

Bodyweight Exercises

BY NEILA REY © neilarey.com



abs



quads



glutes



triceps



biceps



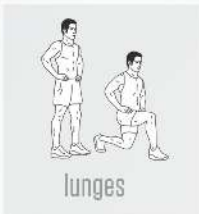
back



chest



sit-ups



lunges



squats



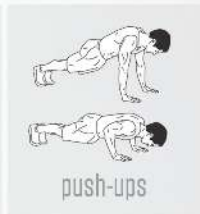
close grip push-ups



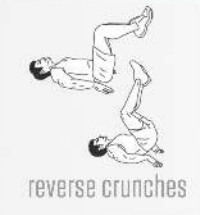
leg curls



pull-ups



push-ups



reverse crunches



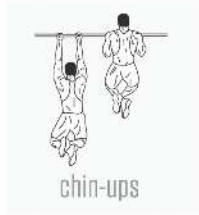
high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



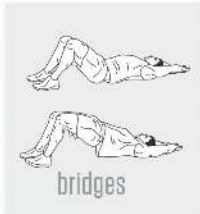
plank rotations



bicycle crunches



turning kicks



bridges



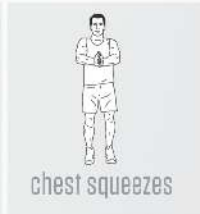
tricep extensions



doorframe rows



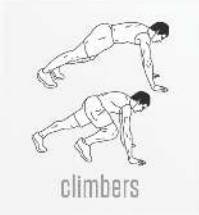
superman



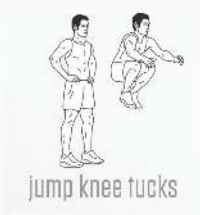
chest squeezes



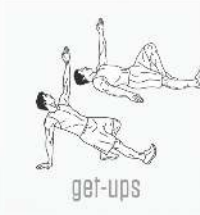
flutter kicks



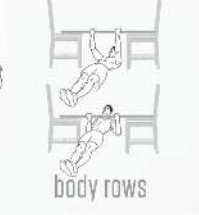
climbers



jump knee tucks



get-ups



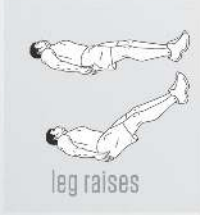
body rows



star plank



shoulder press



leg raises



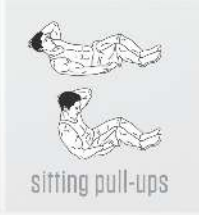
plank jump-ins



fly steps



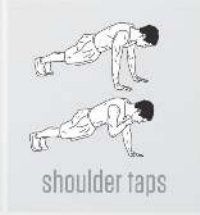
punches



sitting pull-ups



alt arm/leg plank



shoulder taps



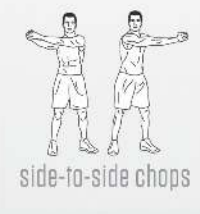
elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups