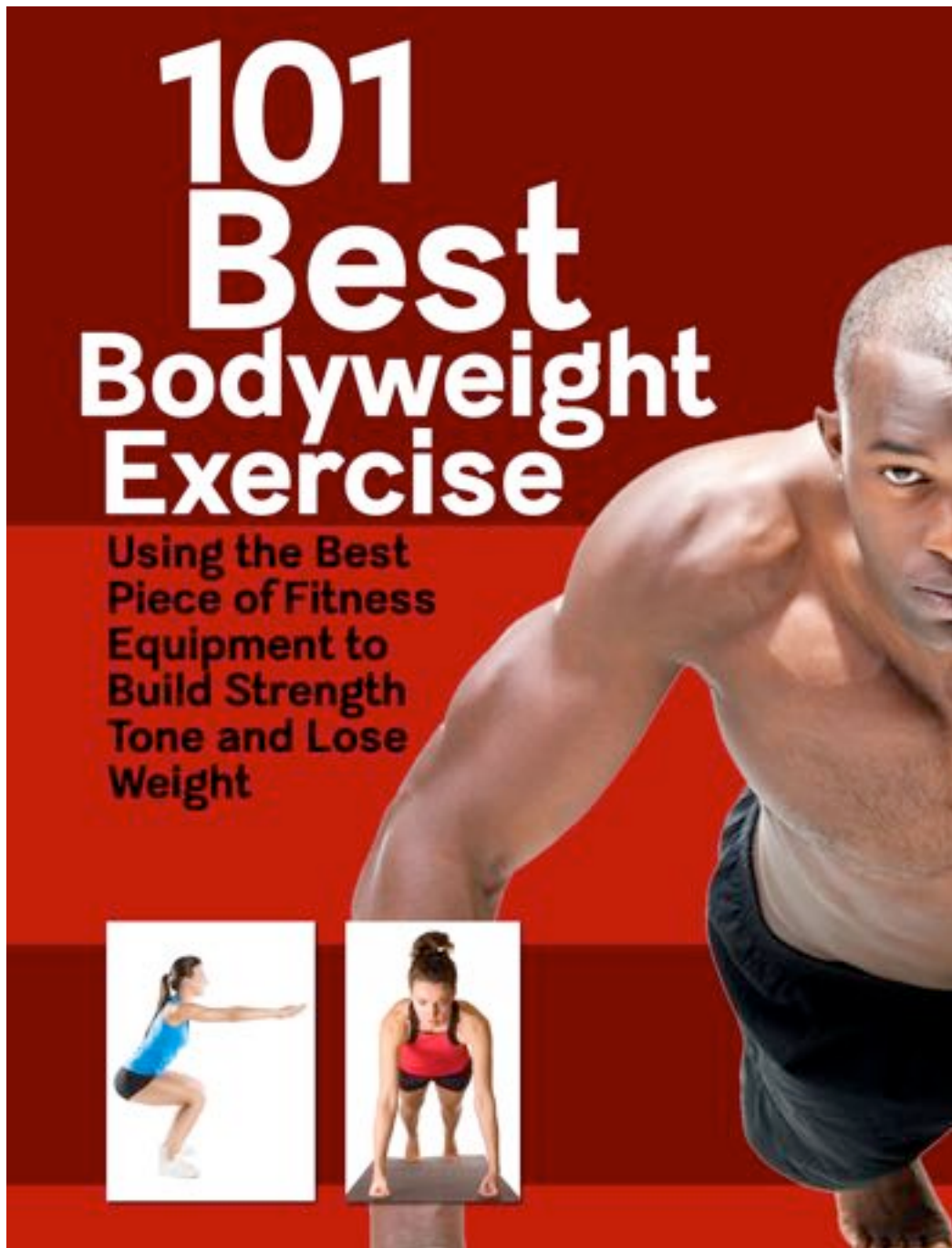


# 101 BEST Bodyweight Exercises



## 101 BEST Bodyweight Exercises

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## 101 BEST Bodyweight Exercises

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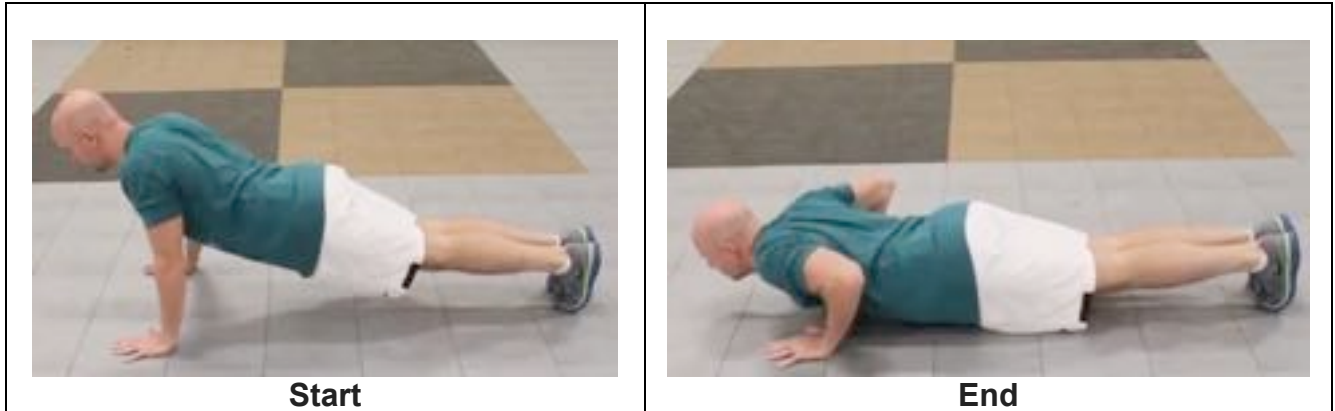
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## 101 BEST Bodyweight Exercises

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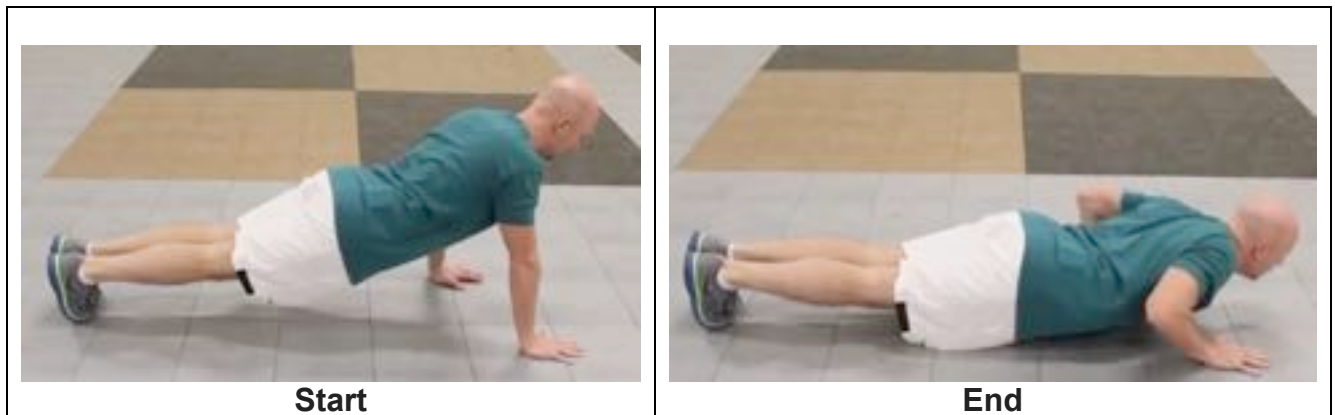
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## #1 - Push Up



Push Up

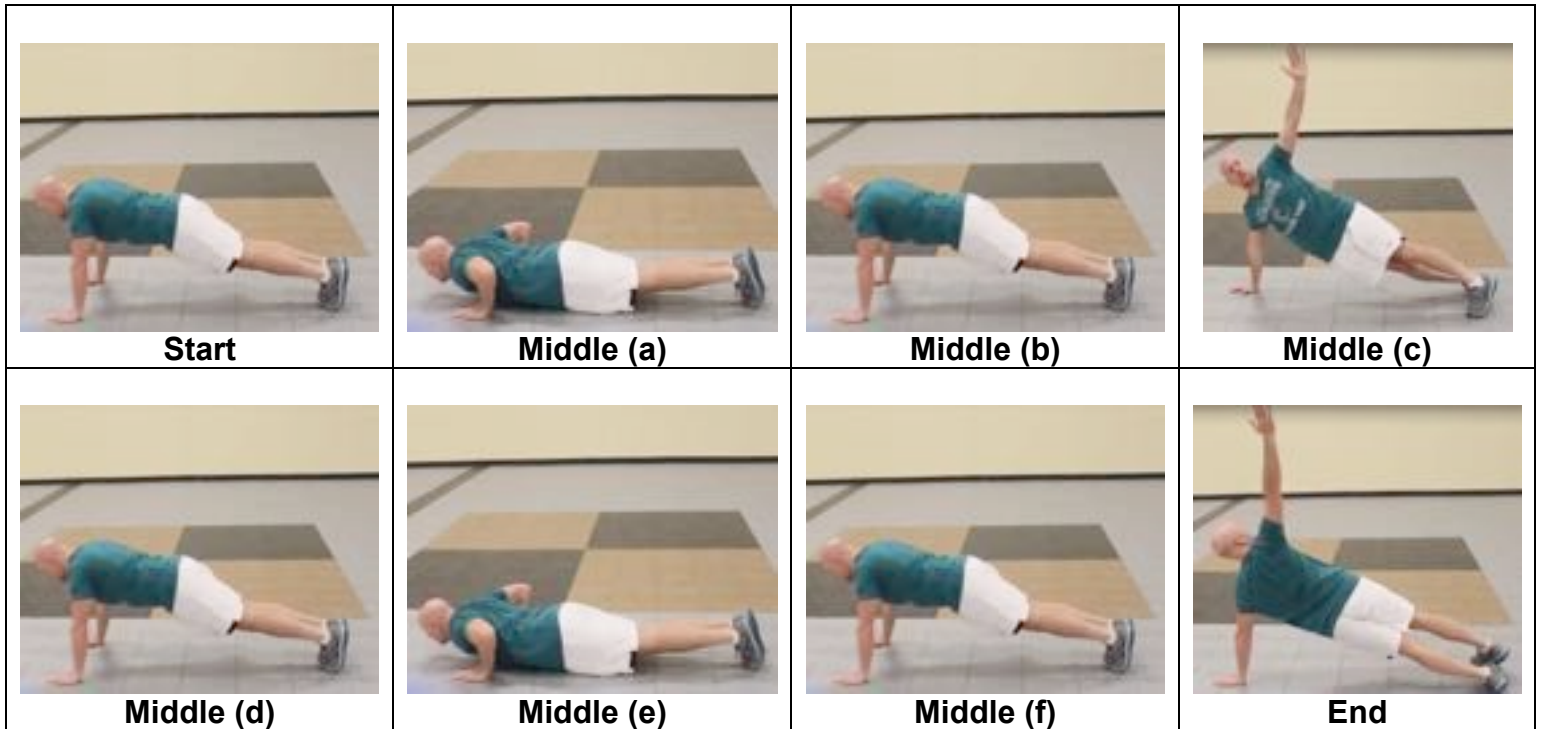
## #2 - Offset Push Up



Offset Push Up



### #3 - T Push Up



T Push Up

## #4 - Spiderman Push Up



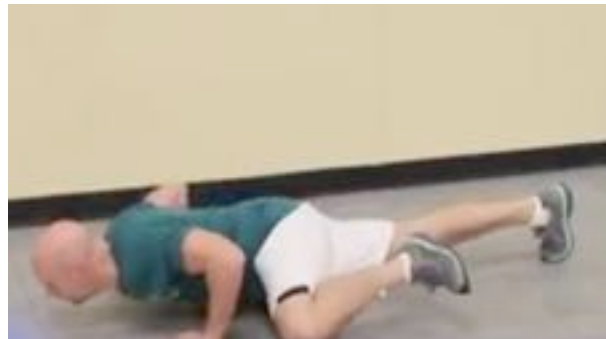
Start



Middle (a)



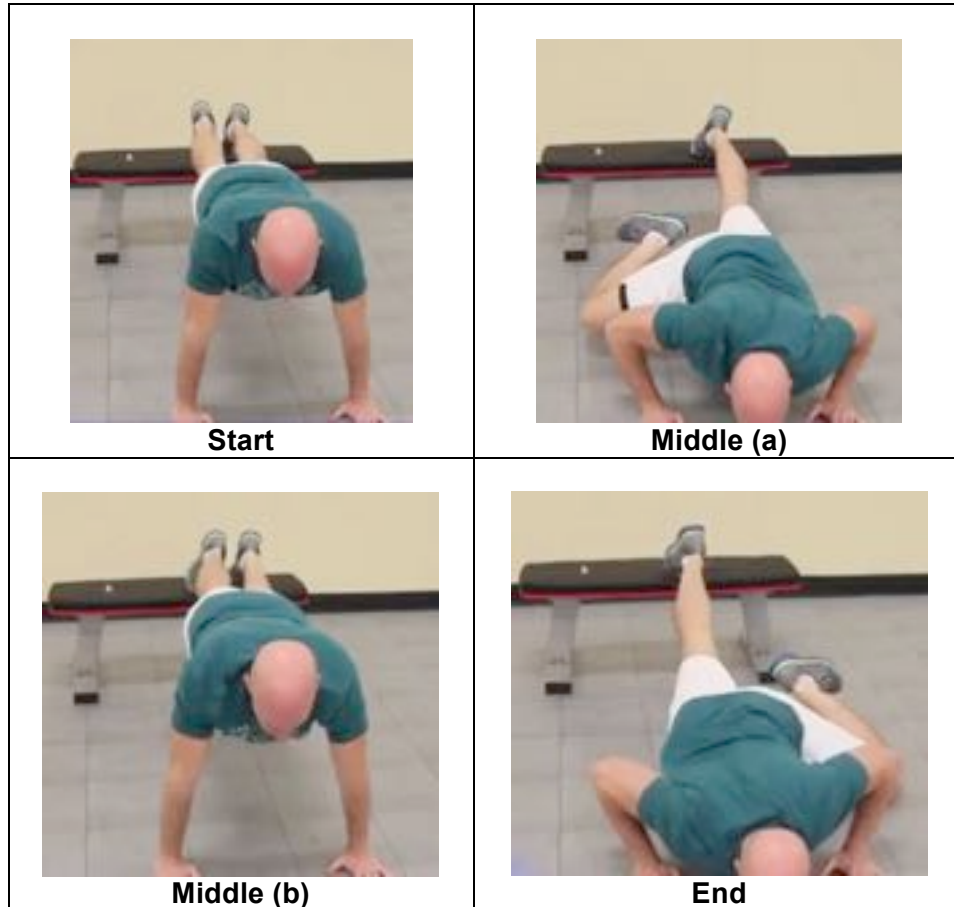
Middle (b)



End

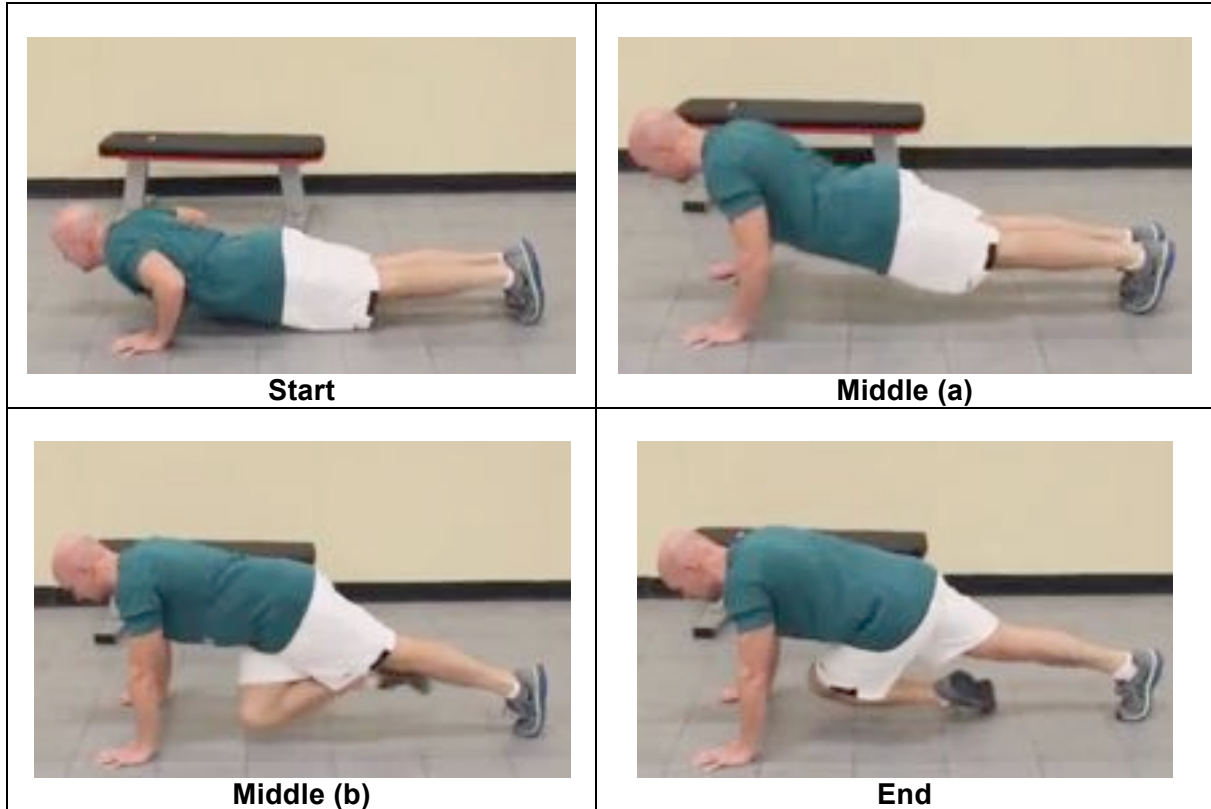
### Spiderman Push Up

## #5 - Decline Spiderman Push Up



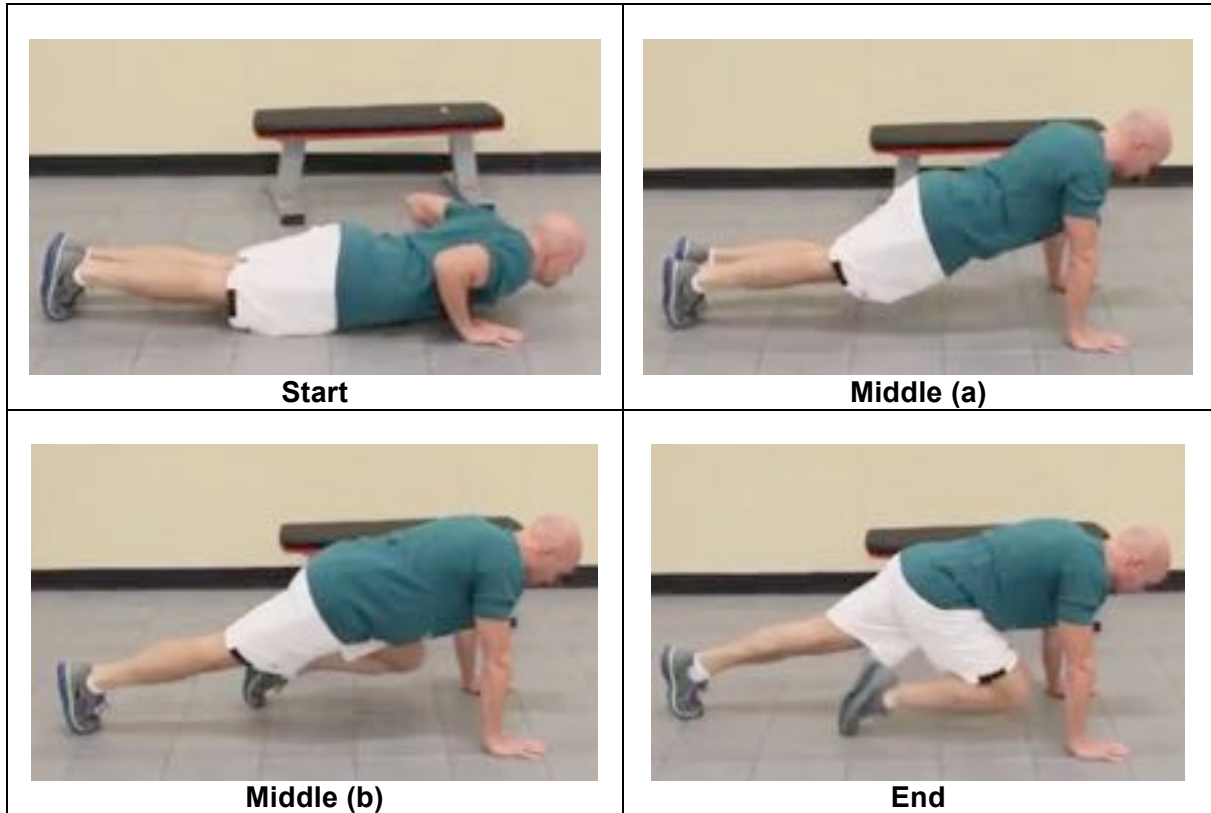
Decline Spiderman Push Up

## #6 - Push Up X-Body Mountain Climber Combo



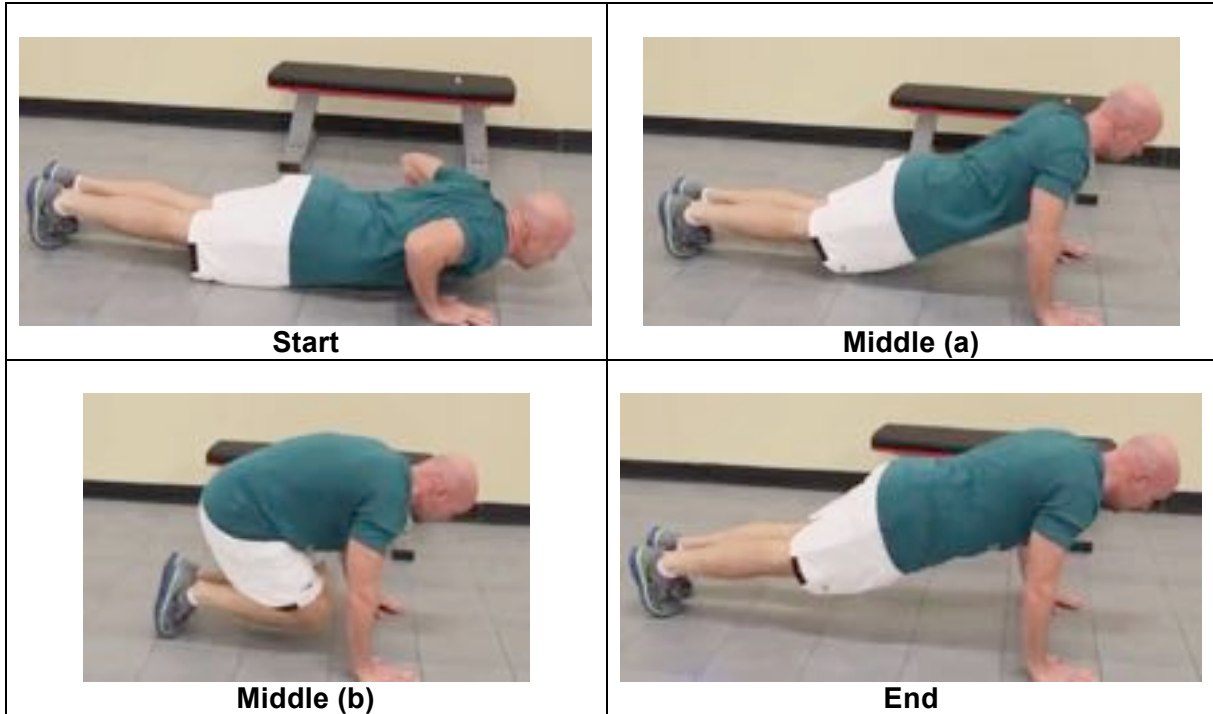
Push Up X-Body Mountain Climber Combo

## #7 - Push Up Mountain Climber



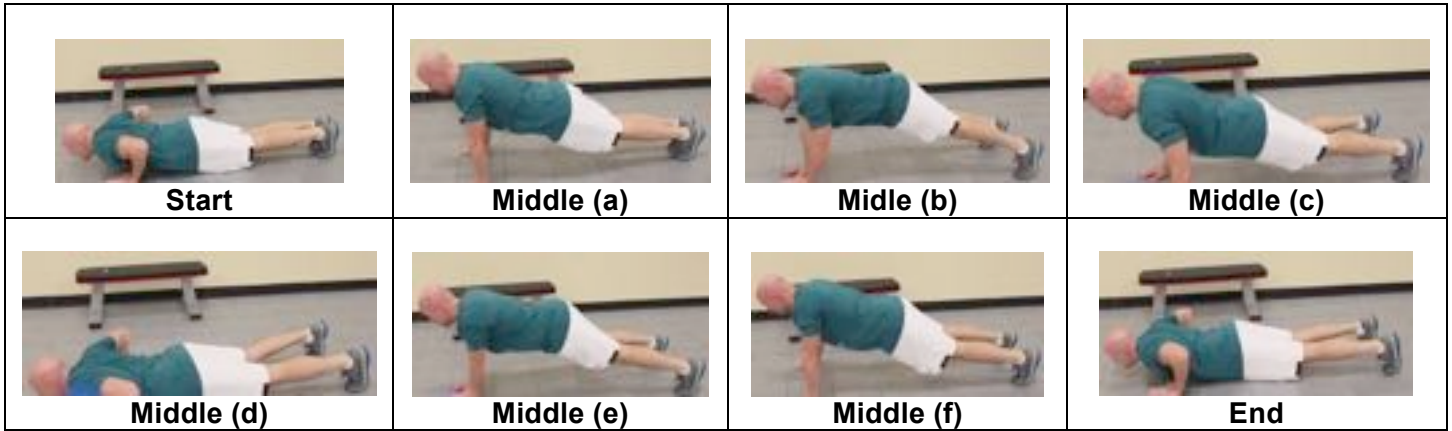
Push Up Mountain Climber

## #8 - Squat Thrust Push Up



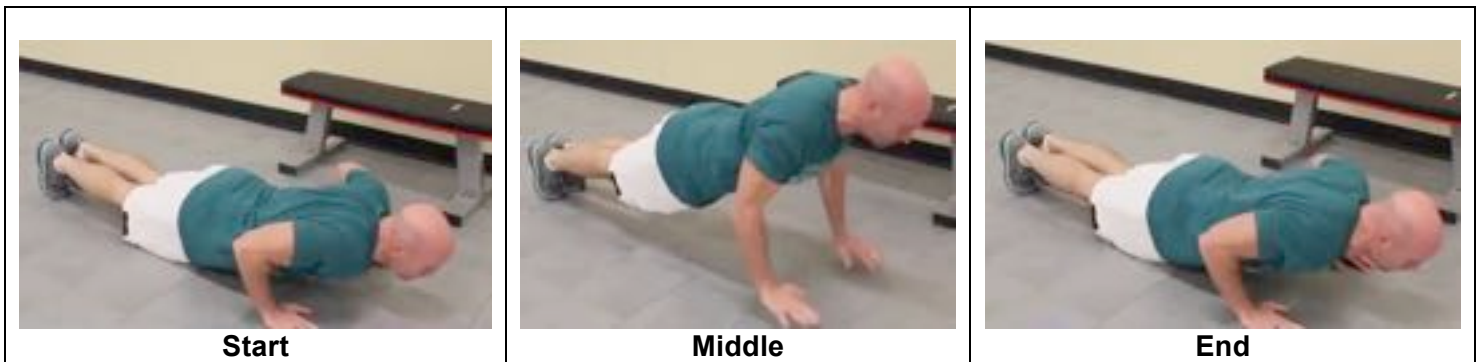
Squat Thrust Push Up

## #9 - Switch Push Up



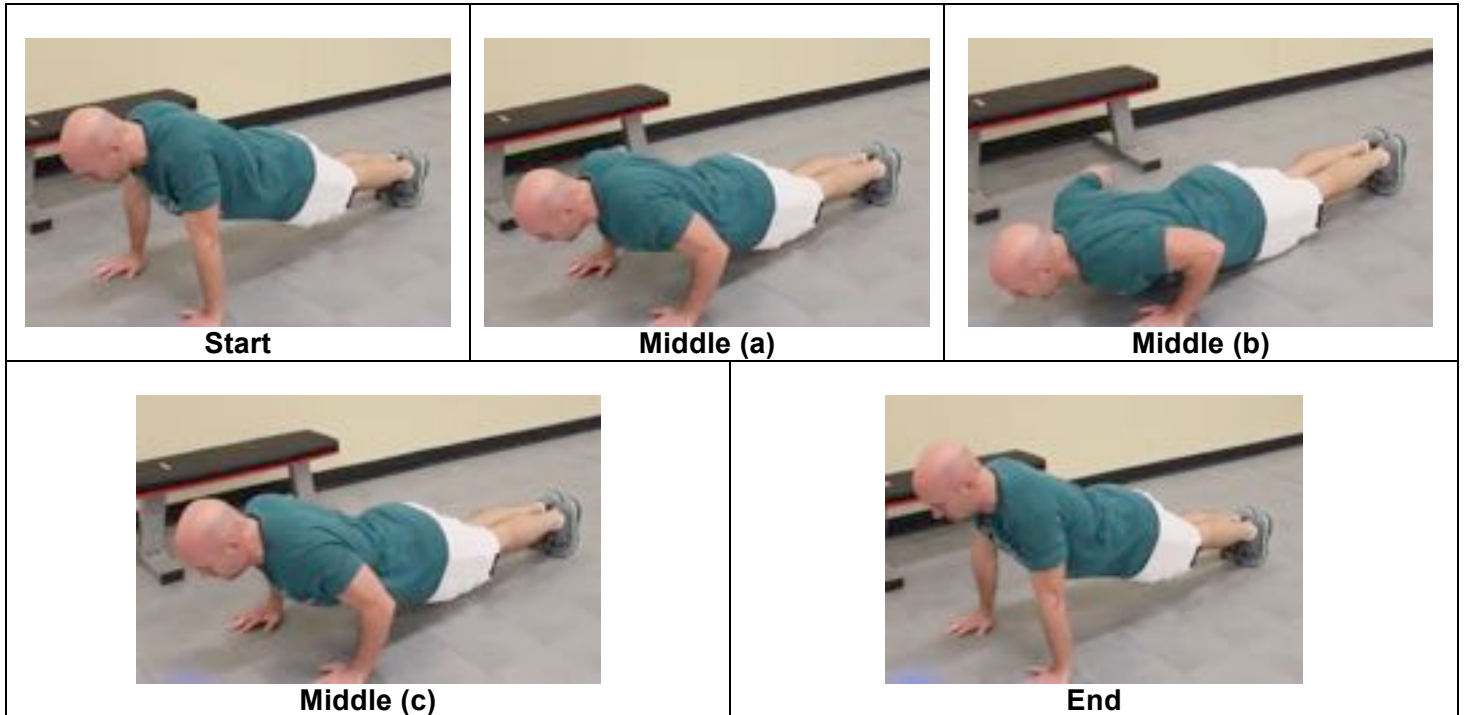
Switch Push Up

## #10 - Explosive Push Up



Explosive Push Up

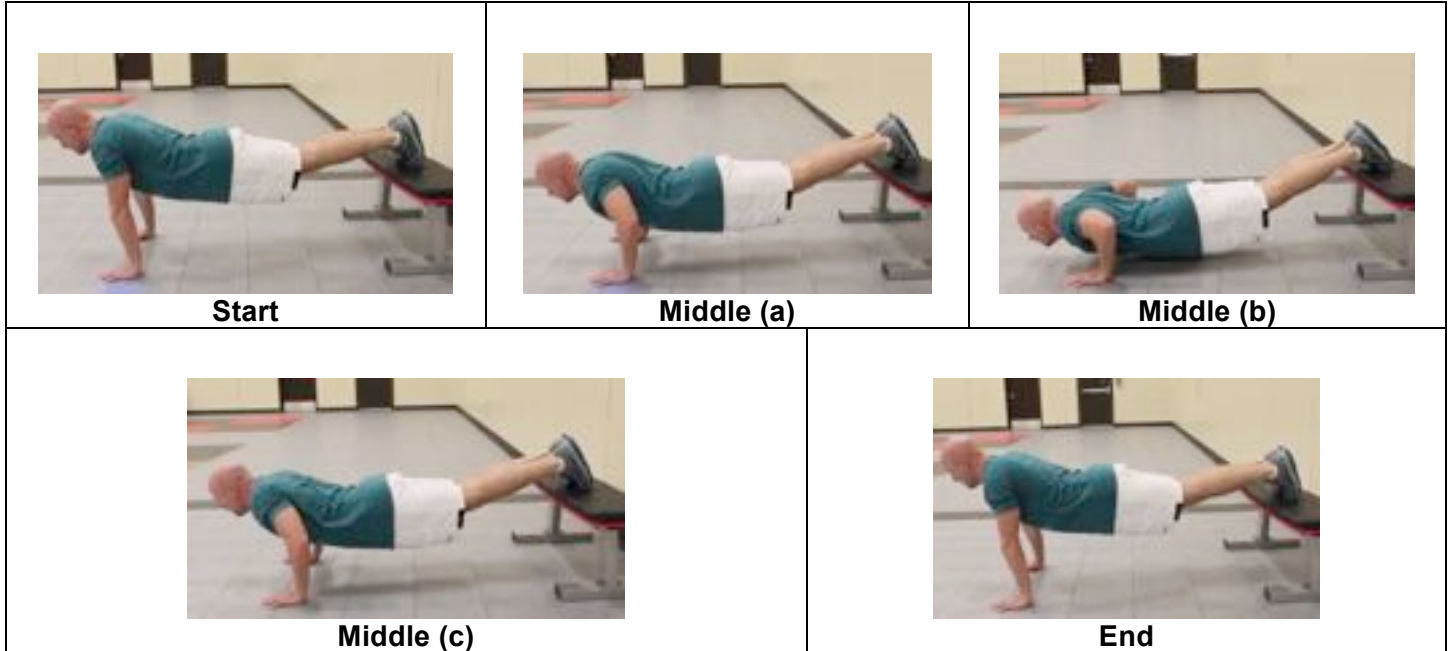
## #11 - Triple Stop Pushup



Triple Stop Pushup

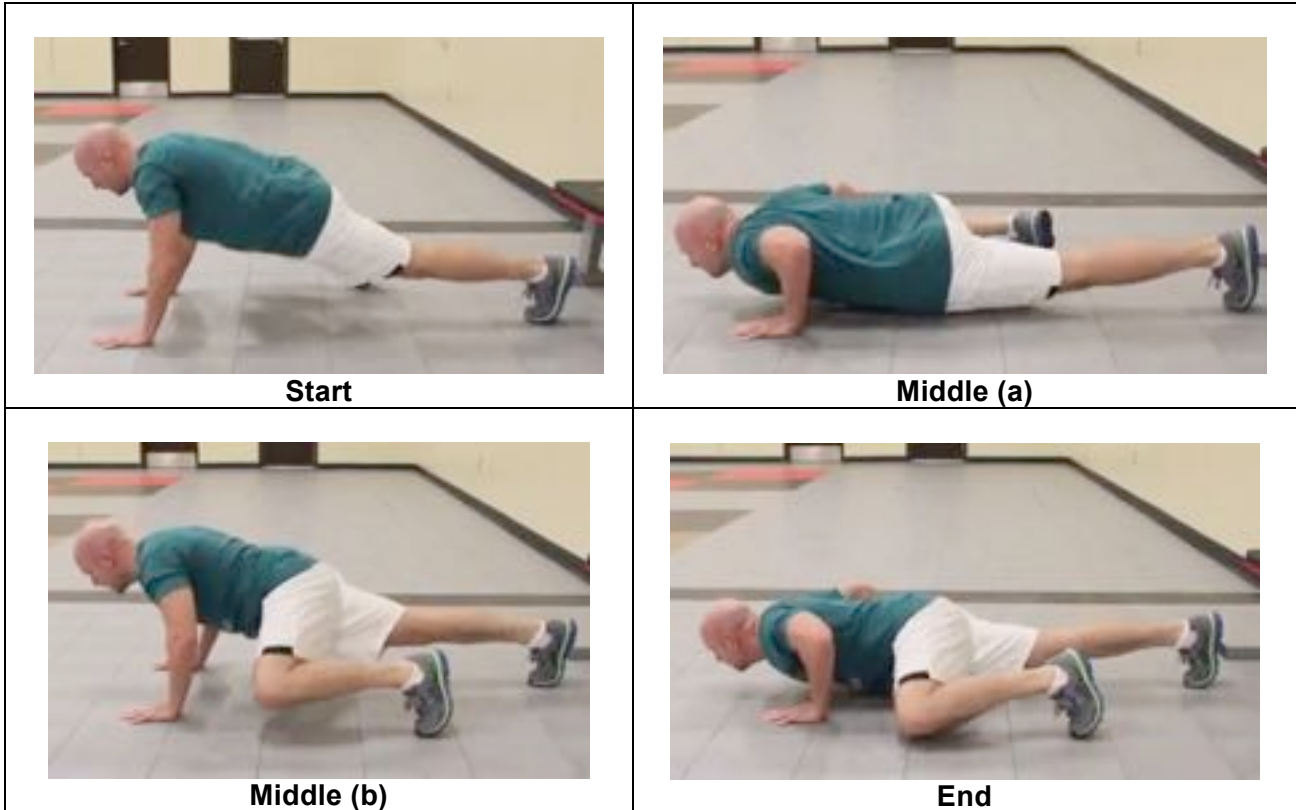


## #12 - Decline Triple Stop Pushup



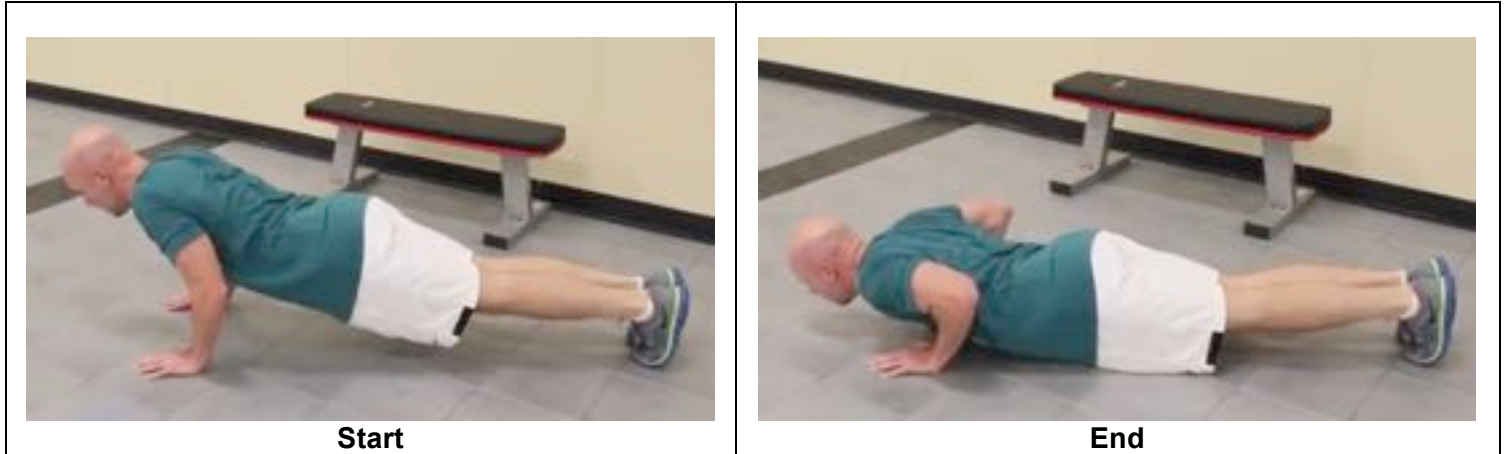
Decline Triple Stop Pushup

## #13 - Spiderman Climb Pushup



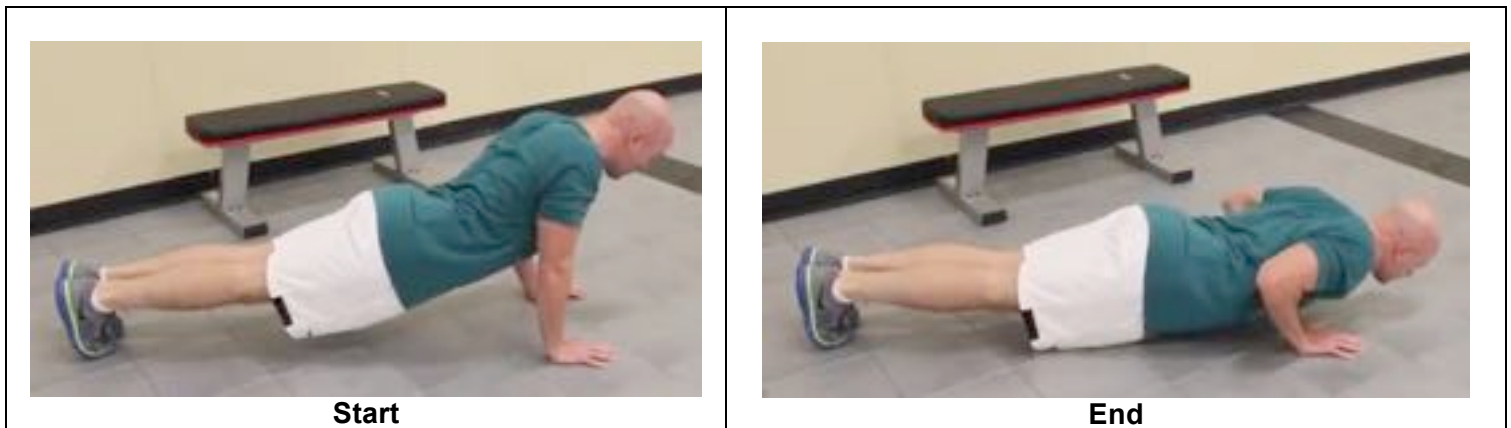
Spiderman Climb Pushup

## #14 - Close-Grip 3/4th Rep Pushup



Close-Grip 3/4th Rep Pushup

## #15 - Close-Grip Pushups



Close-Grip Pushups

## #16 - 1-Arm Extended Pushups



Start



Middle (a)



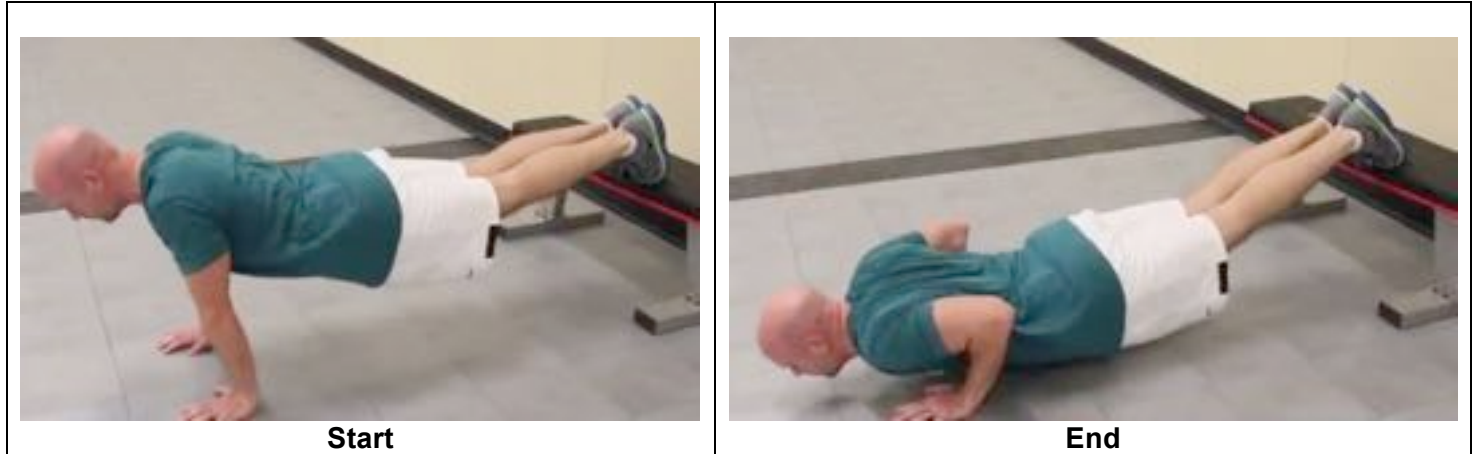
Middle (b)



End

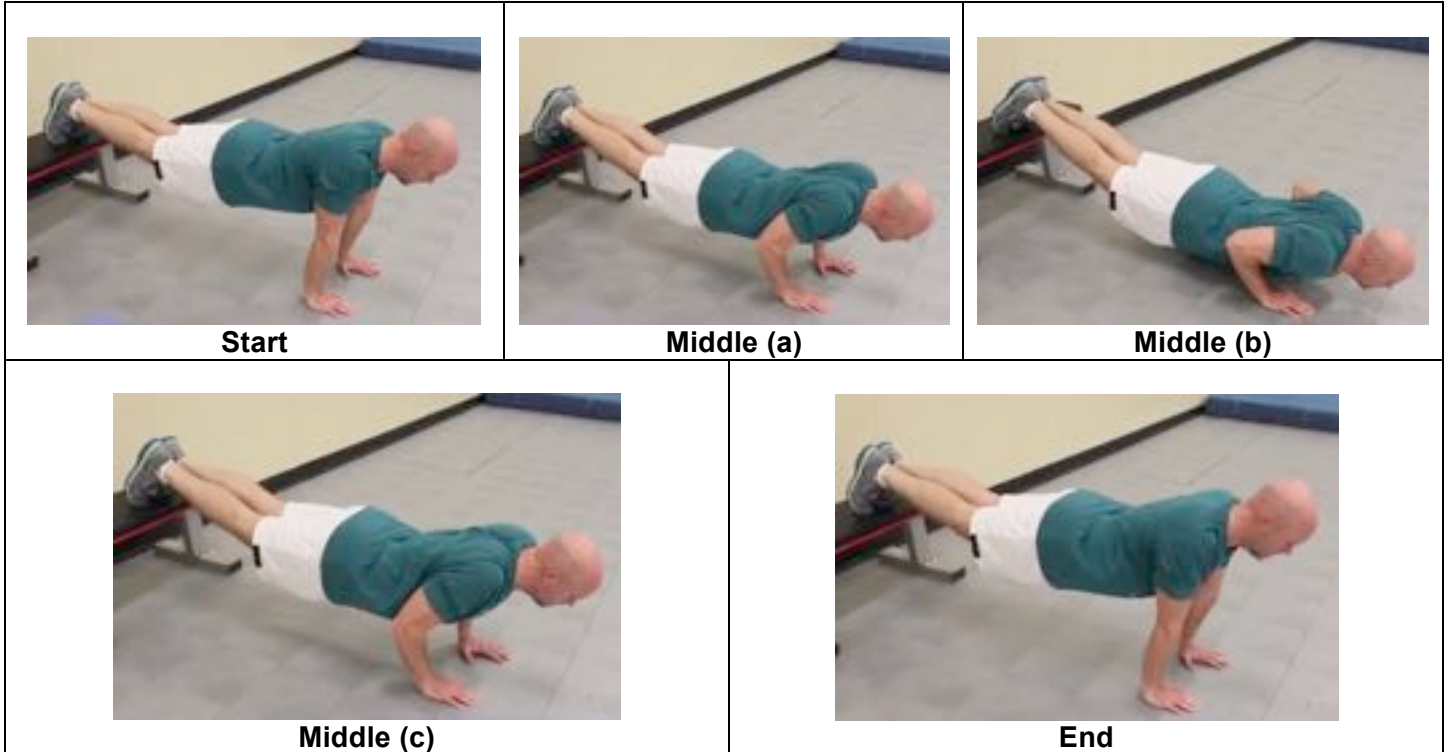
### 1-Arm Extended Pushup

## #17 - Decline Close-Grip Pushup



Decline Close-Grip Pushup

## #18 - Decline Close-Grip Triple Stop Pushup



Decline Close-Grip Triple Stop Pushup

## #19 - Explosive Decline Pushup



Start



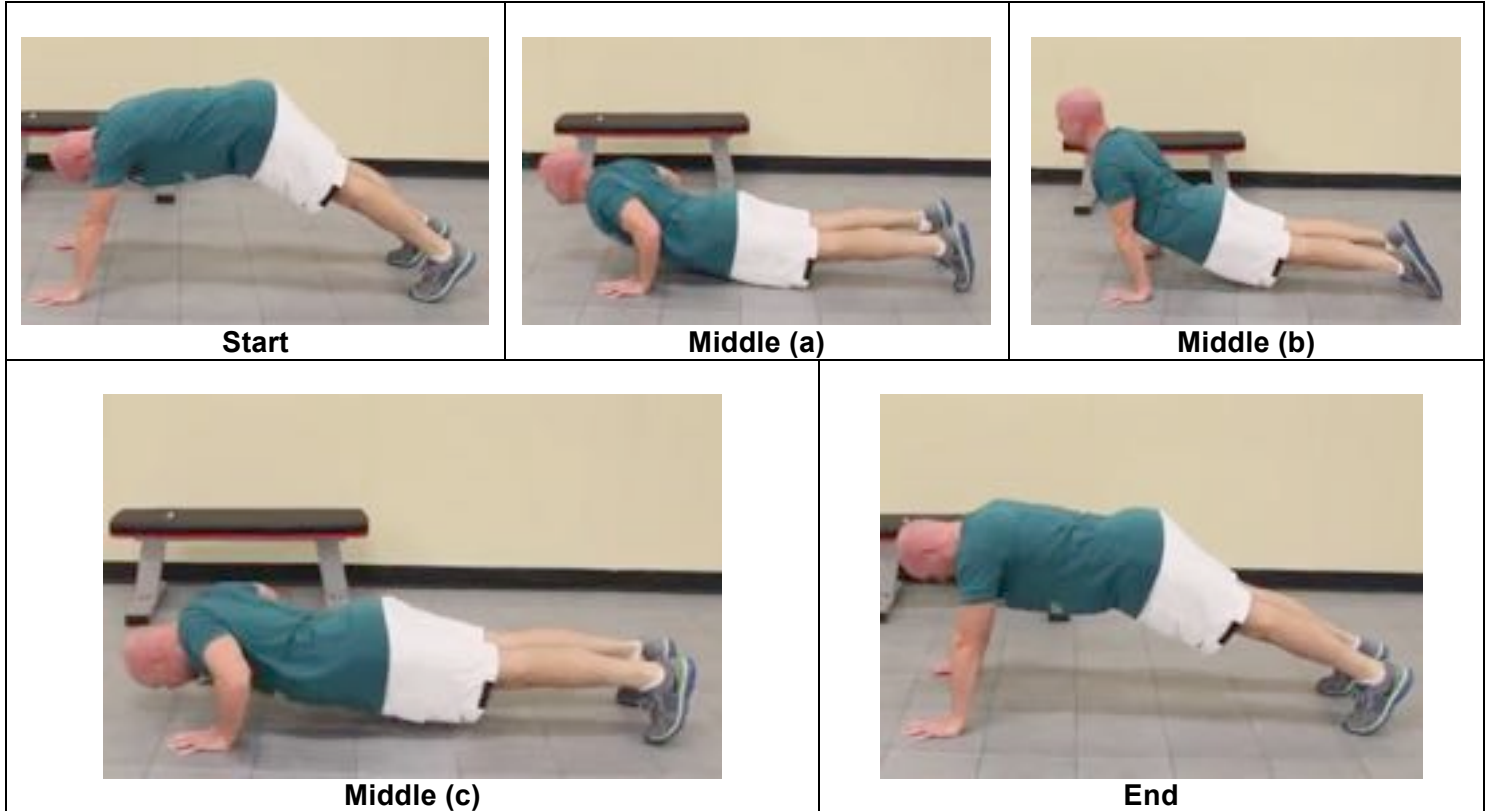
Middle



End

Explosive Decline Pushup

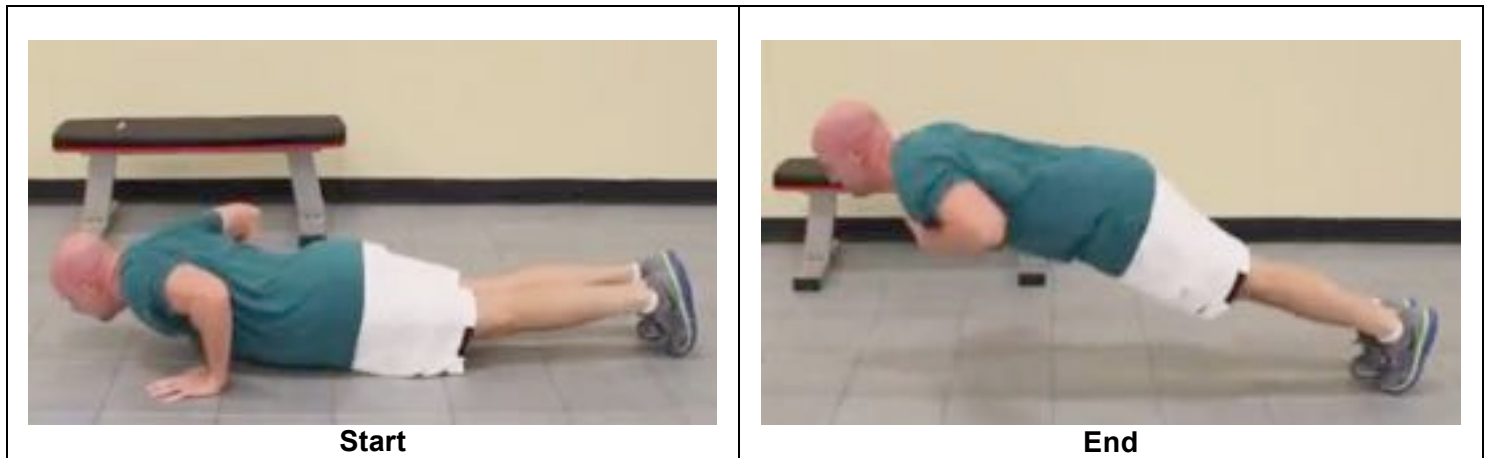
## #20 - Divebomber Pushup



Divebomber Pushup

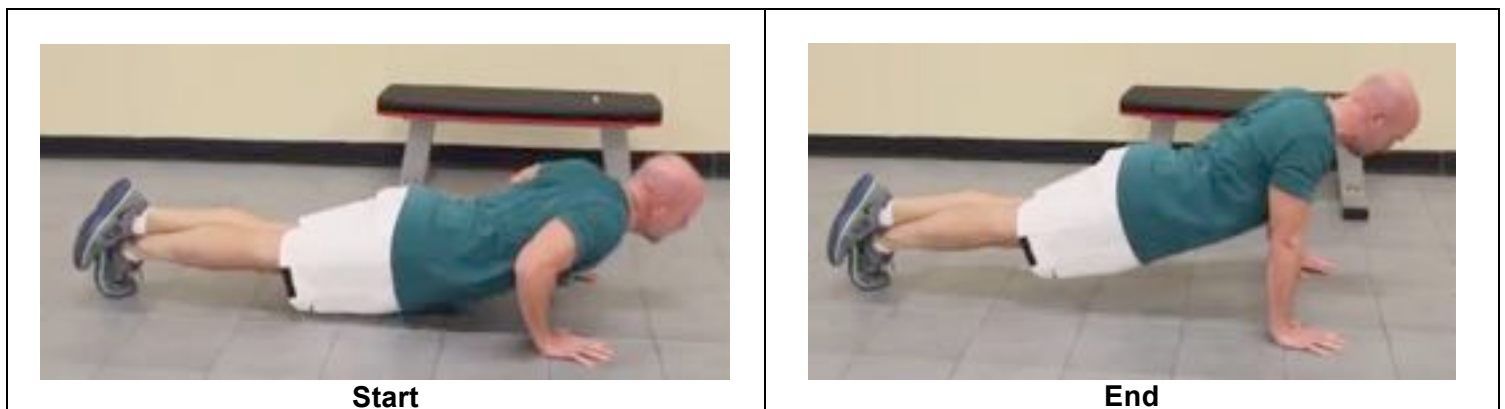


## #21 - Chest Tap Pushup



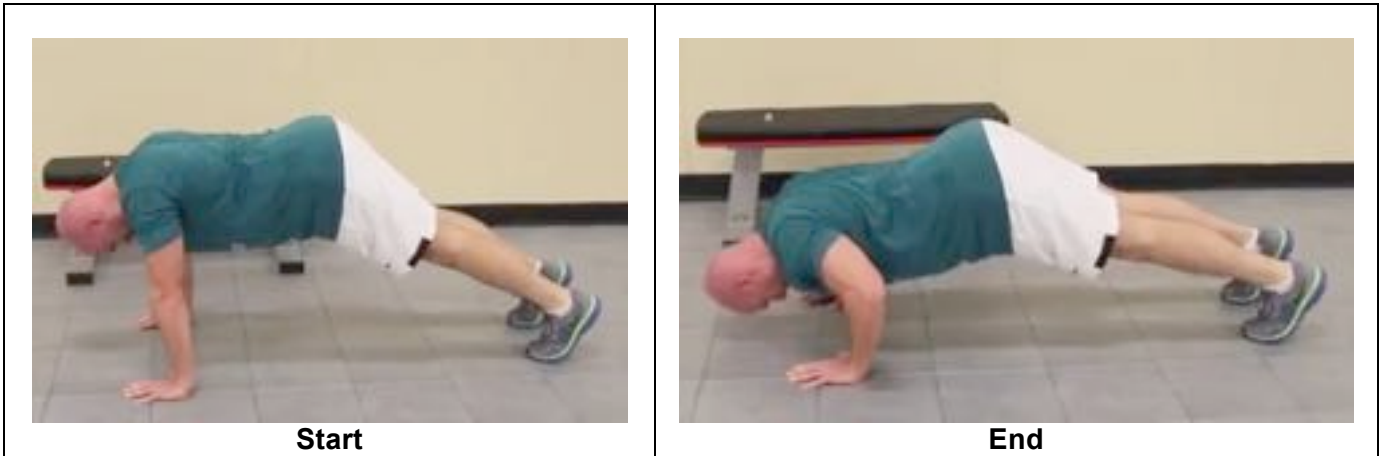
Chest Tap Pushup

## #22 - Stacked Feet Pushups



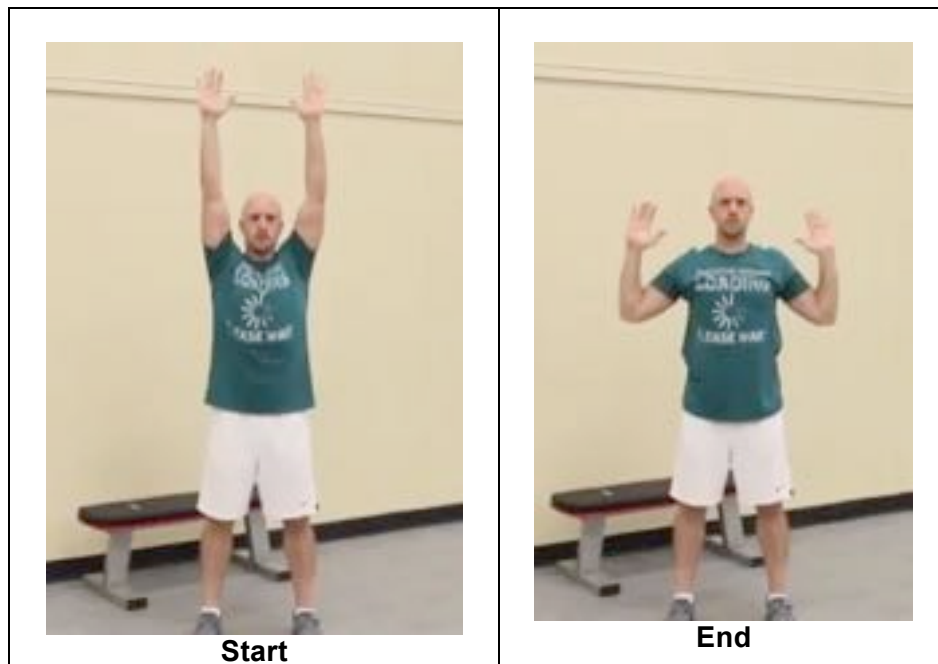
Stacked Feet Pushups

## #23 - Pike Pushups



Pike Pushups

## #24 - Stick-ups



Stick-ups

## #25 - Bodyweight Row



Bodyweight Row

## #26 - Spiderman Climb with a Reach (SCREACH)



**Start**



**Middle (a)**



**Middle (b)**



**Middle (c)**



**Middle (d)**



**End**

### Spiderman Climb with a Reach (SCREACH)

## #27 - Bodyweight Squat



Bodyweight Squat

## #28 - Bodyweight Triple Squat



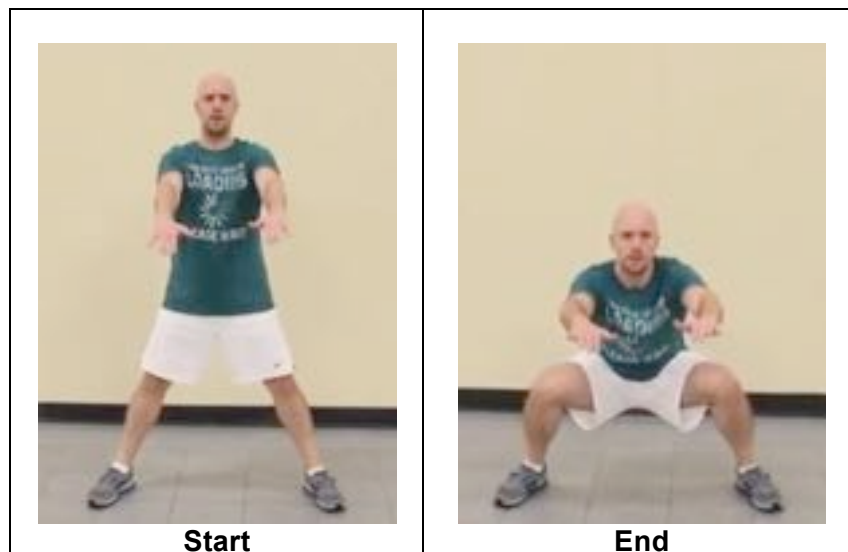
Bodyweight Triple Squat

## #29 - Bodyweight Narrow-Stance Squat



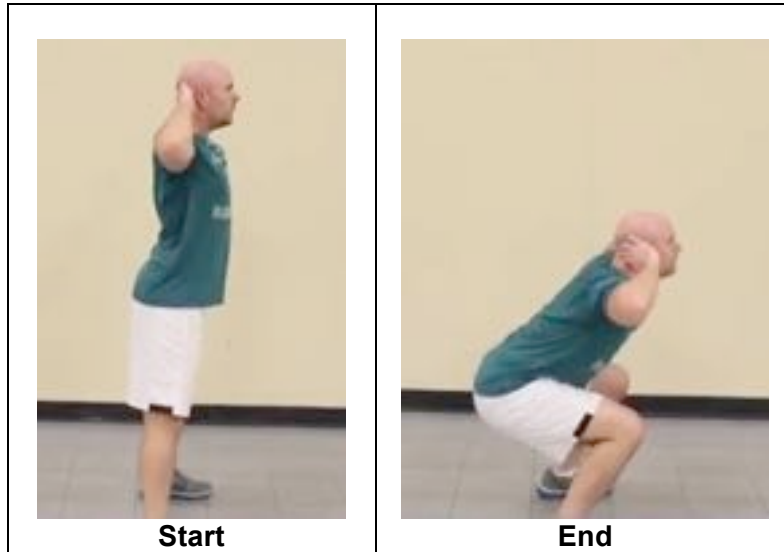
Bodyweight Narrow-Stance Squat

## #30 - Bodyweight Sumo Squat



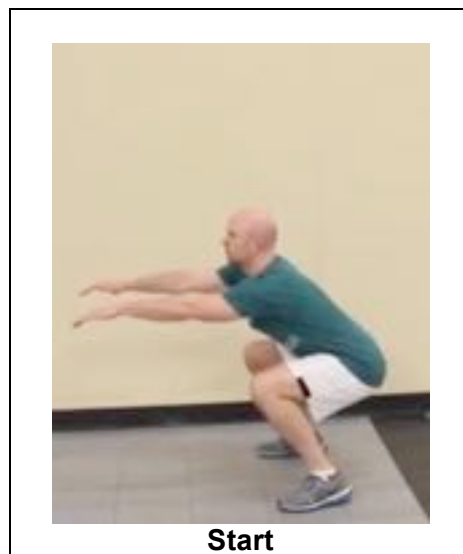
Bodyweight Sumo Squat

### #31 - Prisoner Squat



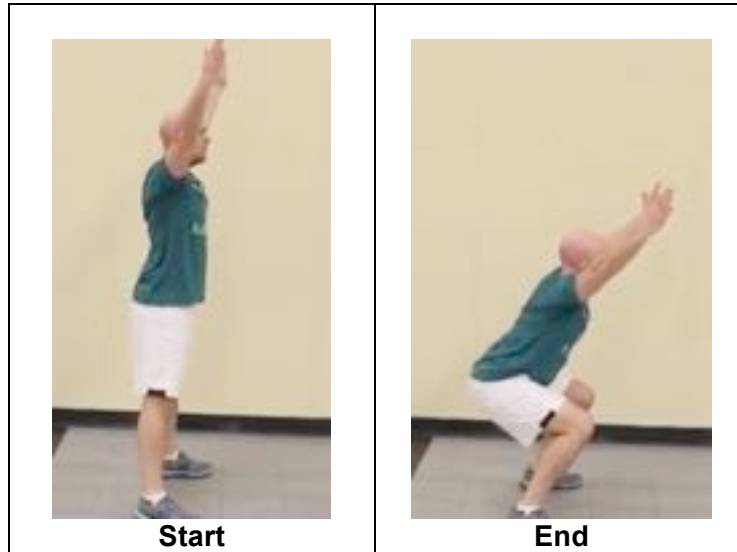
Prisoner Squat

### #32 - Bodyweight Squat Hold



Bodyweight Squat Hold

### #33 - Y Squat



Y Squat

### #34 - Walking Lunge



Walking Lunge



### #35 - Diagonal Lunge



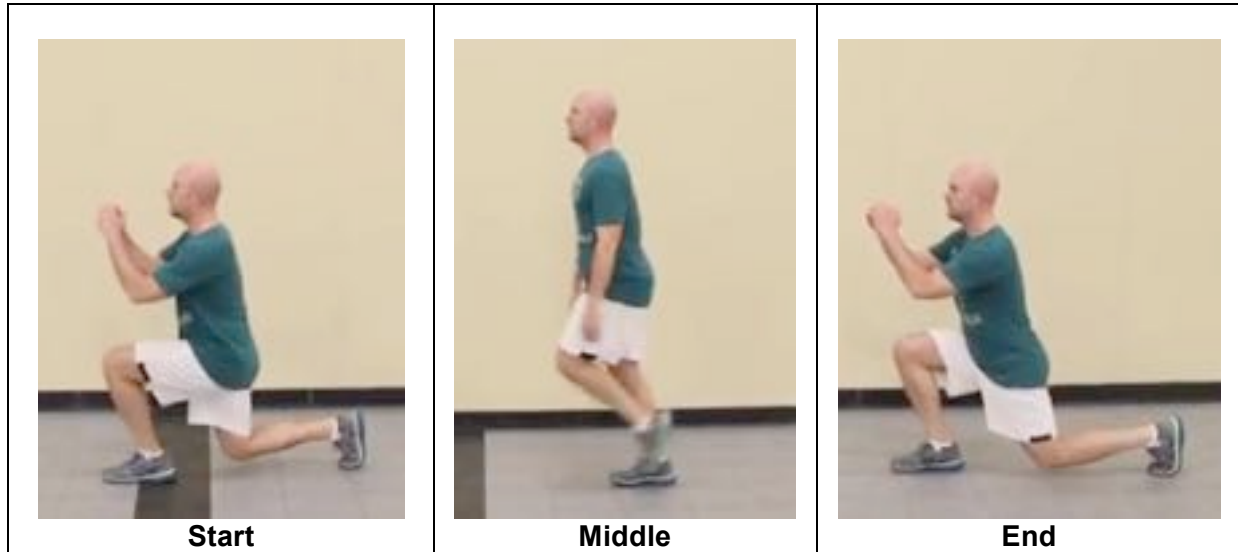
Diagonal Lunge

### #36 - Reverse Lunge



Reverse Lunge

### #37 - Switch Lunge



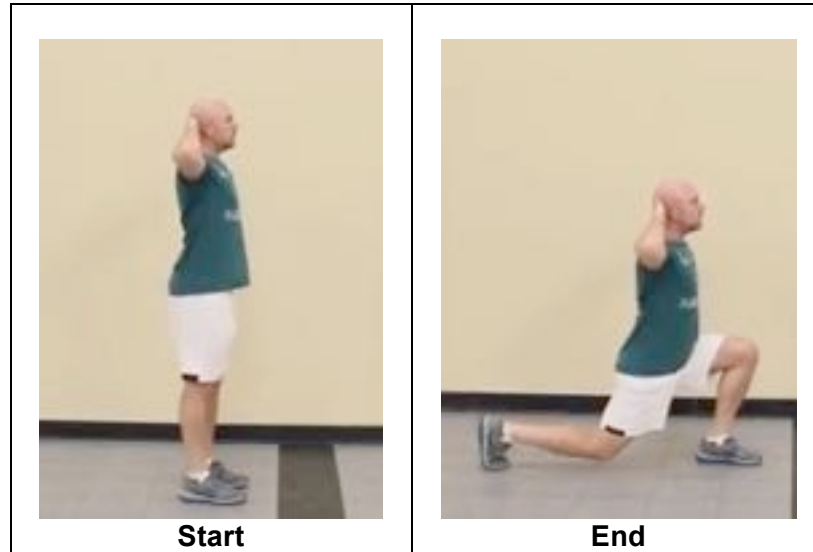
Switch Lunge

### #38 - Crossover Lunge



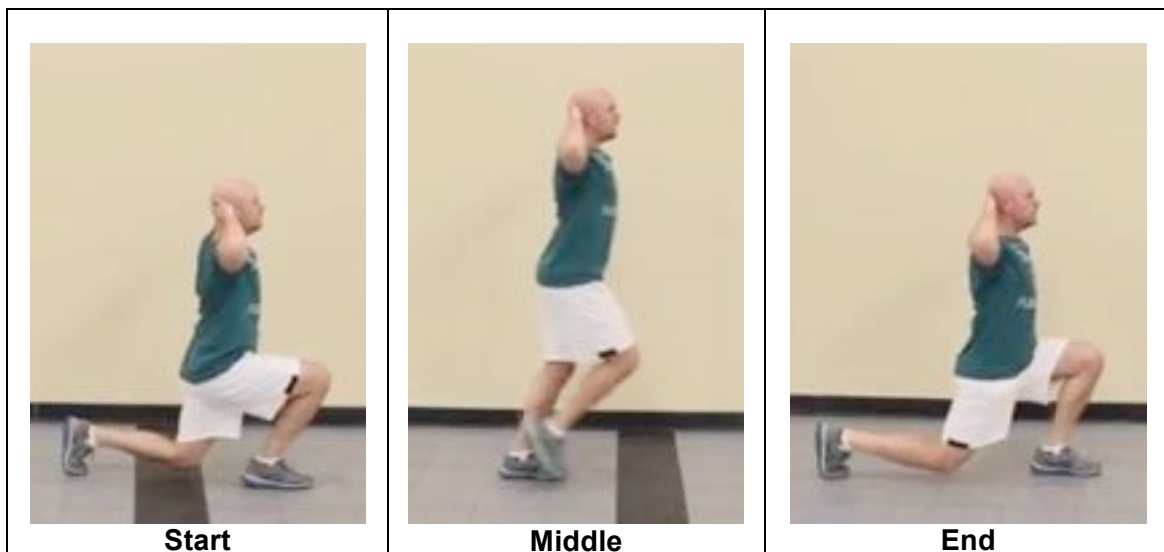
Crossover Lunge

### #39 - Prisoner Reverse Lunge



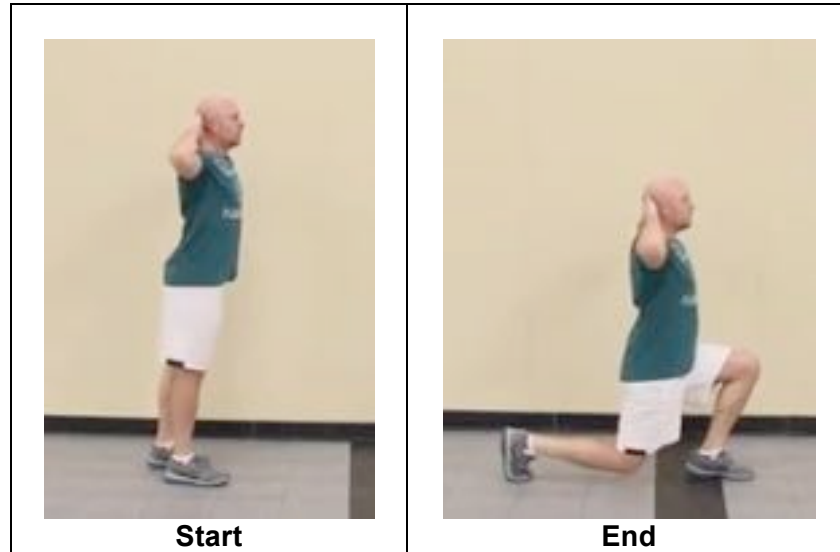
Prisoner Reverse Lunge

### #40 - Prisoner Switch Lunge



Prisoner Switch Lunge

## #41 - Prisoner Lunge



Prisoner Lunge

## #42 - Prisoner Lateral Lunge



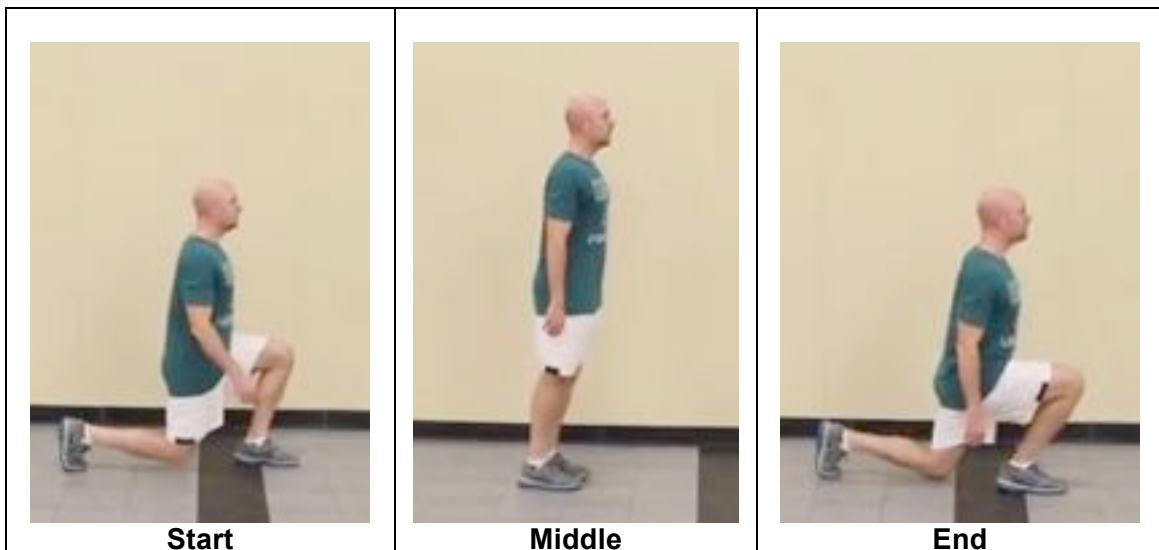
Prisoner Lateral Lunge

## #43 - Lateral Lunge



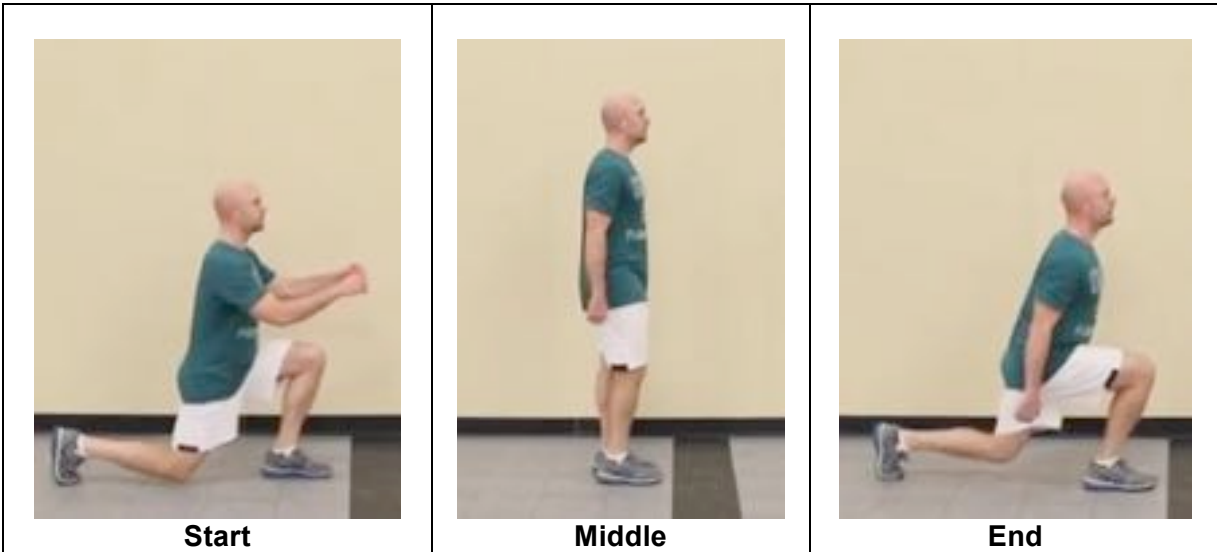
Lateral Lunge

## #44 - Alternating Lunge



Alternating Lunge

## #45 - Alternating Reverse Lunge



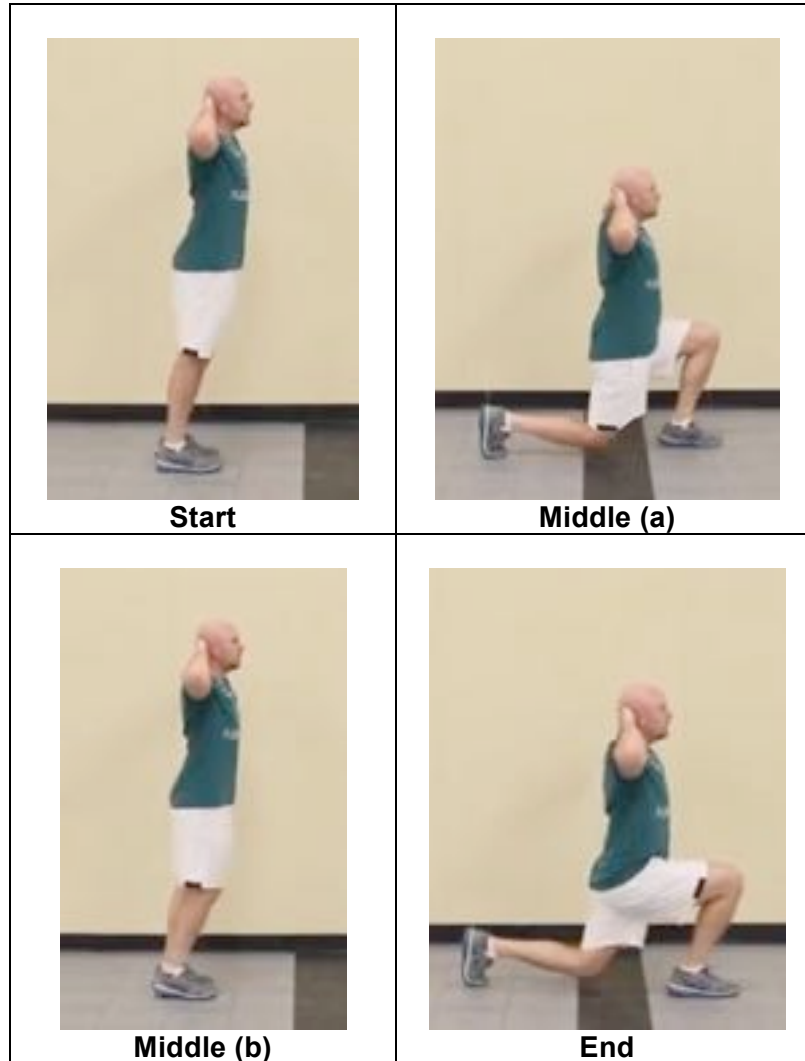
Alternating Reverse Lunge

## #46 - Alternating Switch Lunge



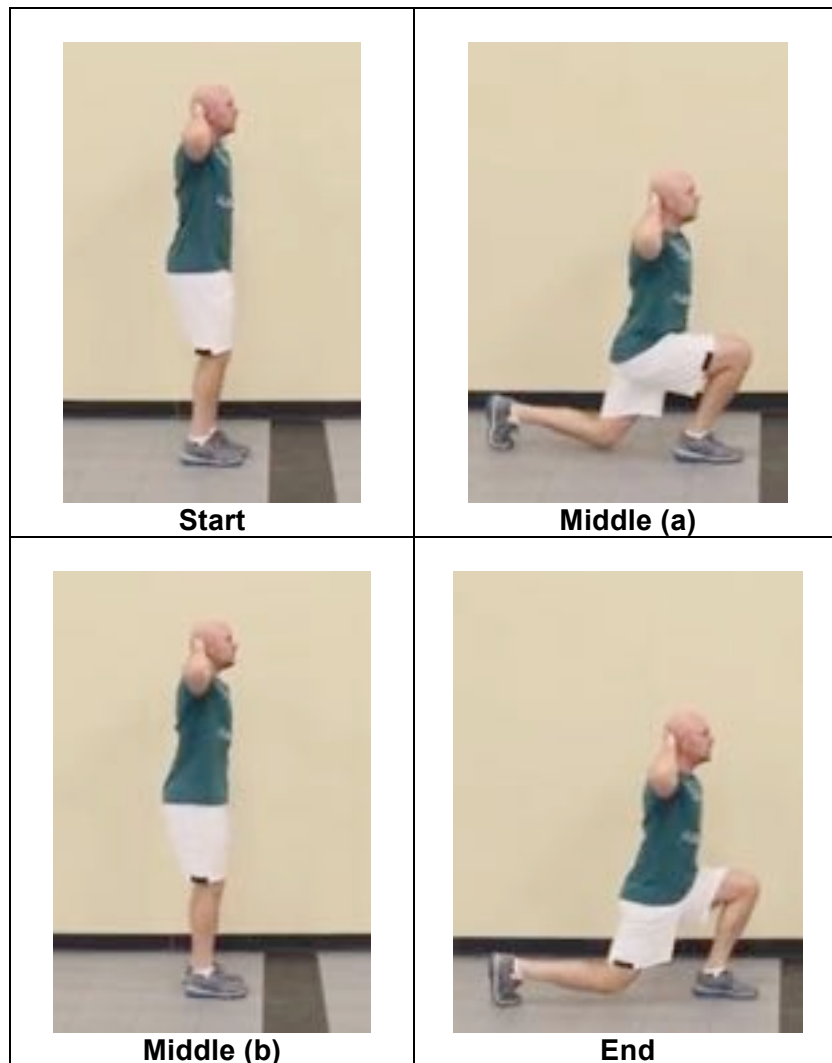
Alternating Switch Lunge

## #47 - Alternating Prisoner Lunge



**Alternating Prisoner Lunge**

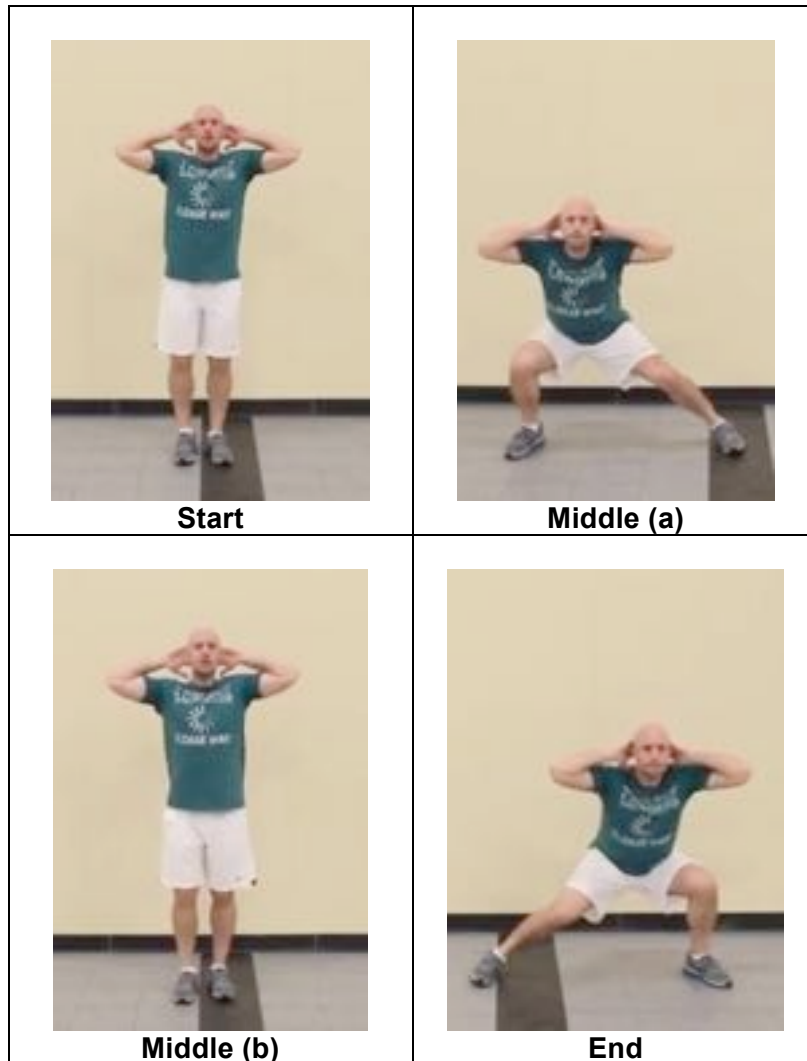
## #48 - Alternating Prisoner Reverse Lunge



**Alternating Prisoner Reverse Lunge**

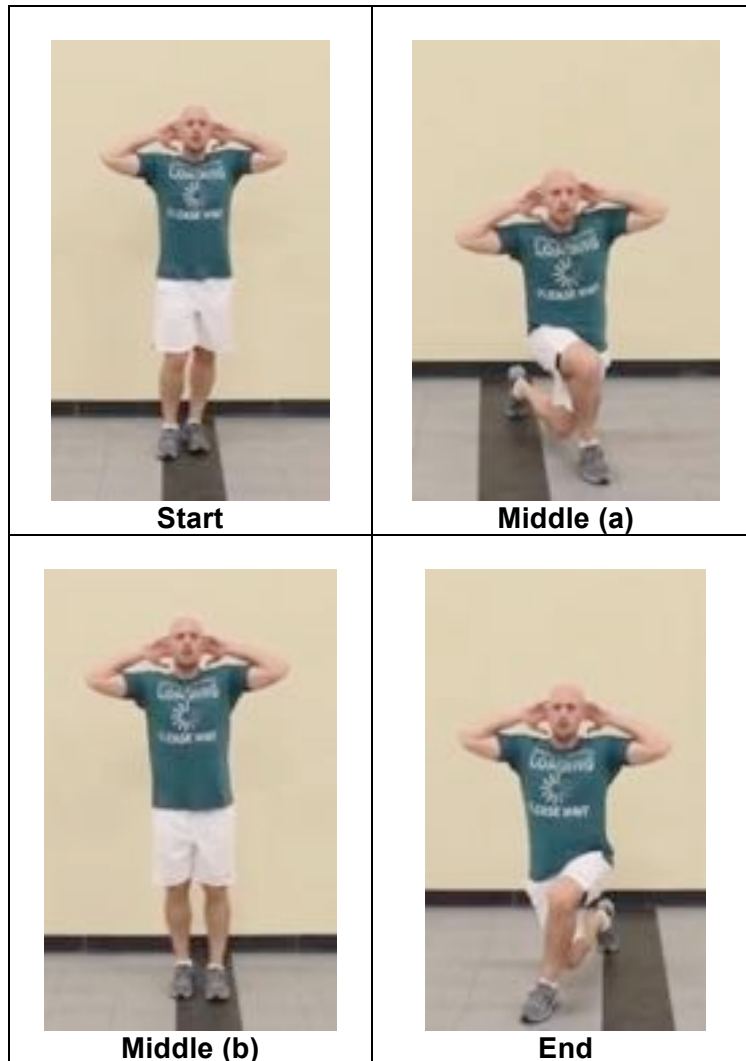


## #49 - Alternating Prisoner Lateral Lunge



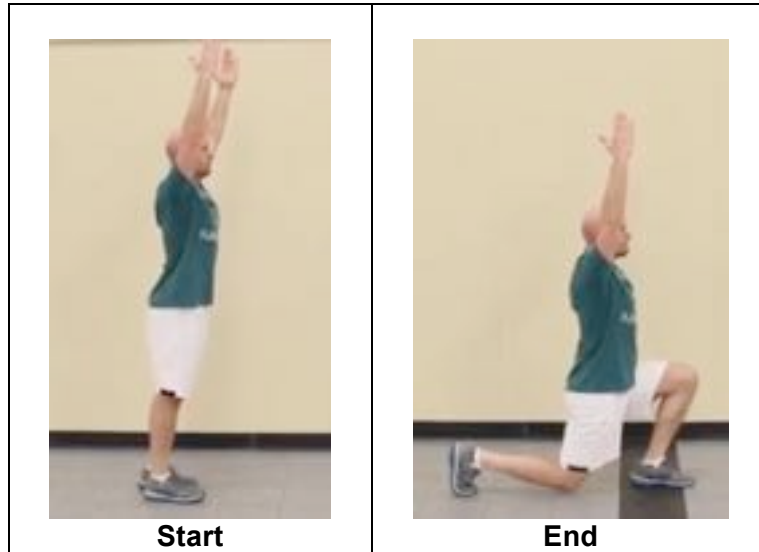
Alternating Prisoner Lateral Lunge

## #50 - Prisoner Crossover Lunge



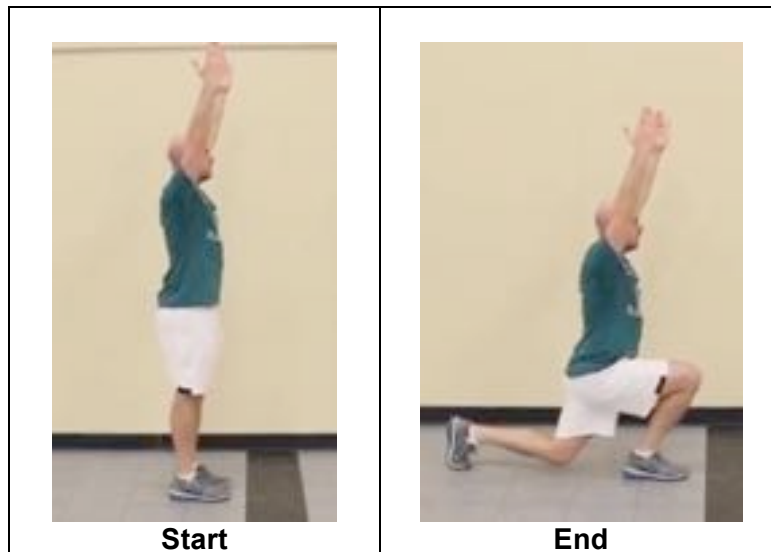
Prisoner Crossover Lunge

## #51 - TD Lunge



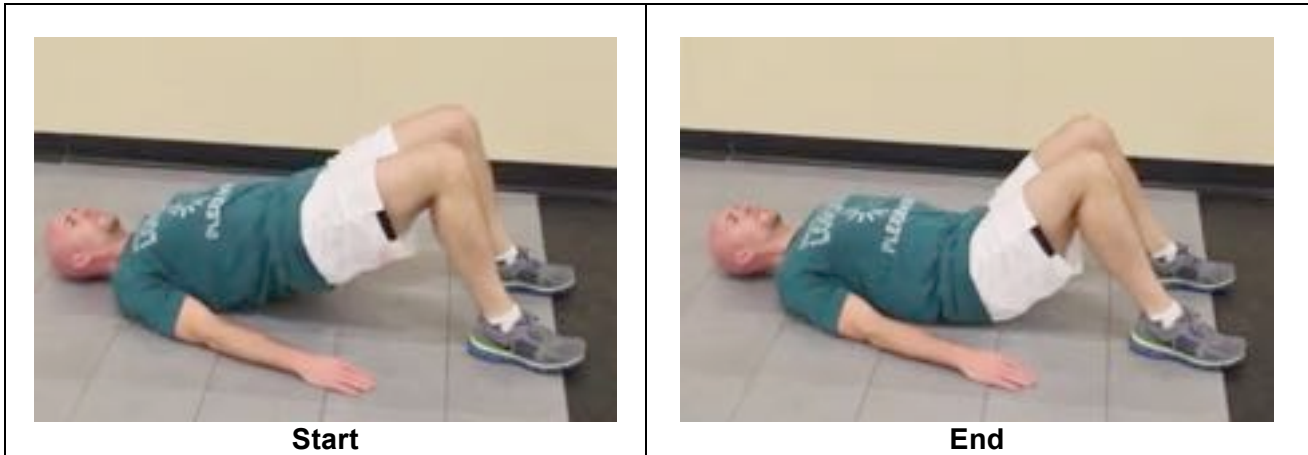
TD Lunge

## #52 - TD Reverse Lunge



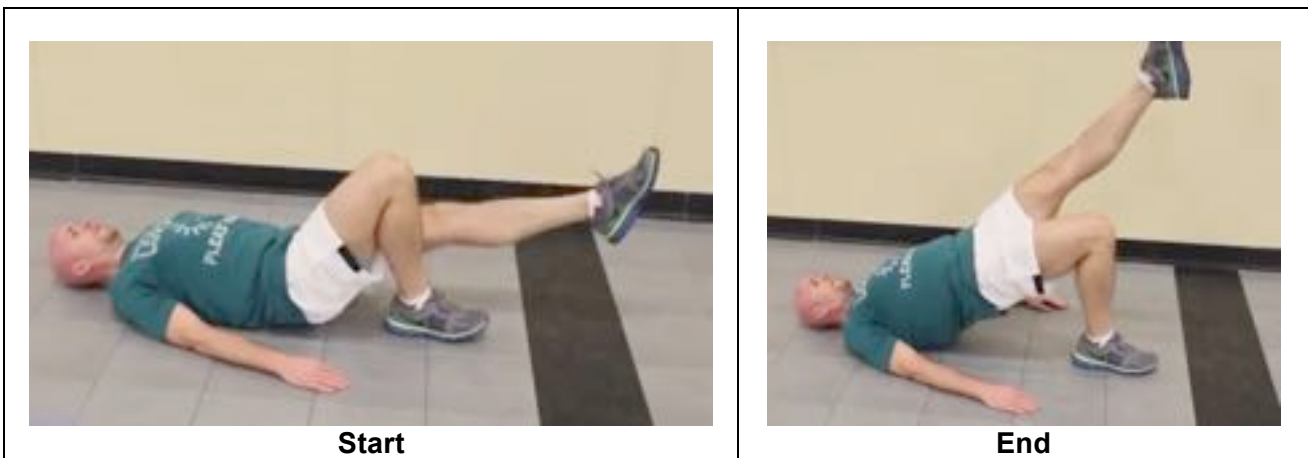
TD Reverse Lunge

### #53 - Hip Extension



Hip Extension

### #54 - 1- Leg Hip Extension



1- Leg Hip Extension

## #55 - Reverse Bridge



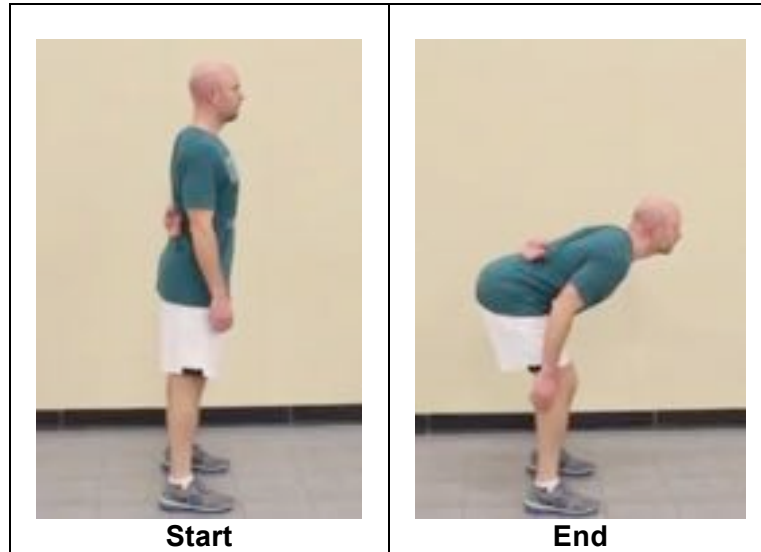
Reverse Bridge

## #56 - 1-Leg Romanian Deadlift



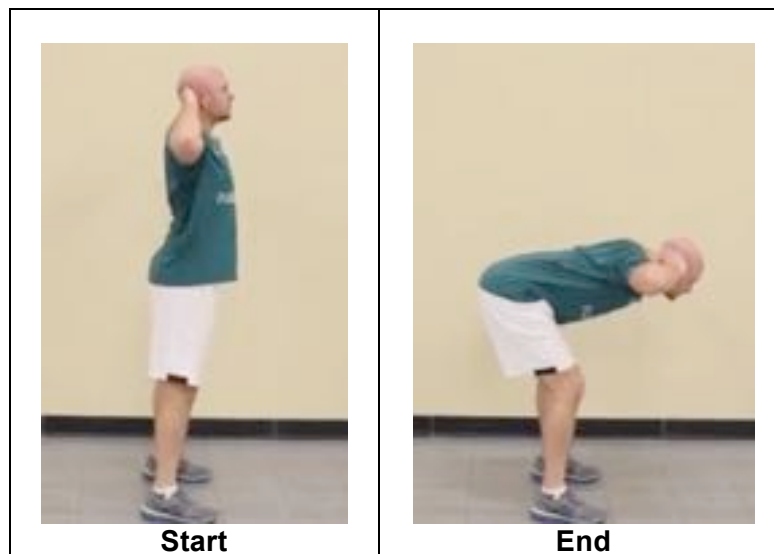
1-Leg Romanian Deadlift

## #57 - Waiter's Bow



Waiter's Bow

## #58 - Prisoner Good Morning



Prisoner Good Morning

## #59 - Lunge Jumps



Lunge Jumps

## #60 - Split Squat



Split Squat

## #61 - Prisoner Split Squat



Prisoner Split Squat

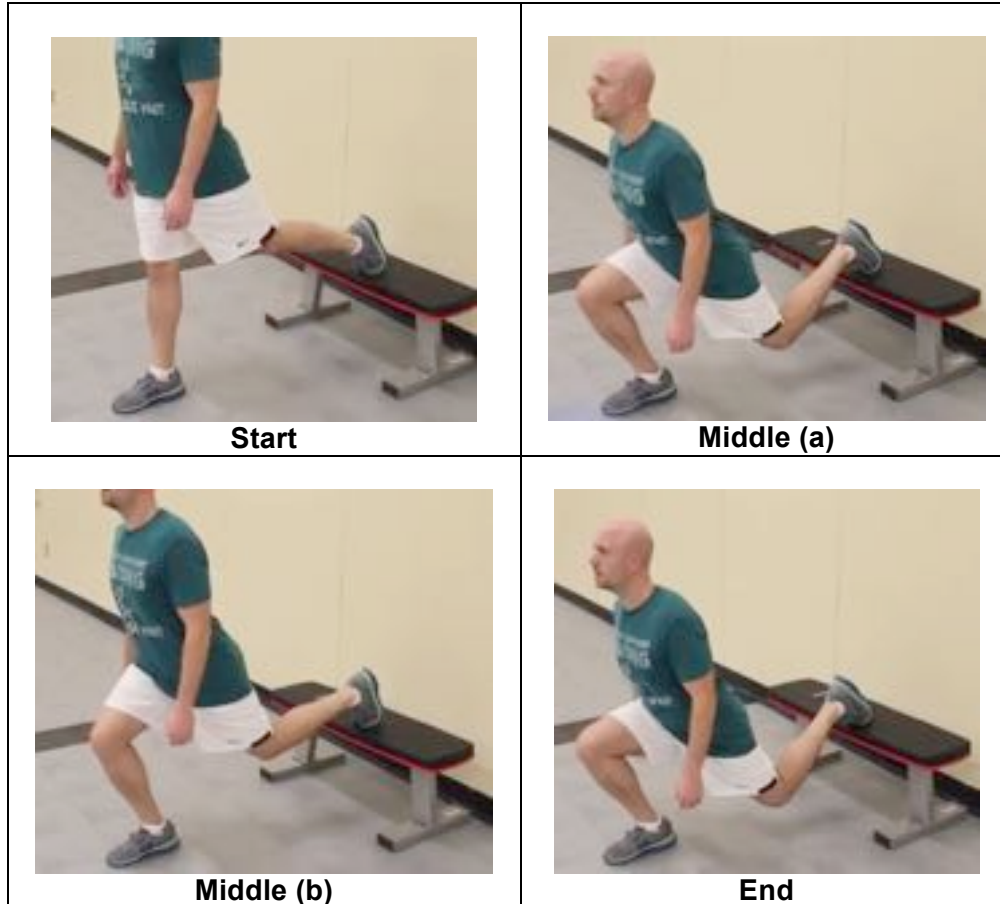
## #62 - Bulgarian Split Squat



Bulgarian Split Squat

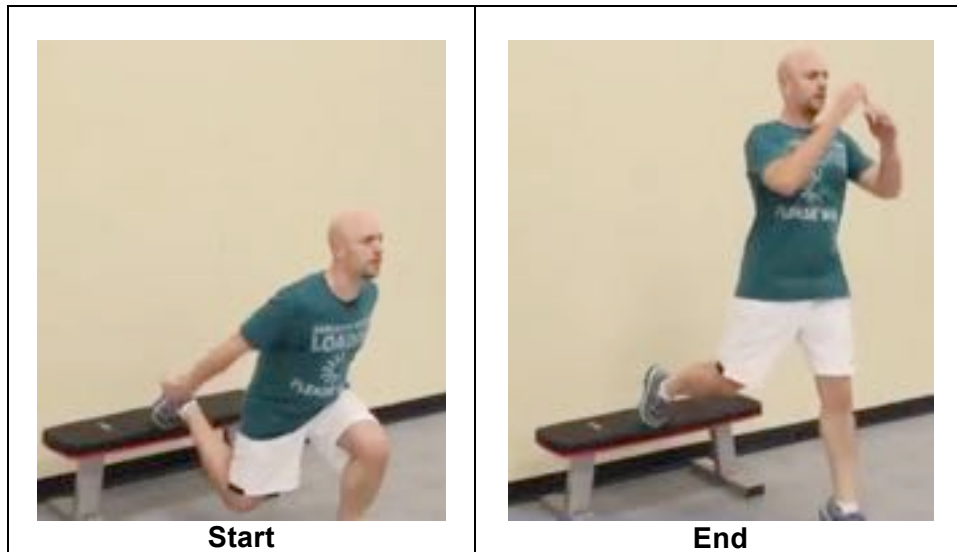


## #63 - Bulgarian Split Squat 1 ½



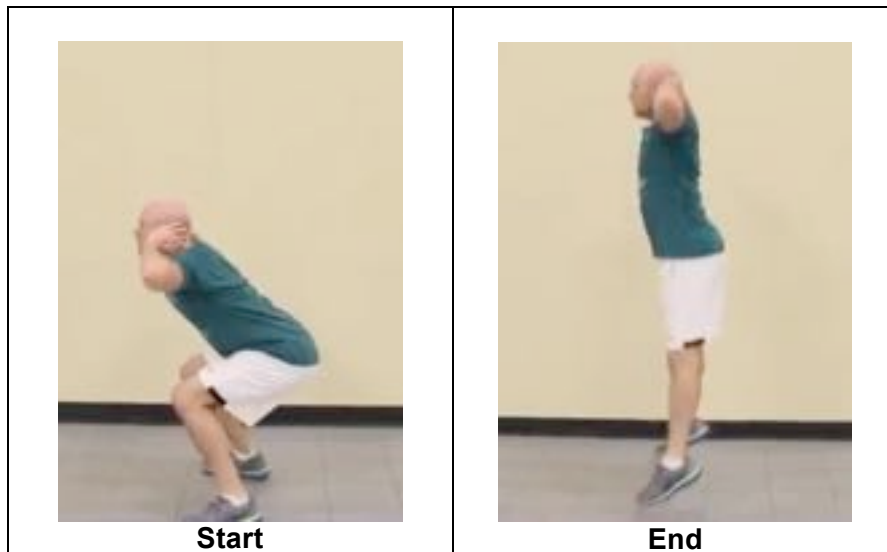
Bulgarian Split Squat 1 1/2

## #64 - Bulgarian Jump Squat



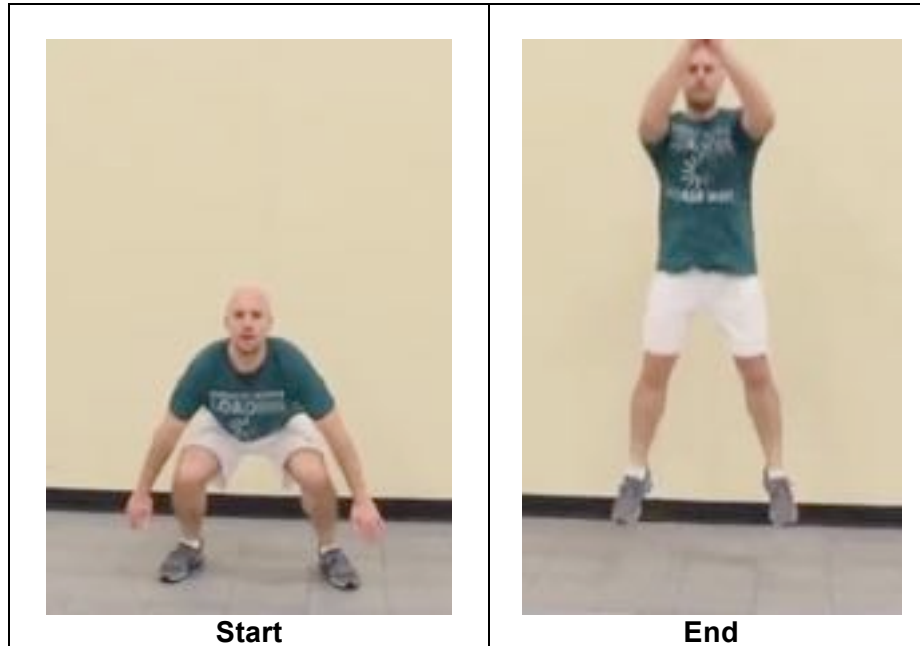
Bulgarian Jump Squat

## #65 - Prisoner Jump Squat



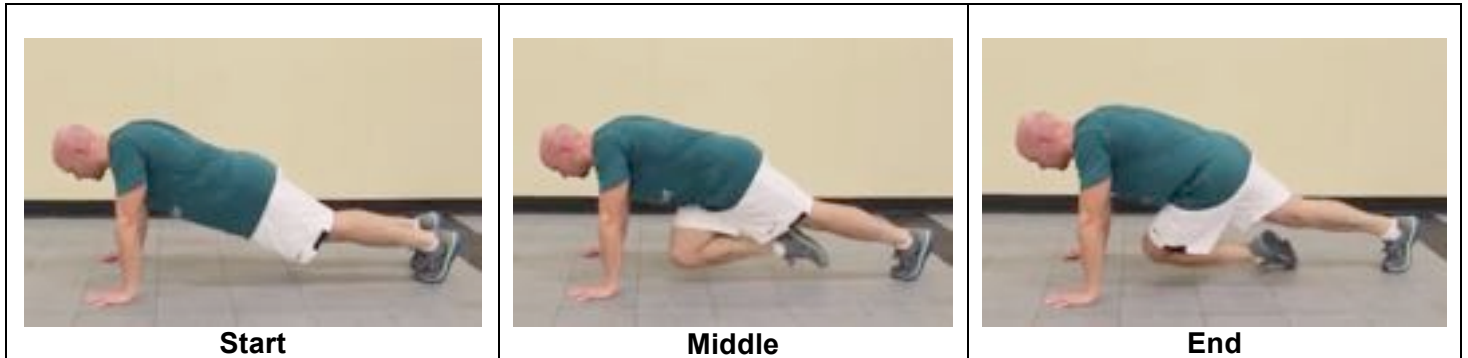
Prisoner Jump Squat

## #66 - Vertical Jump Squat



Vertical Jump Squat

## #67 - X-Body Mountain Climbers



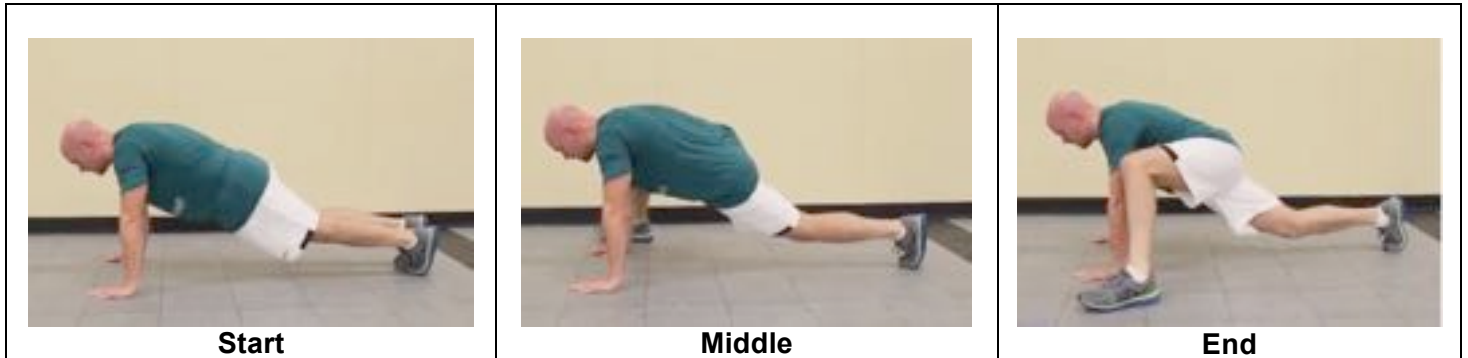
X-Body Mountain Climbers

## #68 - Mountain Climbers



Mountain Climbers

## #69 - Spiderman Climb



Spiderman Climb

## #70 - Plank



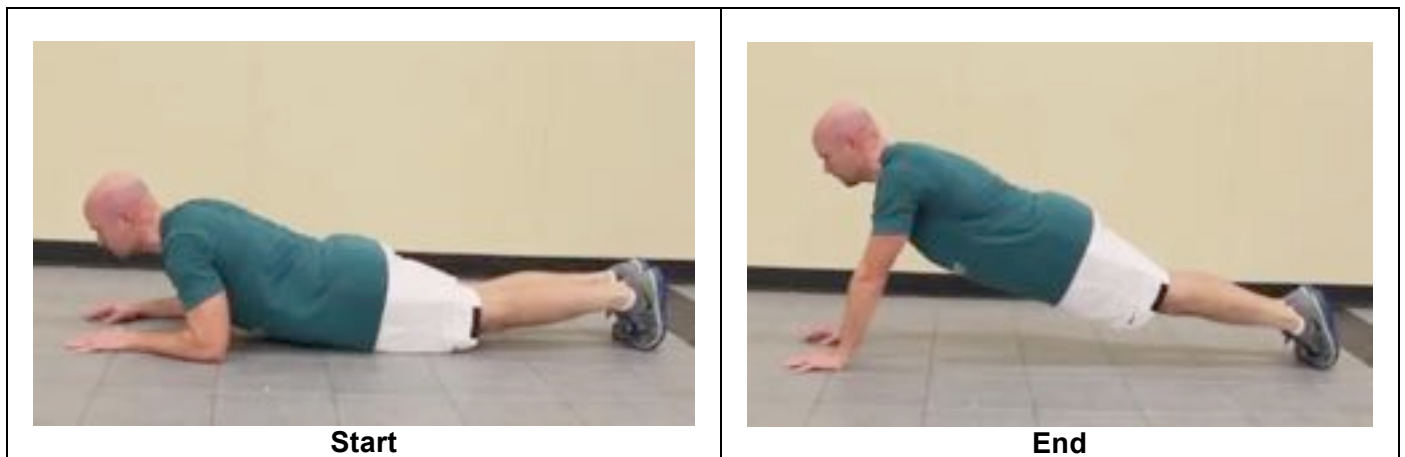
Plank

## #71 - Pushup Plank



Pushup Plank

## #72 - Plank to Tricep Extension



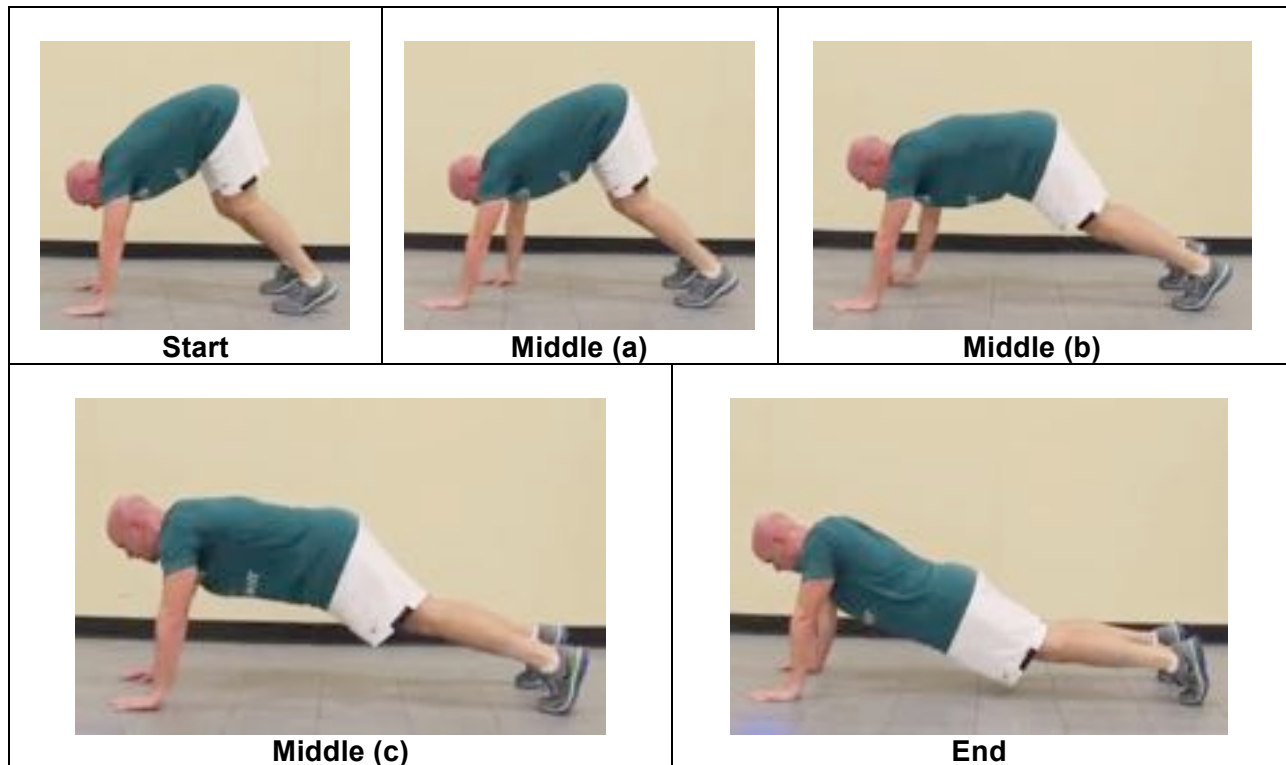
Plank to Tricep Extension

### #73 - Body-Saw



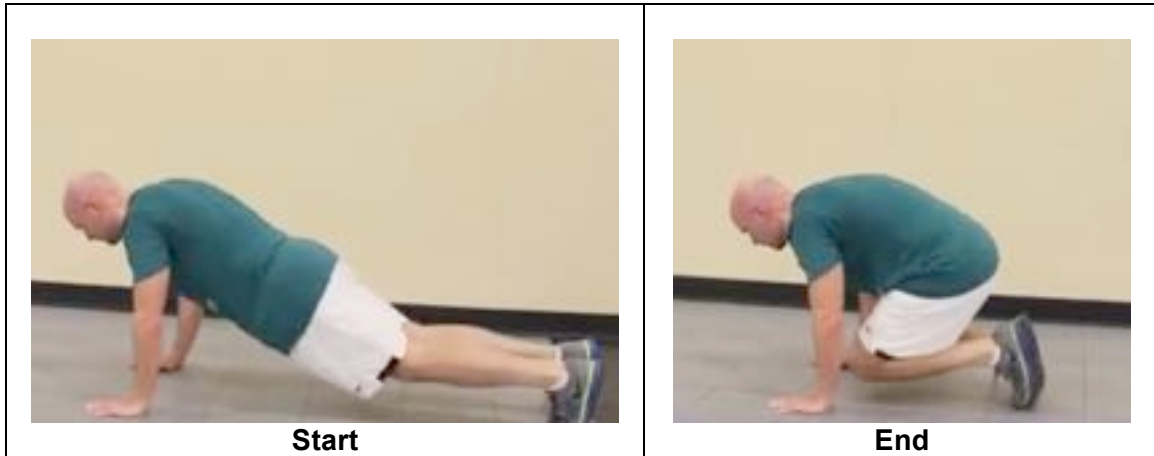
Body-Saw

### #74 – Inchworm



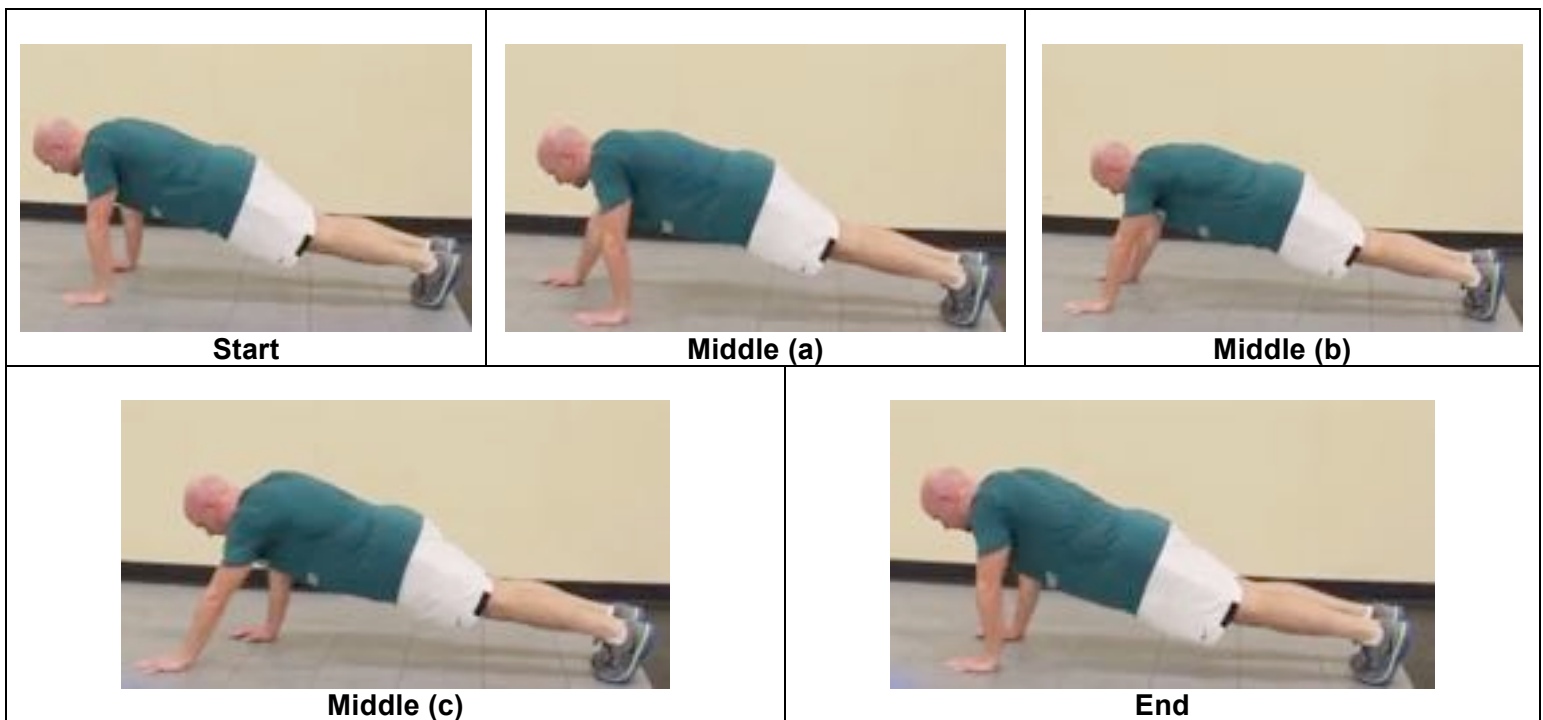
Inchworm

## #75 - Squat Thrust



Squat Thrust

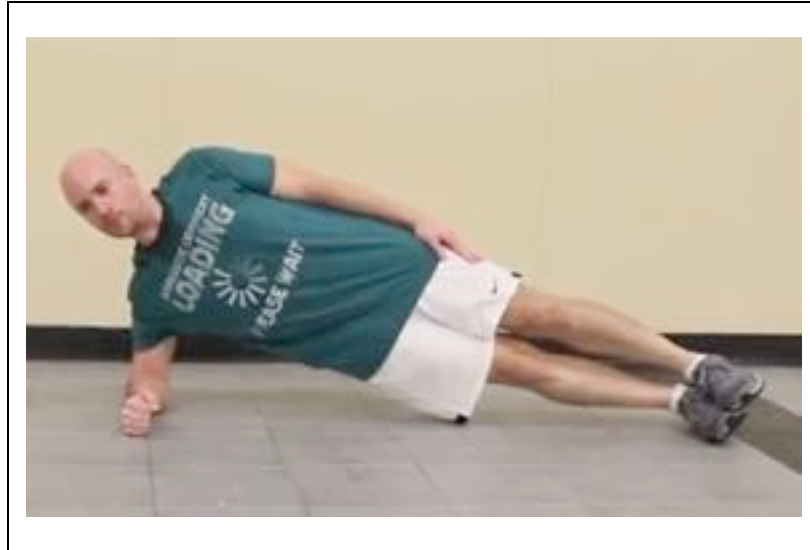
## #76 - Hand Walk-Outs



Hand Walk-Outs

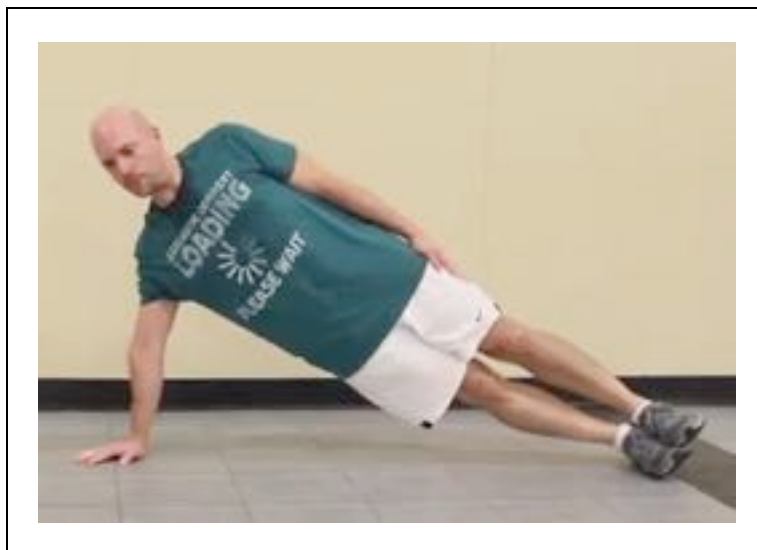


## #77 - Side Plank



Side Plank

## #78 - Extended Side Plank



Extended Side Plank

## #79 - Bodyweight Chops



Bodyweight Chops

## #80 - Alternating Bodyweight Chops



**Alternating Bodyweight Chops**

## #81 - Bird Dog



Start



Middle (a)



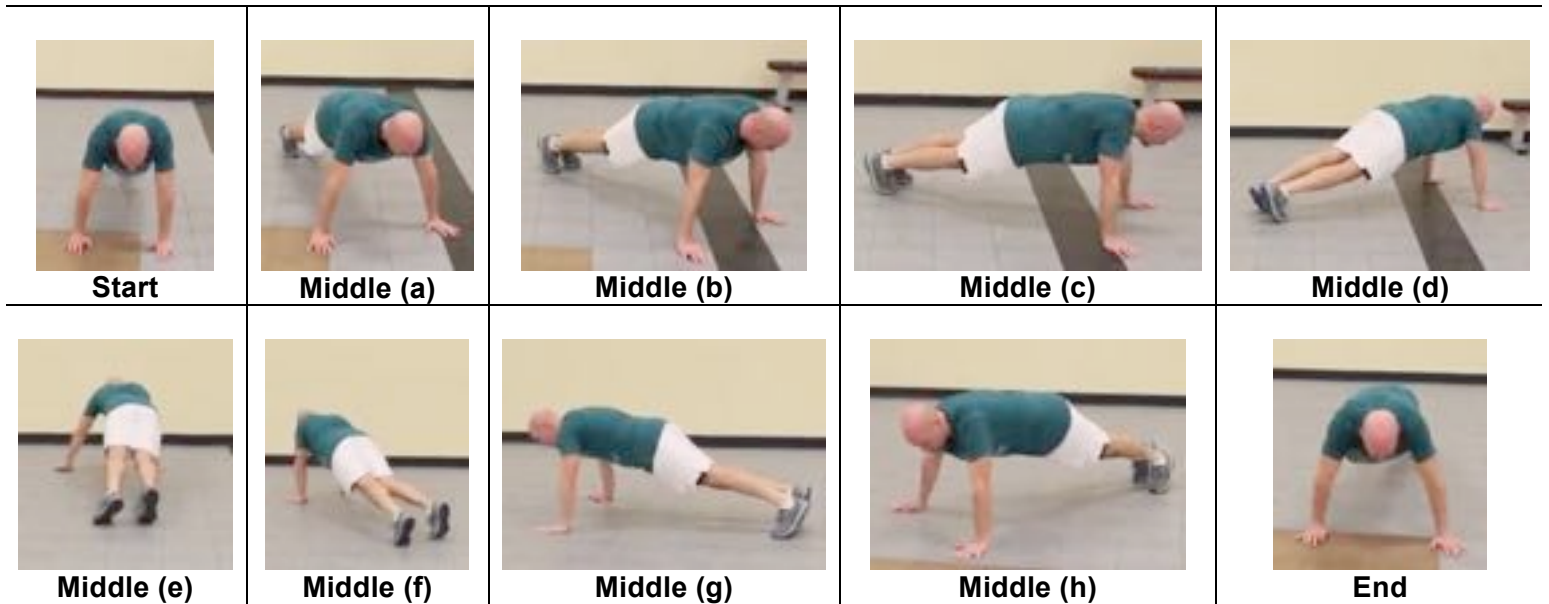
Middle (b)



End

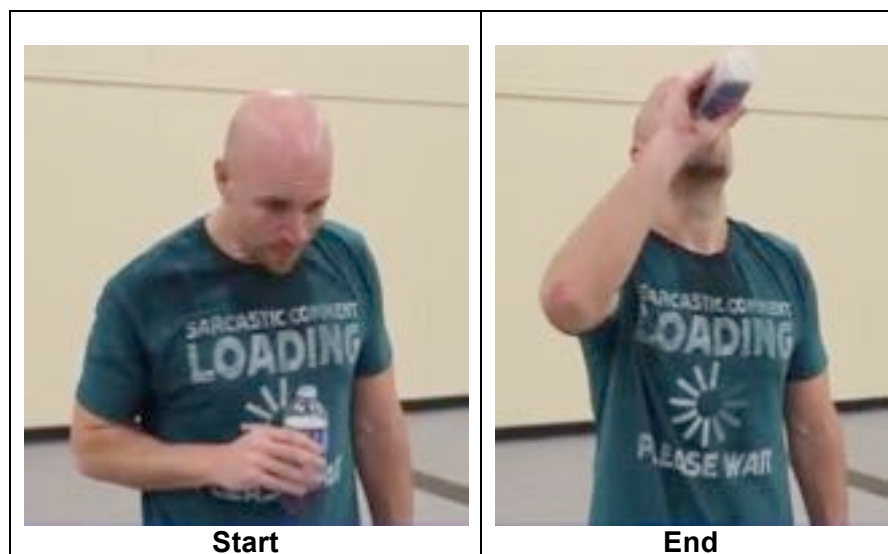
### Bird Dog

## #82 - Around the World



Around the World

## #83 - American Vertical Water Lift and Tilt



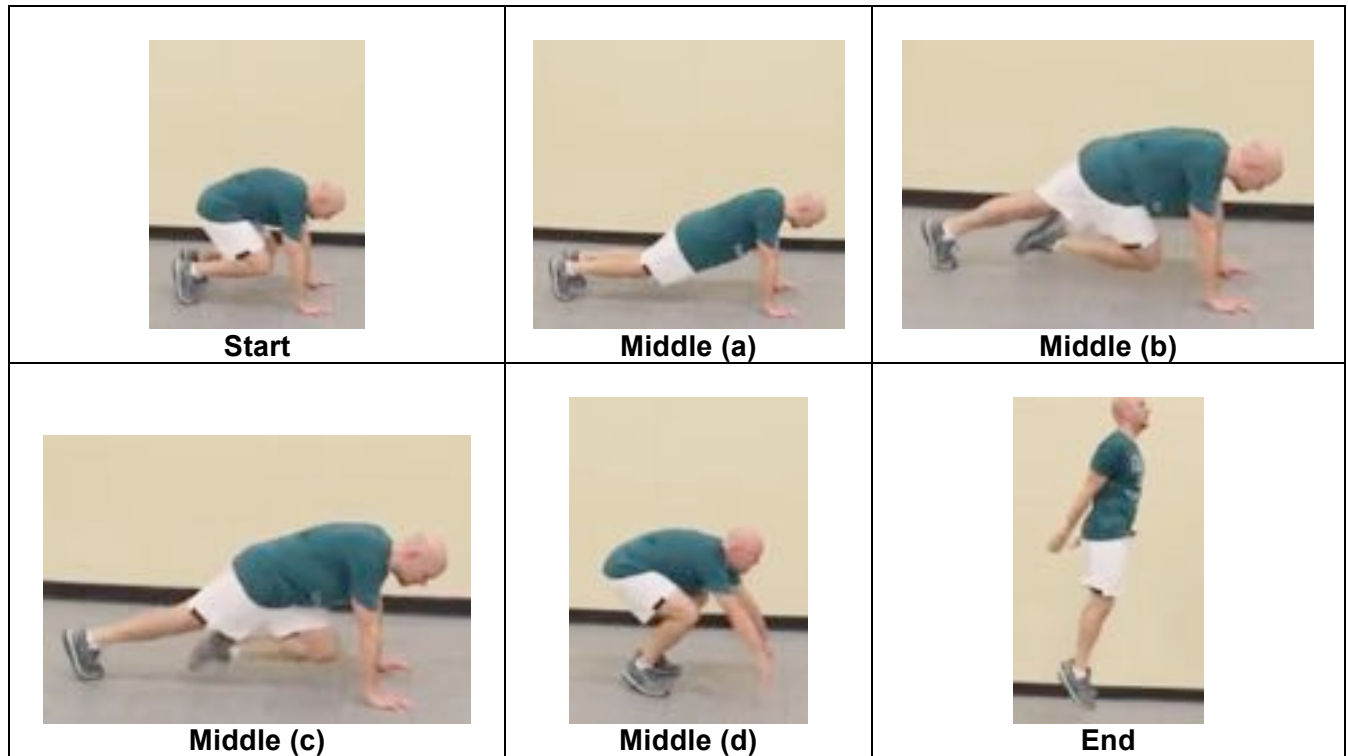
American Vertical Water Lift and Tilt

## #84 - Burpees



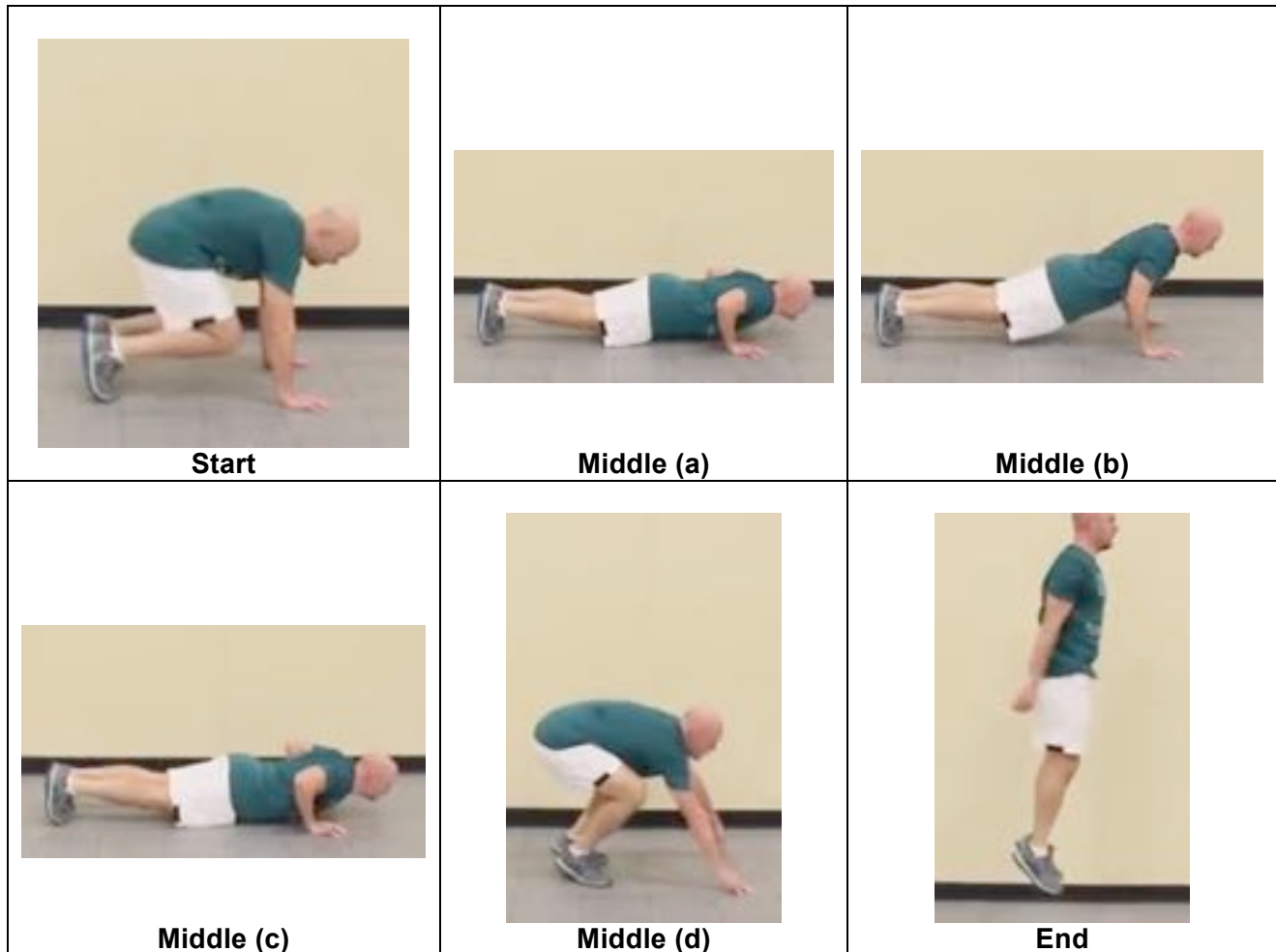
**Burpees**

## #85 - Burpee / X-Body Mountain Climber Combos



Burpee/X-Body Mountain Climber Combos

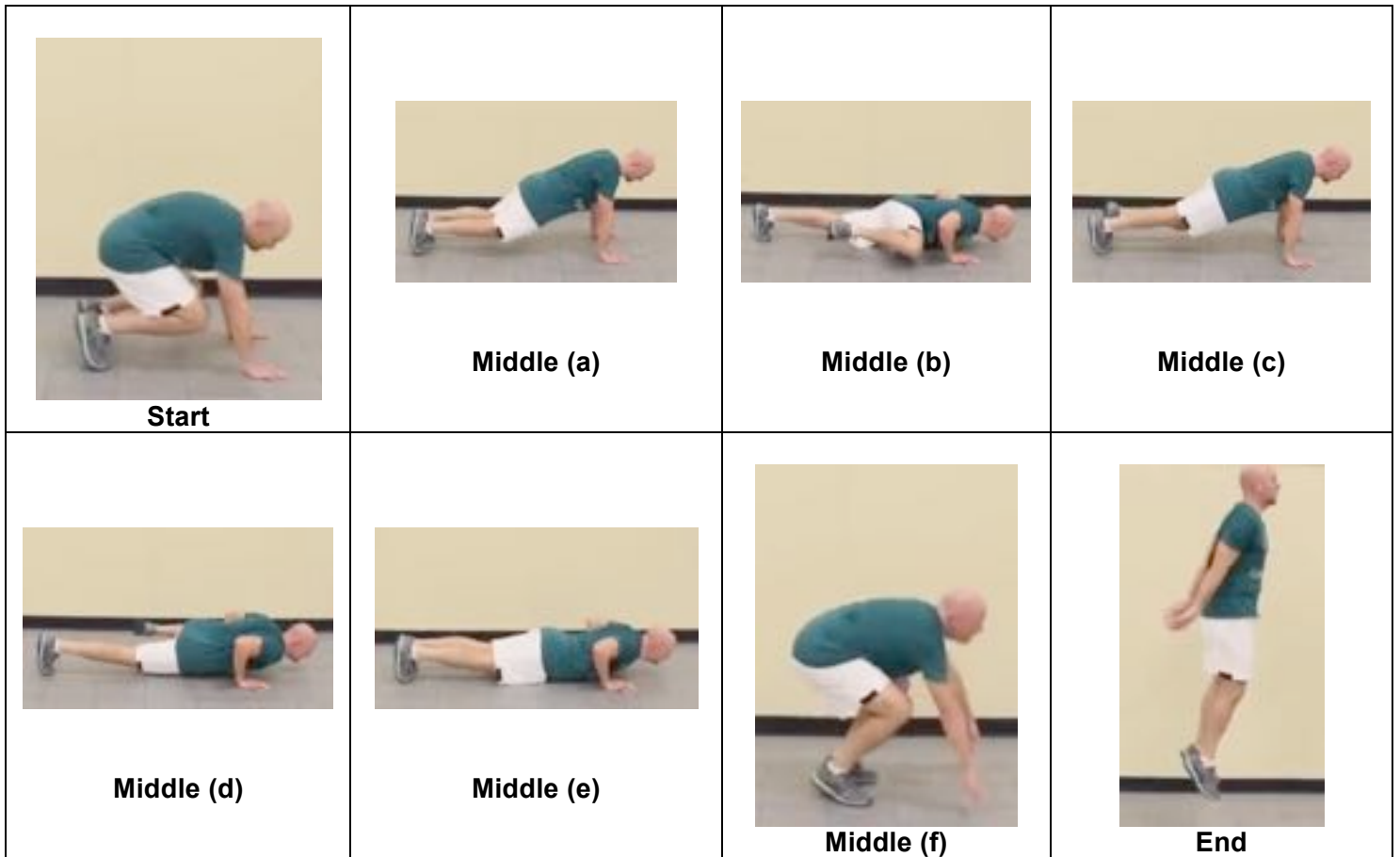
## #86 - Double Pushup Burpees



**Double Pushup Burpees**

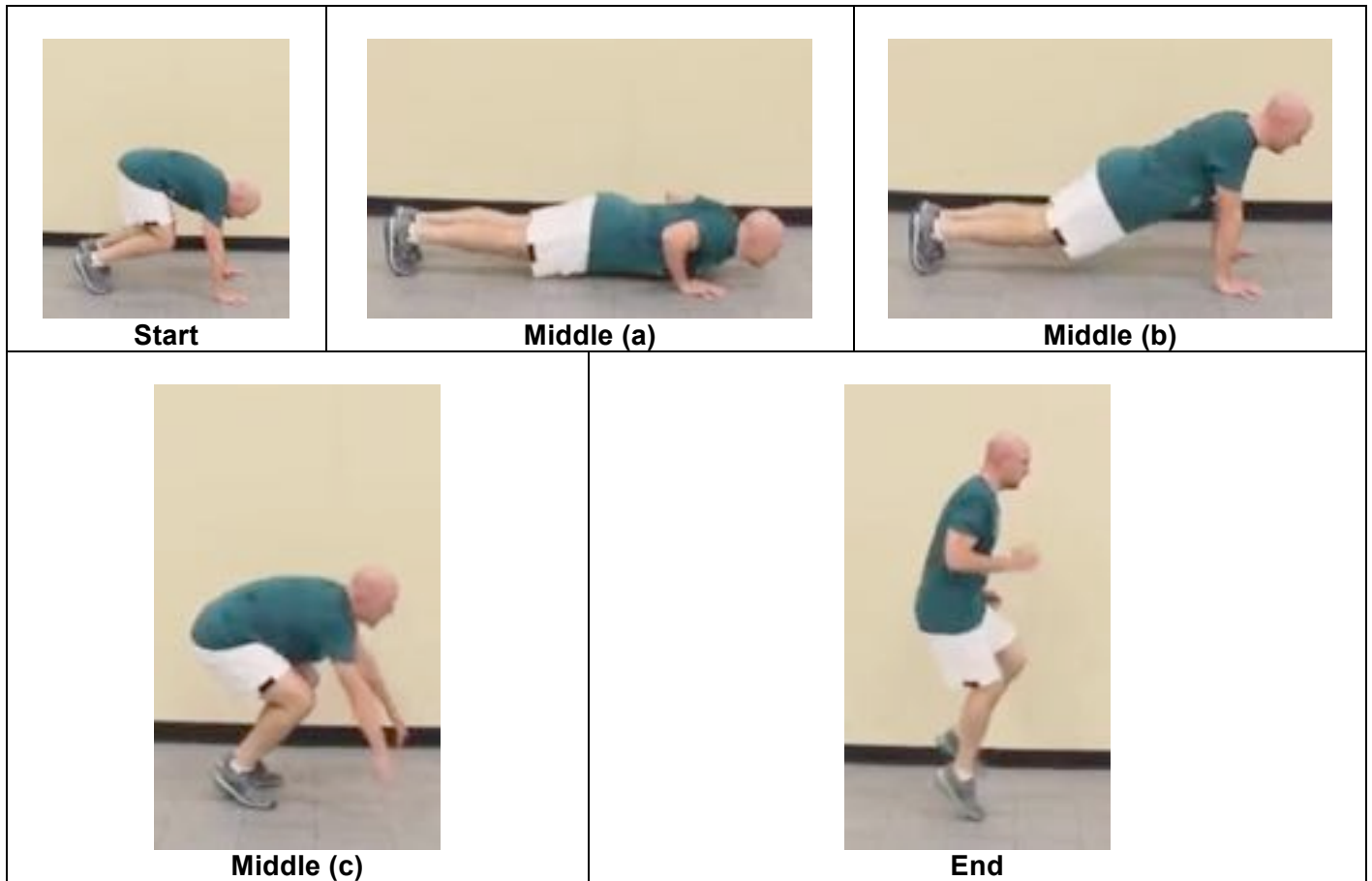


## #87 - Burpee / Spiderman Pushup Combo



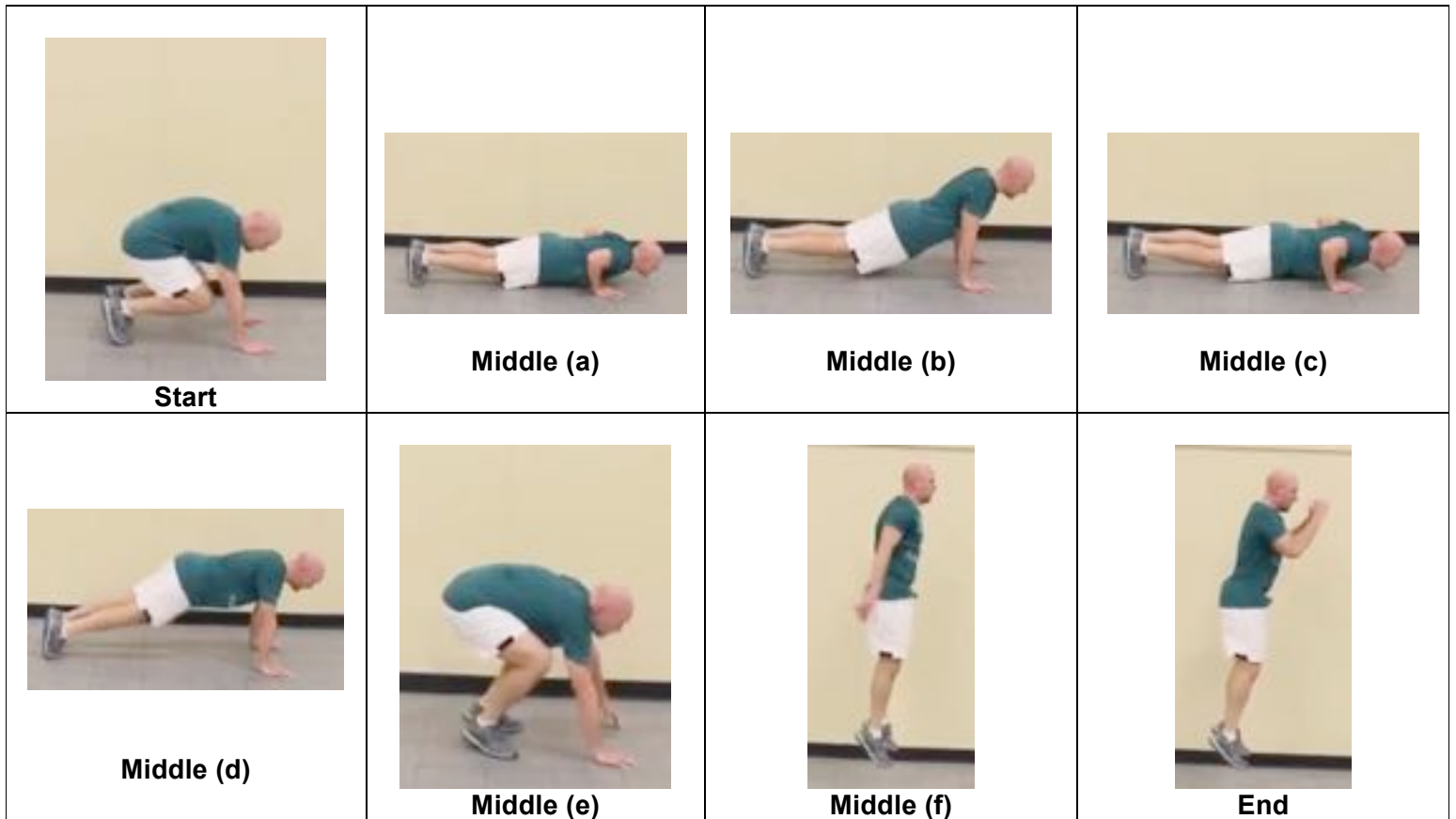
**Burpee/Spiderman Pushup Combo**

## #88 - Burpee Sprint Combo



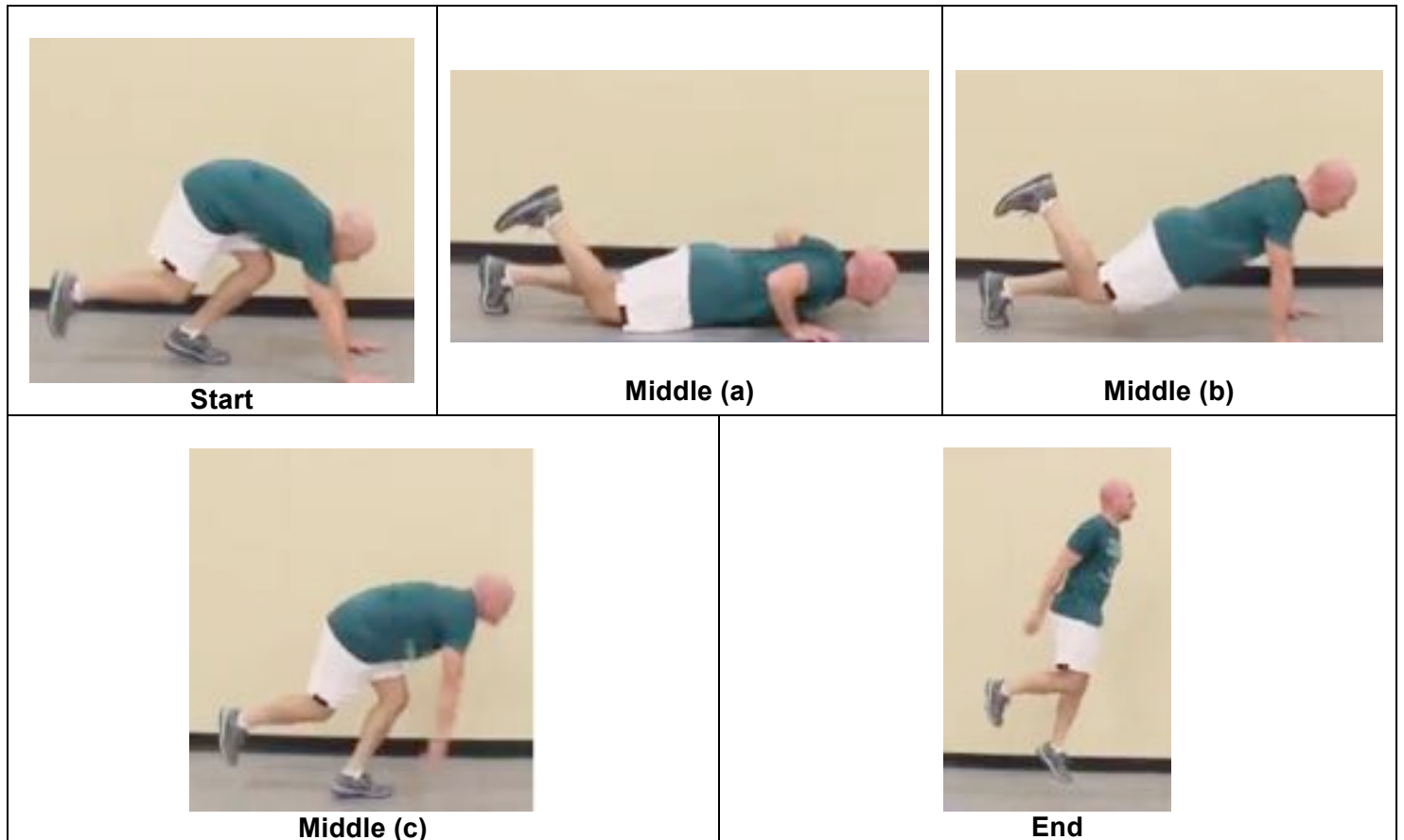
**Burpee Sprint Combo**

## #89 - Double Burpee



**Double Burpee**

## #90 - Single Leg Burpee



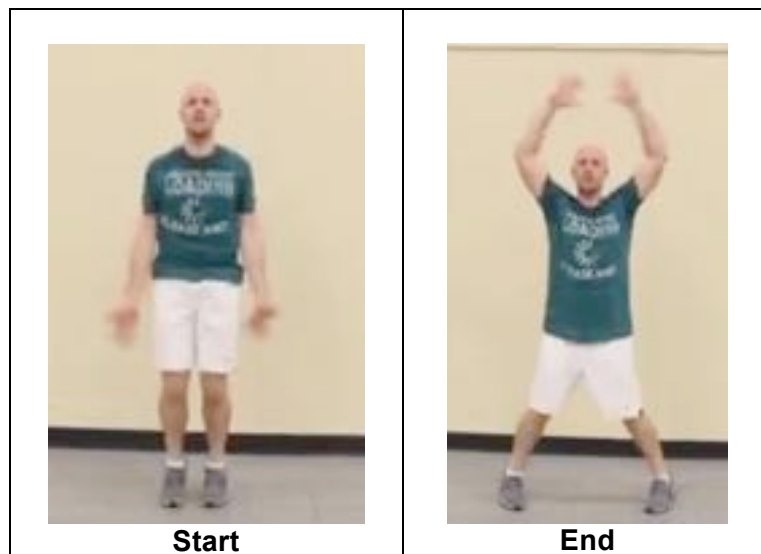
Single Leg Burpee

## #91 - Skater Hops



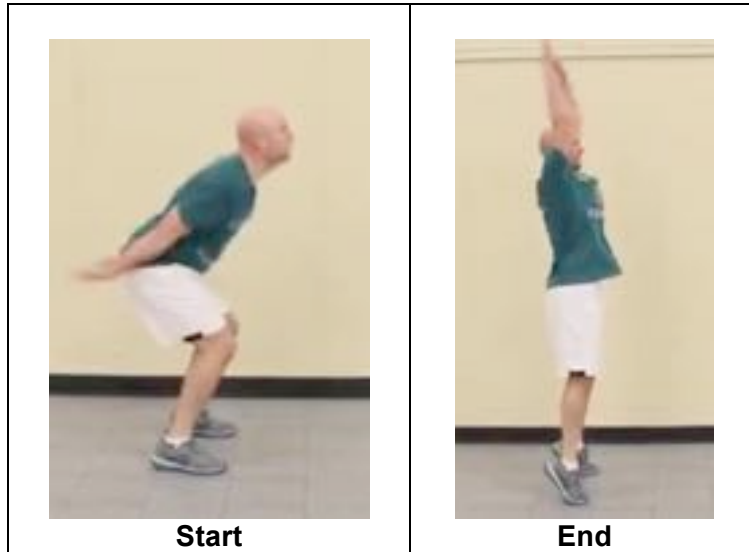
Skater Hops

## #92 - Jumping Jacks



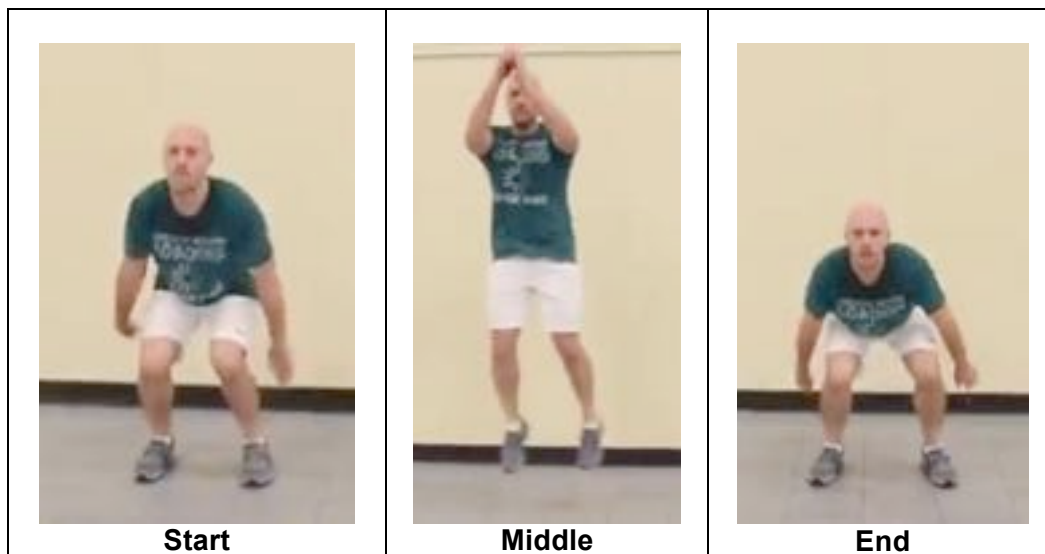
Jumping Jacks

## #93 - Total Body Extension



Total Body Extension

## #94 - Lateral Jumps



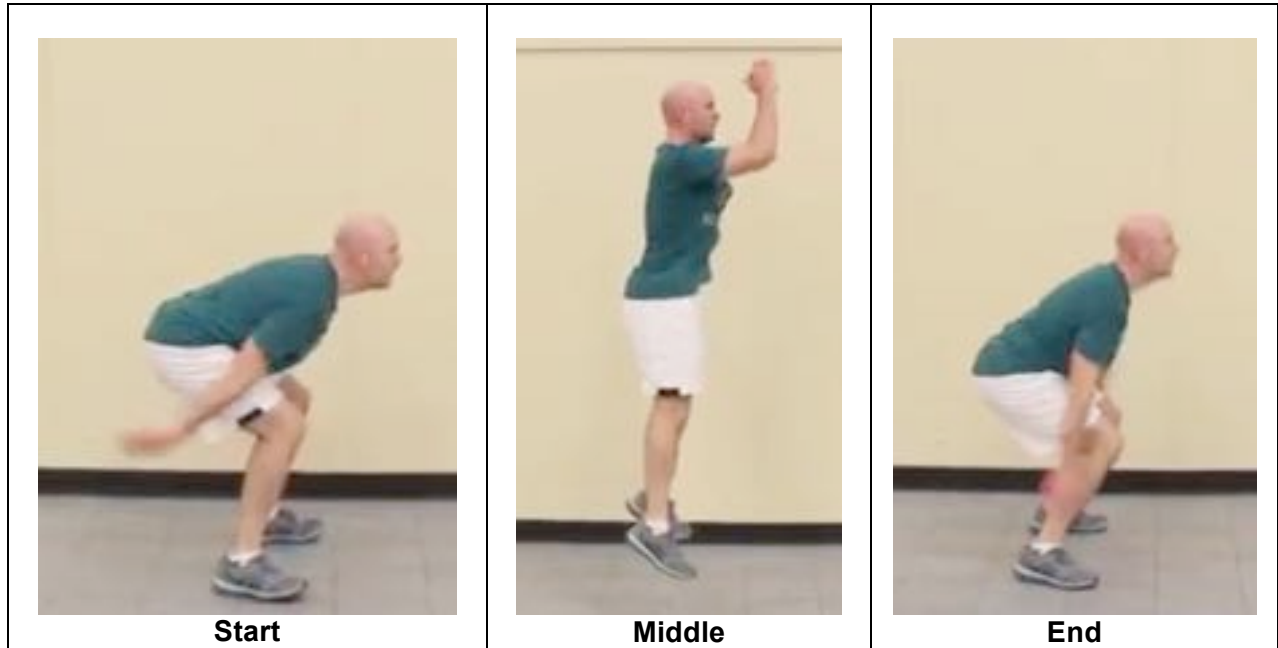
Lateral Jumps

## #95 - Long Jumps



Long Jumps

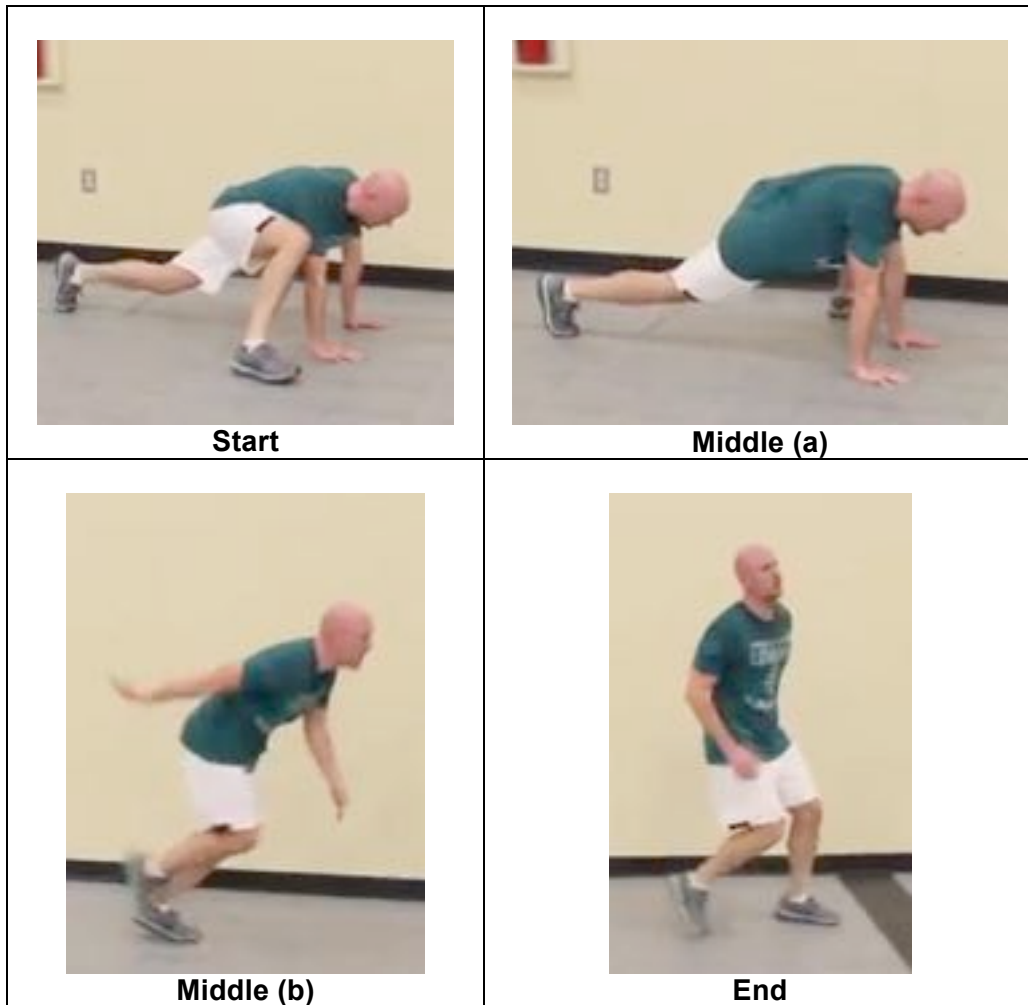
## #96 - Jump Squat



**Jump Squat**

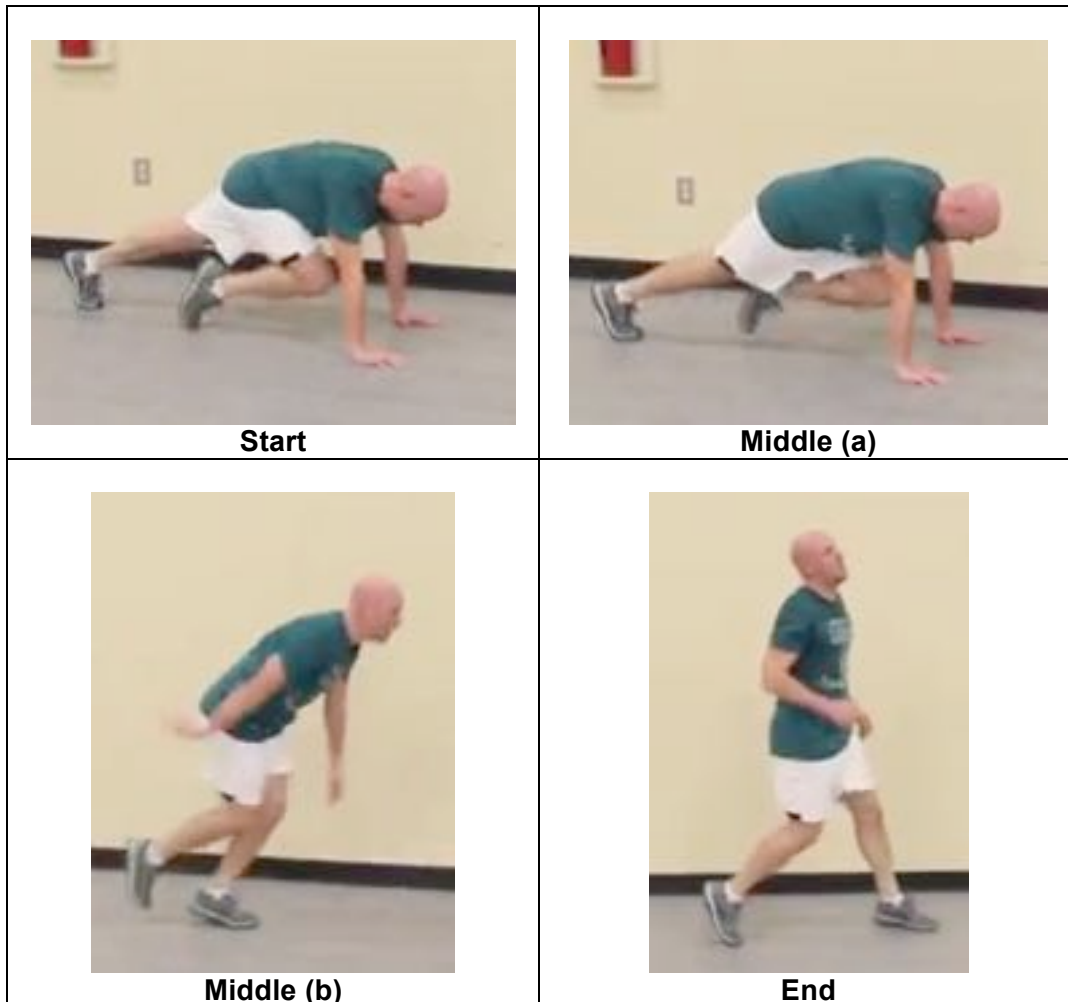


## #97 - Spiderman Climb Sprint to Start



**Spiderman Climb Sprint to Start**

## #98 - Mountain Climber Sprint to Start



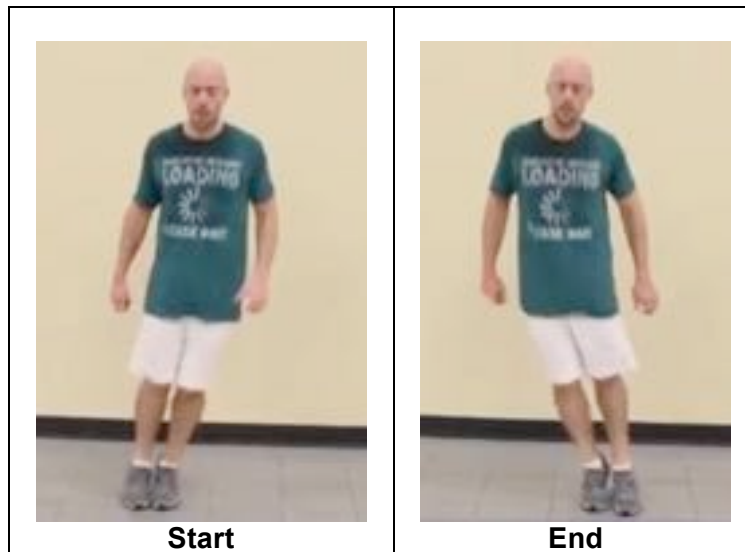
Mountain Climber Sprint to Start

## #99 - Run in Place



Run in Place

## #100 - Side-to-Side Hops



Side-to-Side Hops

## #101 - Split Shuffle



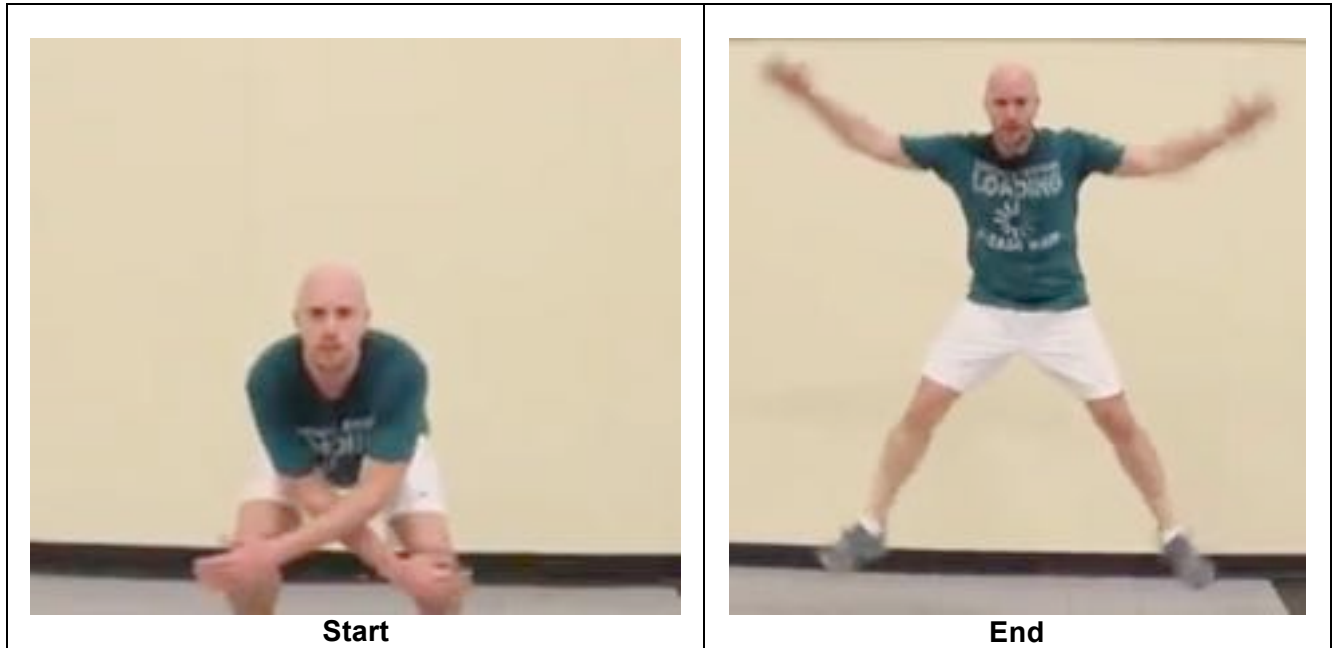
Split Shuffle

## #102 - Star Shuffle



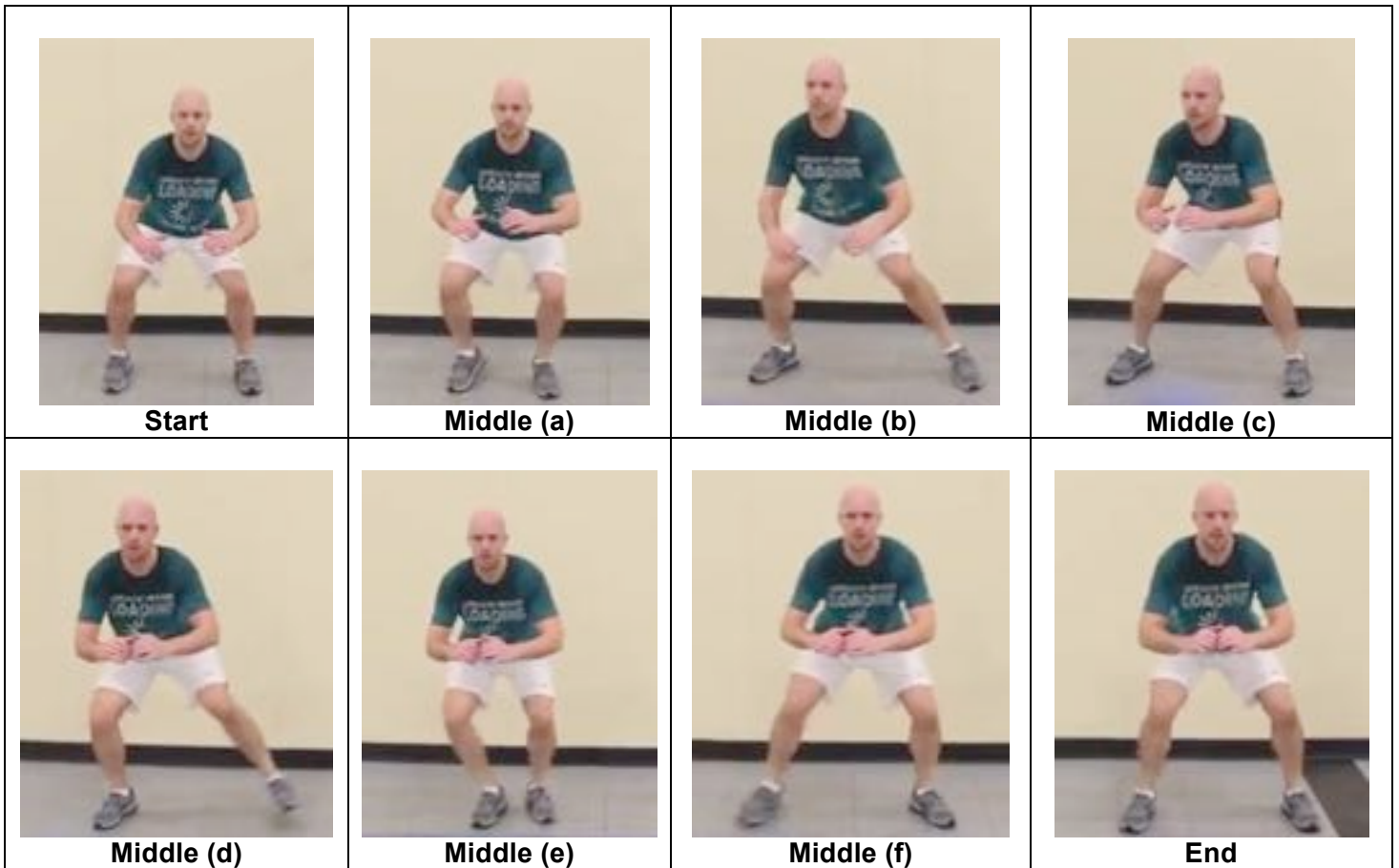
Star Shuffle

## #103 - Star Jumps



Star Jumps

## #104 - Side-to-Side Shuffle



Side-to-Side Shuffle

## #105 - Squat Shuffle



Squat Shuffle