

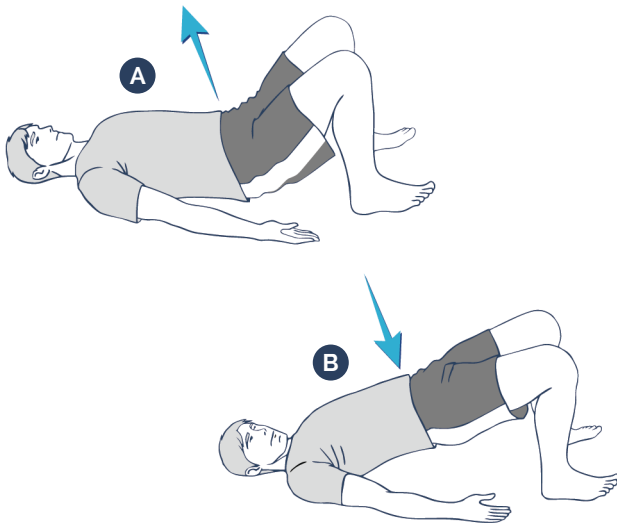
# 51

## BODYWEIGHT EXERCISES

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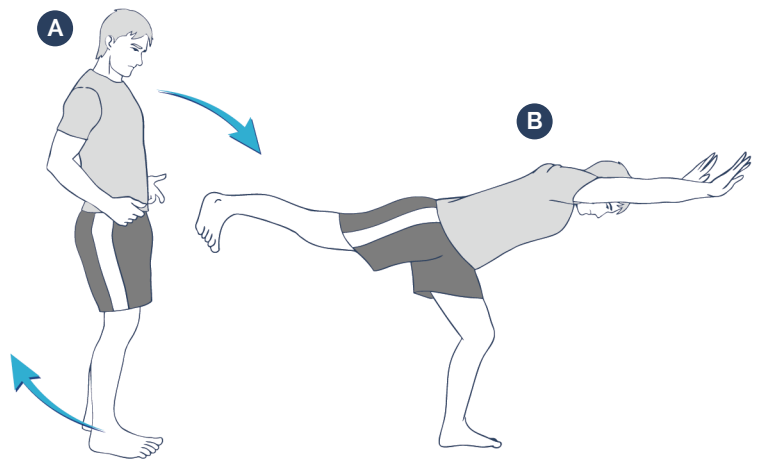
## 1 Bridge



**Muscles used:** Buttocks, Quads, Hamstrings, Core

**Summary:** One of the great bodyweight exercises for activating the buttocks and teaching the lower back to not overwork.

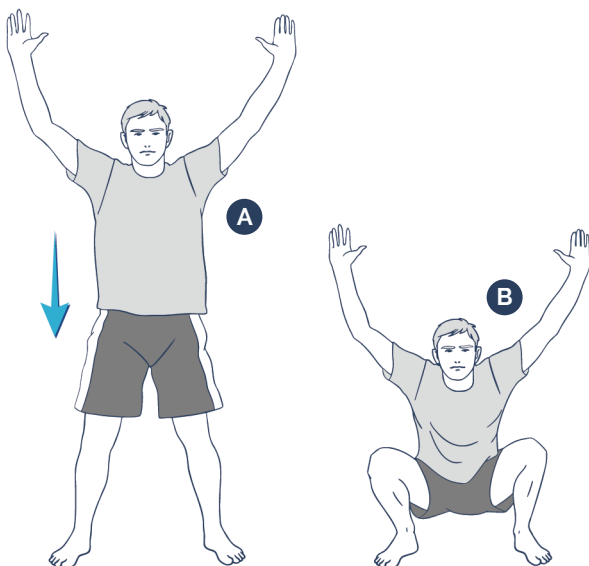
## 2 Single Leg Deadlift



**Muscles used:** Hamstrings, Buttocks, Core

**Summary:** A good buttock and hamstring bodyweight exercise, that not only challenges your balance but also teaches good core and body alignment. One of the best bodyweight exercises that is often neglected.

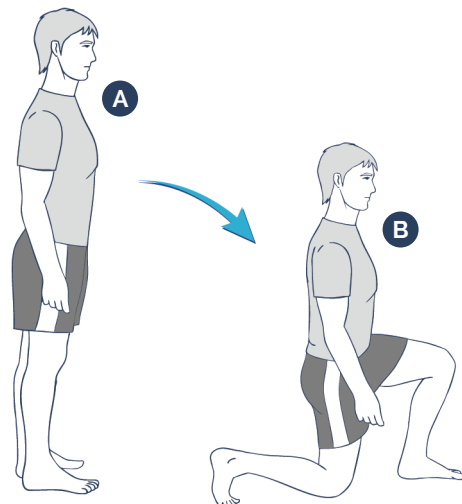
## 3 Y Squats



**Muscles used:** Glutes, Hamstrings, Buttocks, Upper Back, Core

**Summary:** The perfect starting point for beginners and an excellent full body bodyweight exercise. Great for improving mobility too.

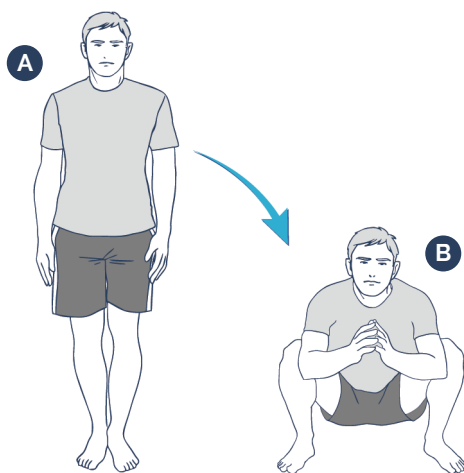
## 4 Forward Lunge



**Muscles used:** Glutes, Quads, Hamstrings, Core

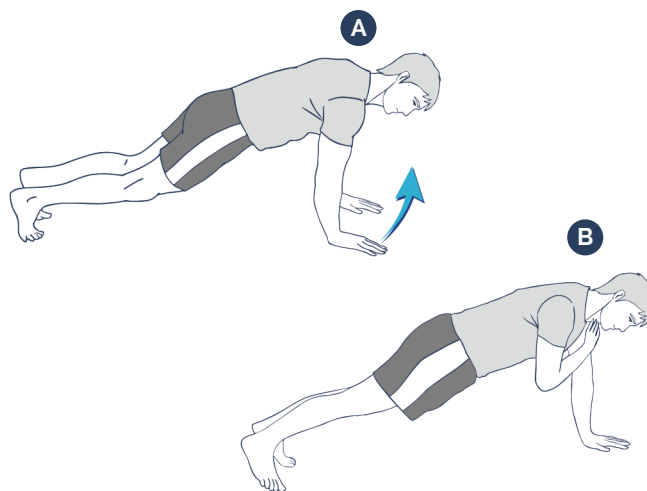
**Summary:** A fundamental lower body strengthening body weight exercise. Also helps improve hip mobility.

## 5 Lateral Squat



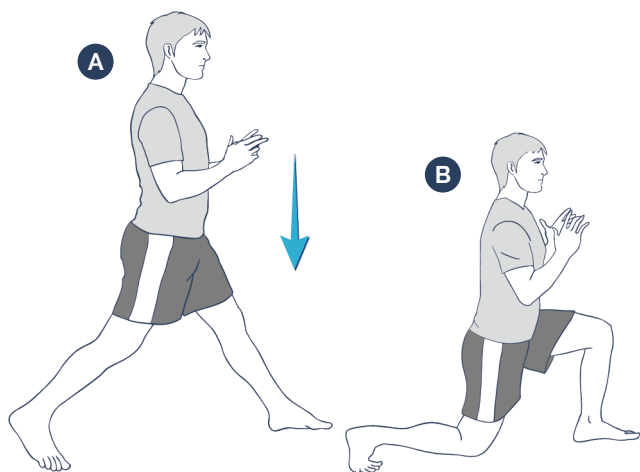
**Muscles used:** Glutes, Quads, Hamstrings, Core  
**Summary:** A more difficult variation of the bodyweight squat and designed to raise the heart rate a little more.

## 6 Shoulder Taps



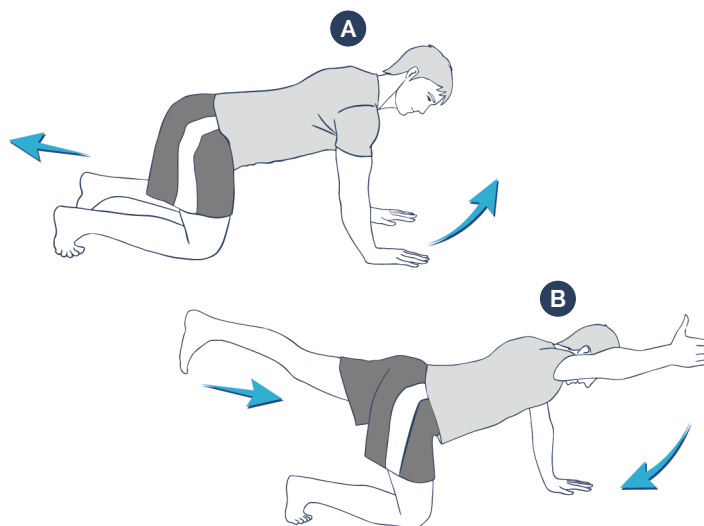
**Muscles used:** Shoulders, Chest, Back, Core, Glutes  
**Summary:** One of the fundamental bodyweight exercises and a great introduction into stabilising the body using the core muscles. If you can't perform this body weight exercise then you shouldn't be doing Push Ups.

## 7 Static Lunge



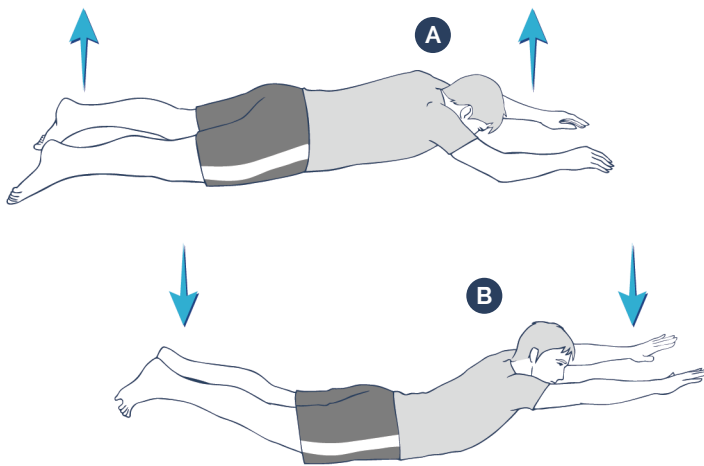
**Muscles used:** Glutes, Quads, Hamstrings, Core  
**Summary:** A good introduction into lunging bodyweight exercises. Challenging for the lower body as well as your balance.

## 8 Bird Dog



**Muscles used:** Shoulders, Back, Core, Glutes  
**Summary:** One of the trickiest bodyweight exercises but excellent for improving the postural muscles in the back of the body. Tough on the shoulder stabilisers too!

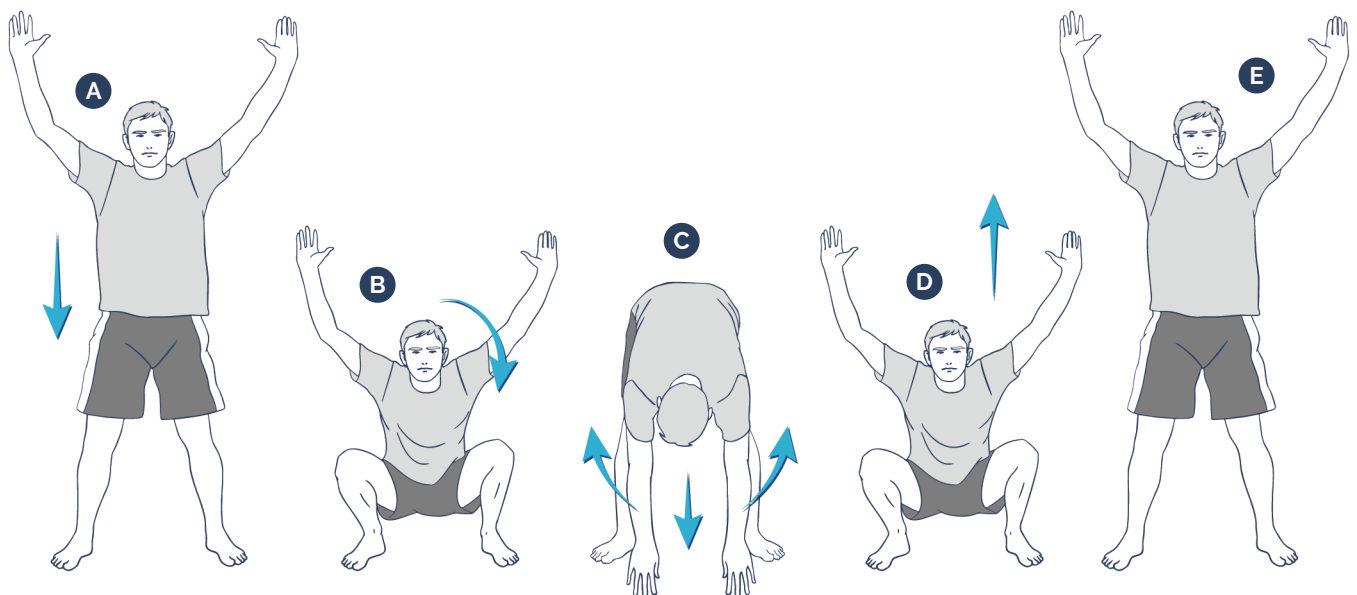
## 9 Back Extensions



**Muscles used:** Glutes, Back

**Summary:** A good body weight exercise for strengthening the back stabilisers. Keep buttocks squeezed tight to protect the lower back.

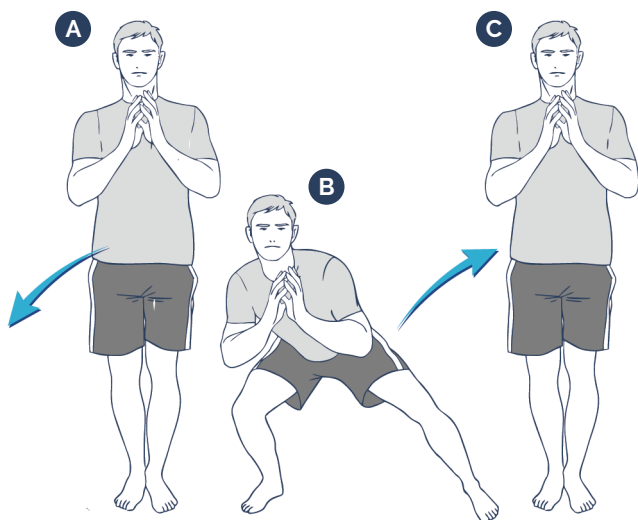
## 10 Yoga Squat



**Muscles used:** Shoulders, Core, Glutes, Quads, Hamstrings

**Summary:** A favourite of the bodyweight exercises for improving strength throughout the full body as well as improving mobility too!

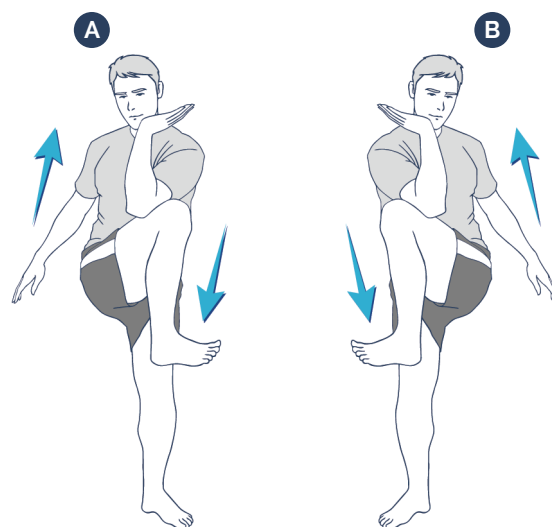
## 11 Bob & Weave



**Muscles used:** Glutes, Quads, Hamstrings, Back

**Summary:** A lateral movement that opens up the hips and strengthens the legs.

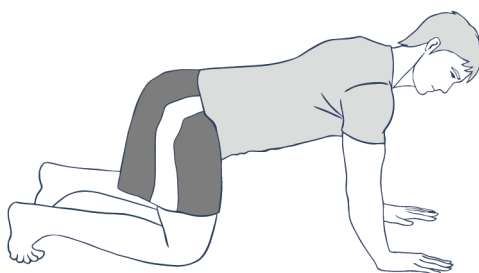
## 12 Elbow to Knee



**Muscles used:** Core

**Summary:** A nice standing core body weight exercise that will improve your movement skills and balance.

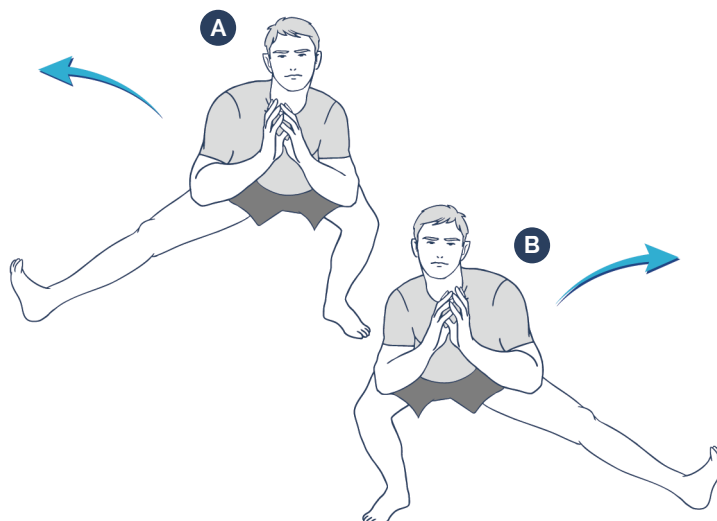
## 13 Belly Breaths



**Muscles used:** Core

**Summary:** Fundamental bodyweight exercise for teaching good breathing mechanics and strengthening the inner core muscles. A must for all stressed neck breathers!

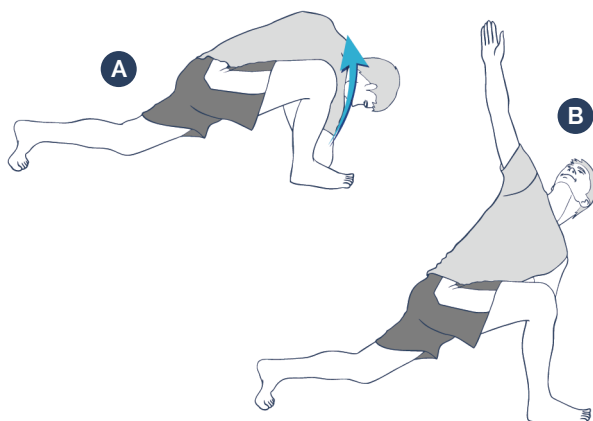
## 14 Cossacks



**Muscles used:** Glutes, Quads, Hamstrings, Core

**Summary:** Strengthen and improve your hip flexibility with this bodyweight exercise. Fun movement too!

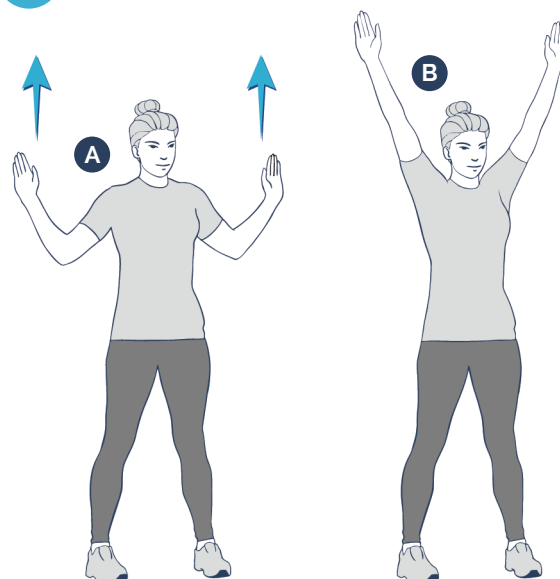
## 15 Hip Openers



**Muscles used:** Core, Glutes, Quads, Hamstrings, Shoulders

**Summary:** A favorite warm up exercise to open up the hips and strengthen the core muscles.

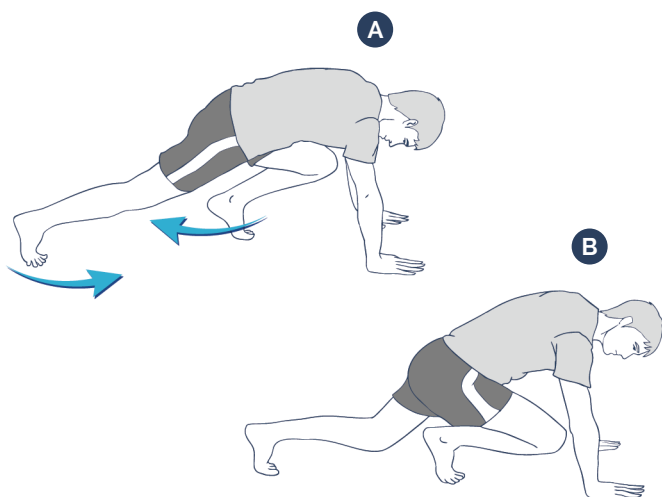
## 16 Wall Slides



**Muscles used:** Shoulders, Upper Back

**Summary:** Improve timing and strengthen the upper back with this exercise. Great as a warm up and if you suffer from bad shoulders.

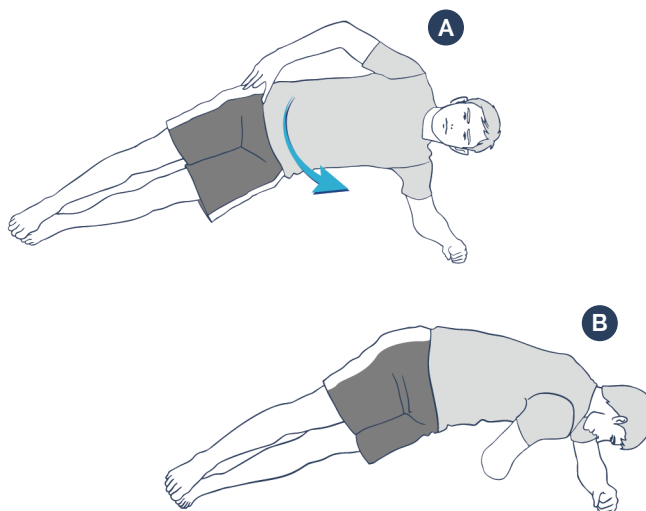
## 17 Fast Mountain Climbers



**Muscles used:** Shoulders, Core, Glutes, Quads, Hamstrings

**Summary:** A fast cardio body weight exercise that works into the core and shoulder stabilising muscles too.

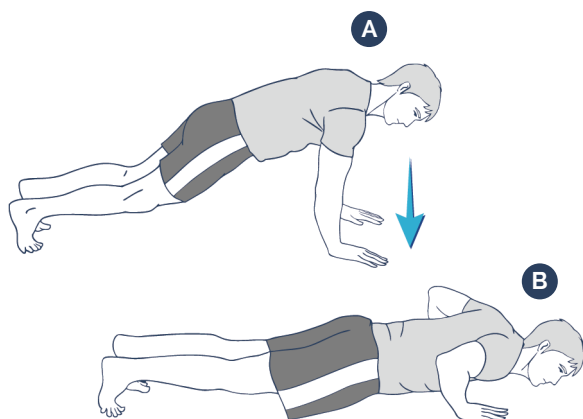
## 18 Side Plank with Rotation



**Muscles used:** Core, Hips, Shoulders

**Summary:** A static exercise that strengthens the full side of the body and also mobilises the spine.

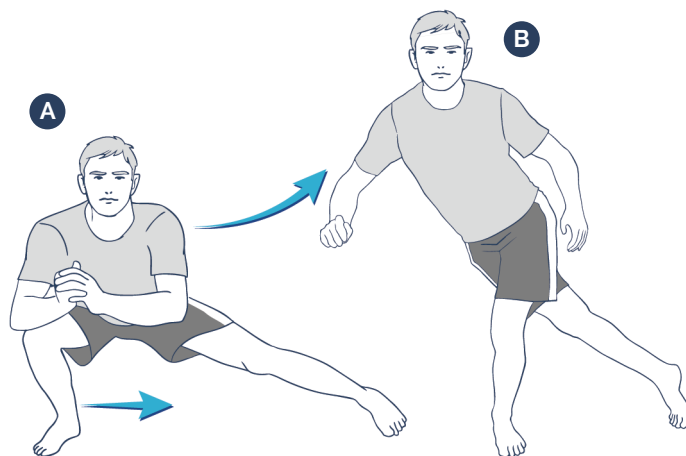
## 19 Push Ups



**Muscles used:** Shoulders, Chest, Triceps, Back, Core, Buttocks

**Summary:** The classic bodyweight exercise that is often performed so poorly. This no equipment exercise should be thought of as a moving core exercise.

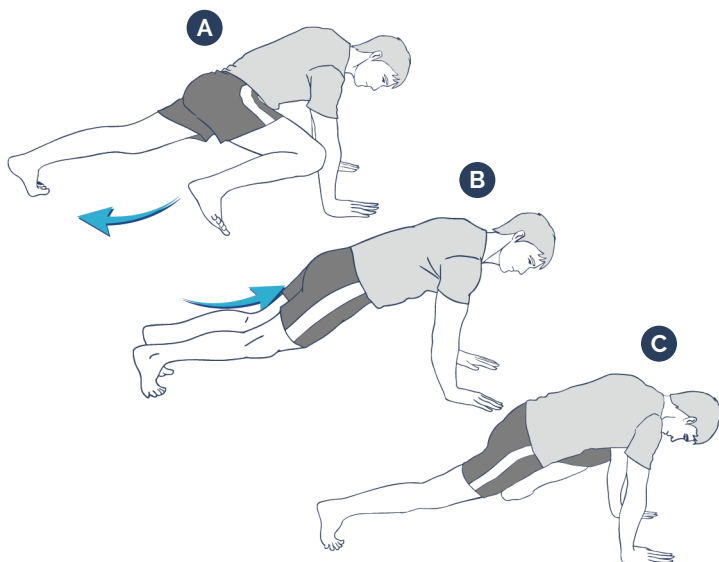
## 20 Side Lunge with a Reach



**Muscles used:** Core, Glutes, Quads, Hamstrings

**Summary:** Great for single leg strength as well as developing mobility through the hips.

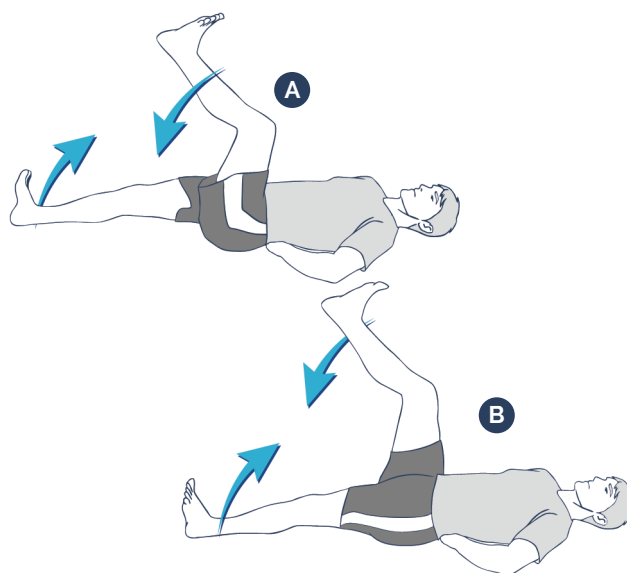
## 21 Slow Mountain Climbers



**Muscles used:** Core, Glutes, Shoulders

**Summary:** A favourite core exercise that also helps improve hip flexibility and shoulder stability.

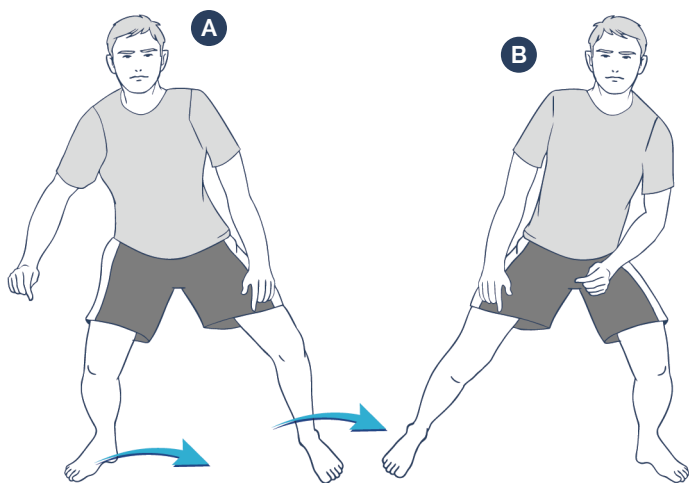
## 22 Scissors



**Muscles used:** Core

**Summary:** A great core exercise that needs to be performed slowly and correctly to have any effect.

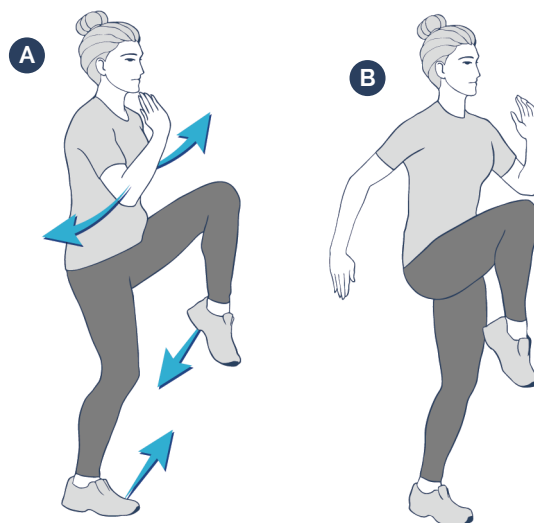
## 23 Side Shuffles



**Muscles used:** Glutes, Quads, Hamstrings

**Summary:** Get that heart rate up and improve your foot speed with this bodyweight exercise.

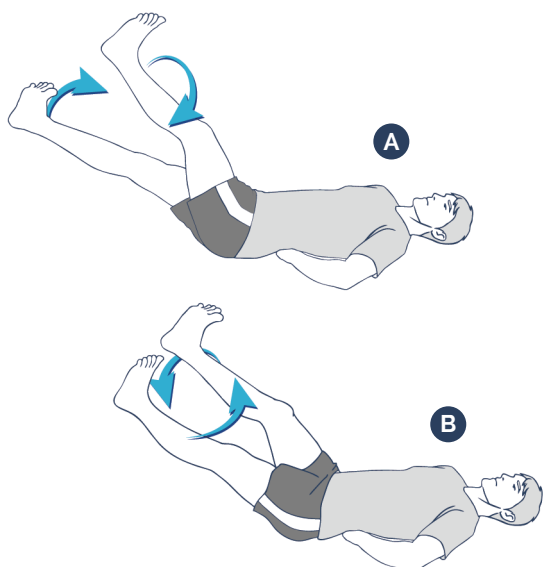
## 24 High Knees



**Muscles used:** Core, Glutes, Quads, Hamstrings

**Summary:** The ultimate cardio no equipment exercise if performed quickly. Ensure you warm up the lower legs first.

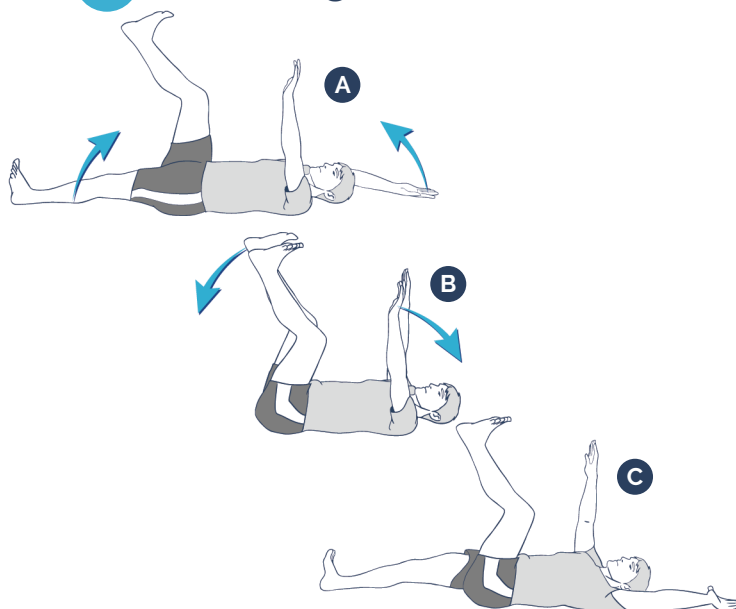
