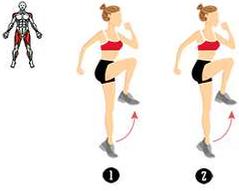


Bodyweight Workout

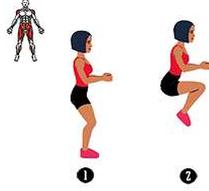
HomeGym101

CARIDO

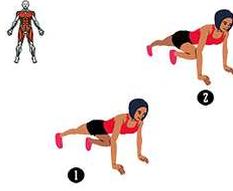
High knees



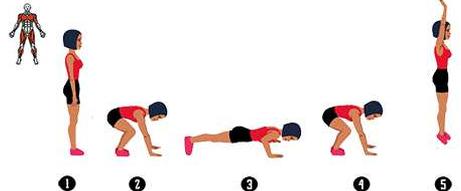
Tuck Jump



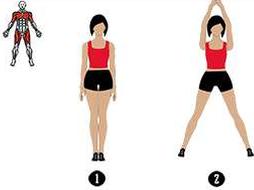
Mountain Climb



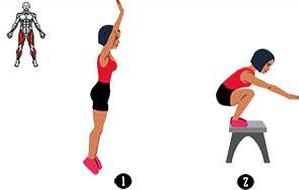
Burpee



Jumping Jack



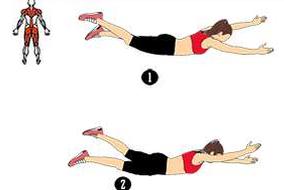
Box Jumps



Step-Up

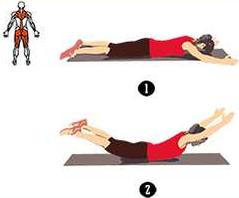


Swimmer

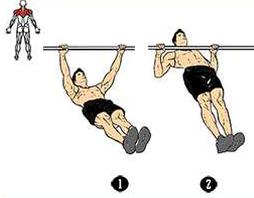


BACK

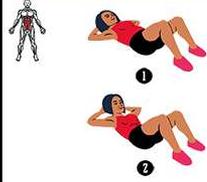
Superman



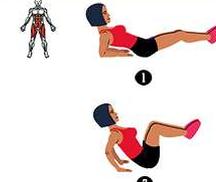
Bodyweight Row



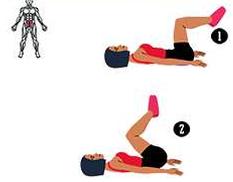
Crunch



Leg Pull-In



Reverse Crunch



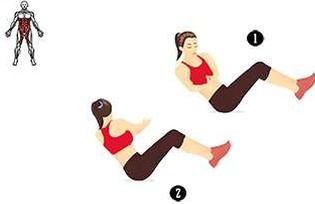
BACK

CORE

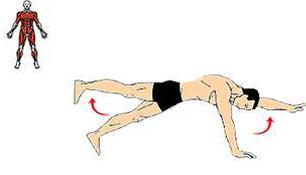
Side Plank



Russian Twist



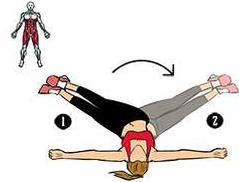
Alternate Arm Leg Plank



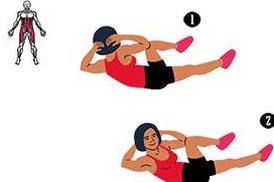
V-up



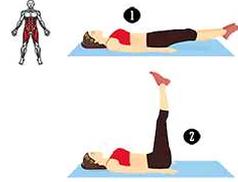
Windshield Wiper



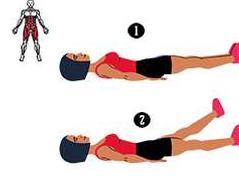
Bicycle Crunch



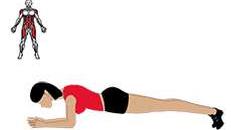
Lying Leg Lift



Flutter Kick

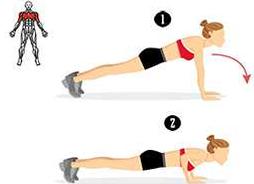


Plank

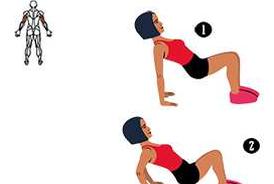


UPPER BODY

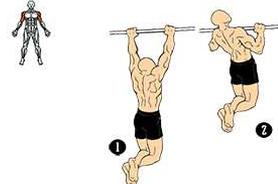
Push-Up



Tricep Dip



Pull-Up

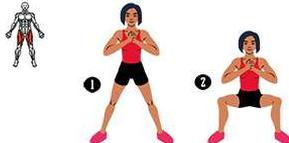


Pike Push-Up



LOWER BODY

Sumo Squat



Skaters



Lunge Front Kick



Single Leg Split Squat



Single Leg Dead Lift



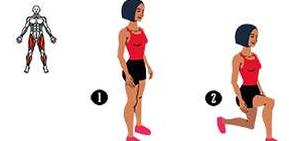
Single Leg Squat



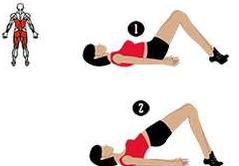
Fire Hydrant



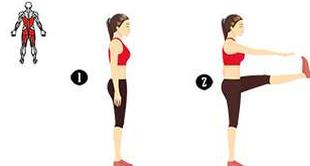
Lunge



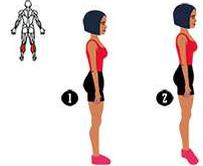
Hip Raise



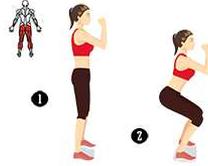
Walking Toe Touches



Calf Raise



Squat



Fire Hydrant