## 25 Cross Overs



**Muscles used:** Core

**Summary:** A great core stabilising exercise that requires strength and control.

## 26 Dead Bug

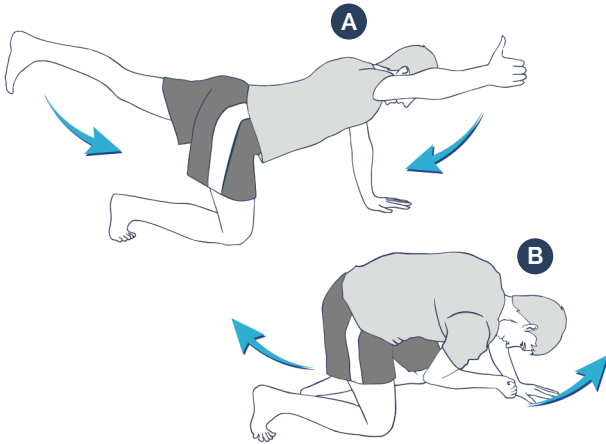


**Muscles used:** Core

**Summary:** A fun and effective core exercise that connects the body together via its cross body sling systems.



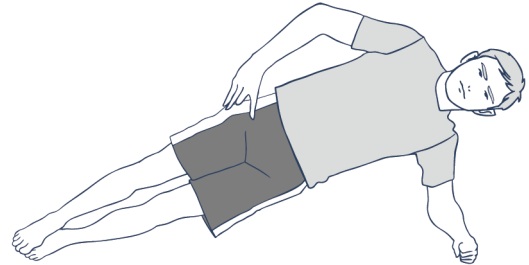
## 27 Bird Dog with Rotation



**Muscles used:** Core, Buttocks, Back

**Summary:** A favorite back exercise that challenges the core in flexion, extension and rotation.

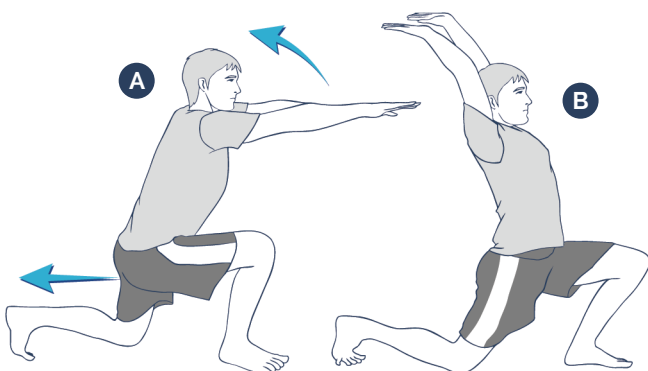
## 28 Side Plank



**Muscles used:** Core, Hips, Shoulders

**Summary:** A very important lateral stabilising exercise for the core muscles.

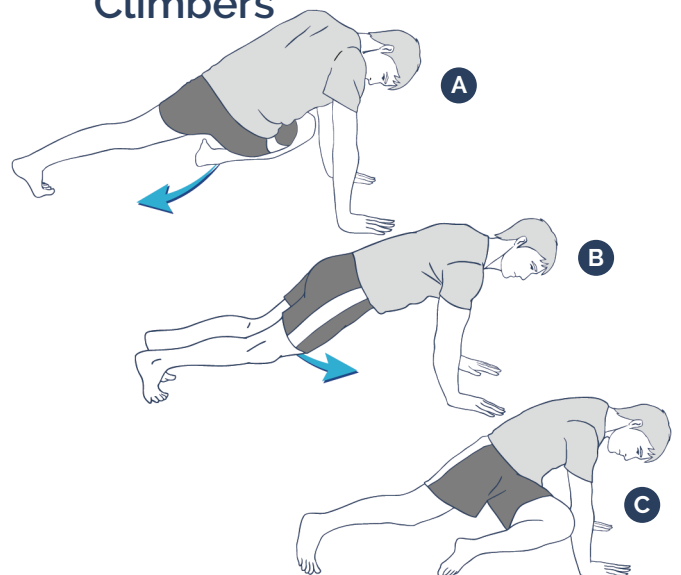
## 29 Double Lunge with Reach



**Muscles used:** Core, Glutes, Quads, Hamstrings

**Summary:** The ultimate lunge exercise that builds strength as well as challenging your cardio.

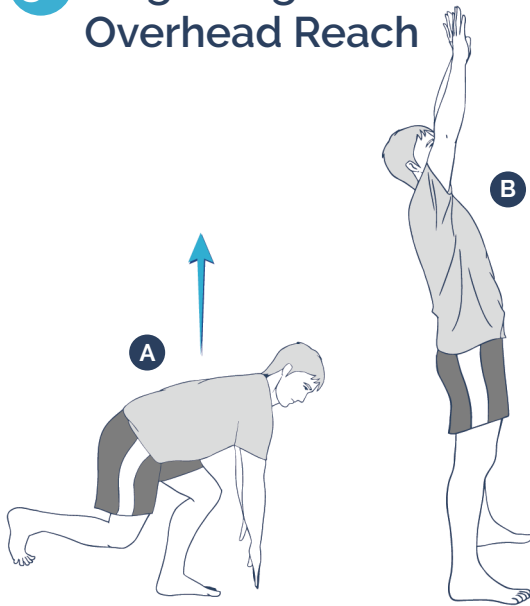
## 30 Cross Body Mountain Climbers



**Muscles used:** Core, Glutes, Shoulders

**Summary:** Strengthen your core and improve your hip mobility with this exercise. Great for the shoulders too

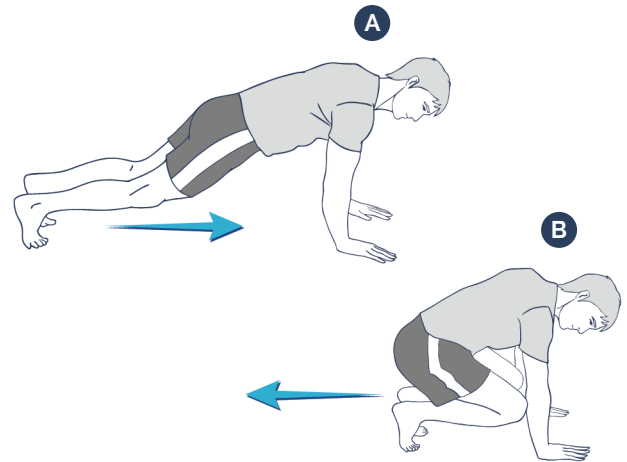
### 31 Single Leg Deadlift with Overhead Reach



**Muscles used:** Shoulders, Glutes, Quads, Hamstrings, Core

**Summary:** Another challenging single leg bodyweight exercise that works into the back of the body.

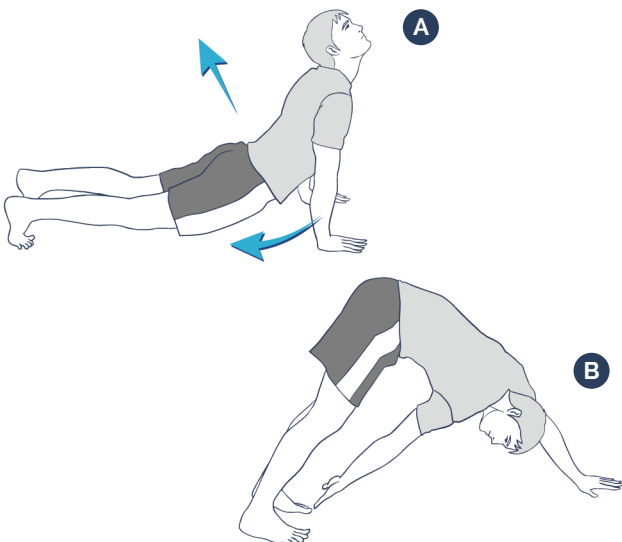
### 32 Squat Thrusts



**Muscles used:** Shoulders, Triceps, Core, Glutes, Quads, Hamstrings

**Summary:** Challenging exercise that will condition the body from head to toe as well as your heart and lungs.

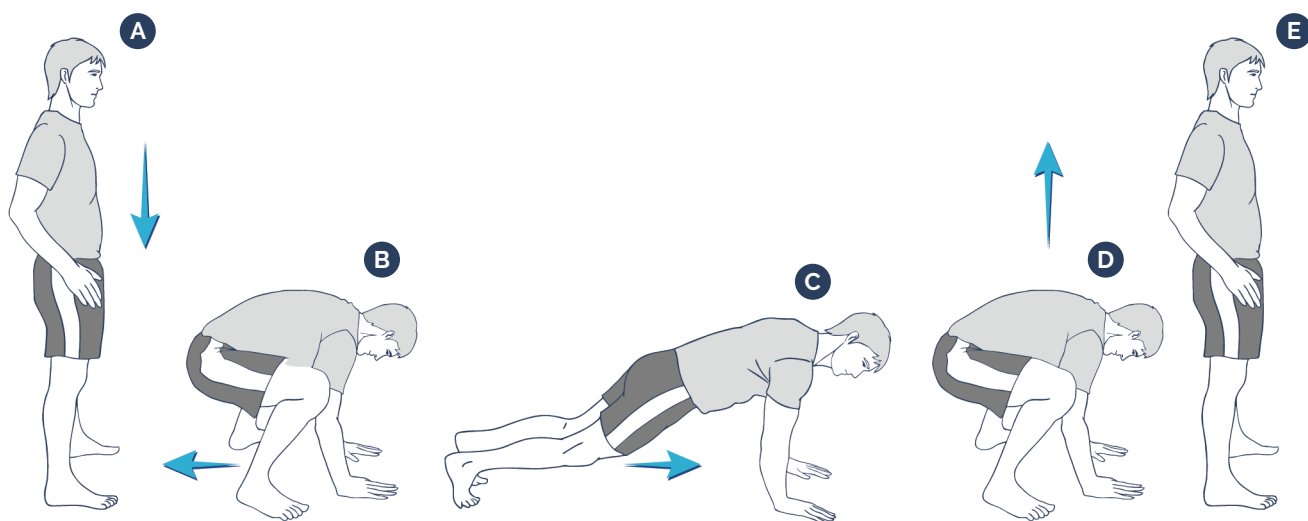
### 33 Dirty Dogs



**Muscles used:** Shoulders, Core, Back

**Summary:** A specialised core exercise for those without any back issues. Great for the shoulders too

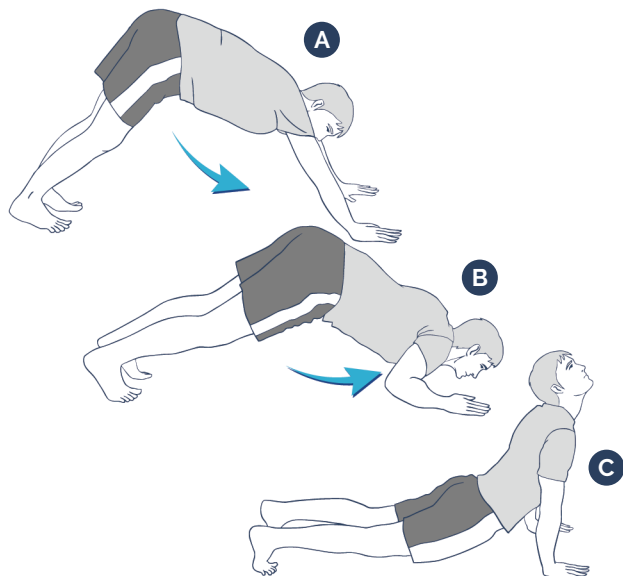
## 34 Burpees



**Muscles used:** Shoulders, Core, Glutes, Quads, Hamstrings

**Summary:** The ultimate full body exercise for strengthening as well as improving your cardio. If performed correctly great for the core muscles too!

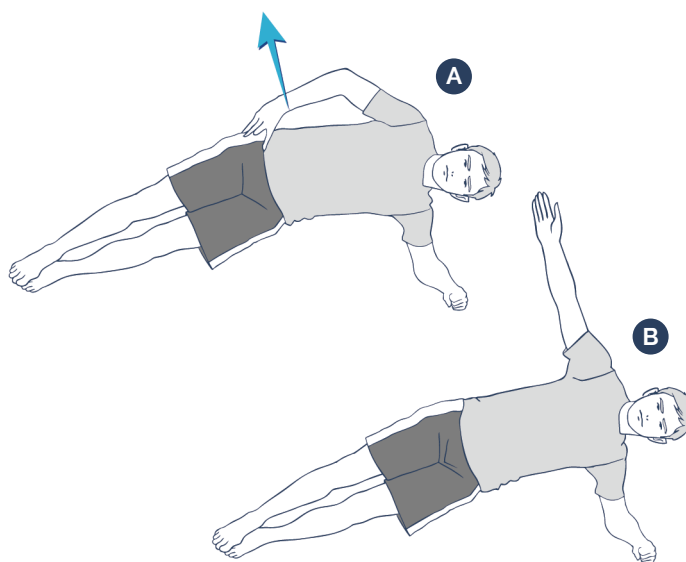
## 35 Dive Bomber Push Ups



**Muscles used:** Shoulders, Chest, Triceps, Back, Core

**Summary:** Tough combination of moves that strengthens the shoulders and chest while improving mobility.

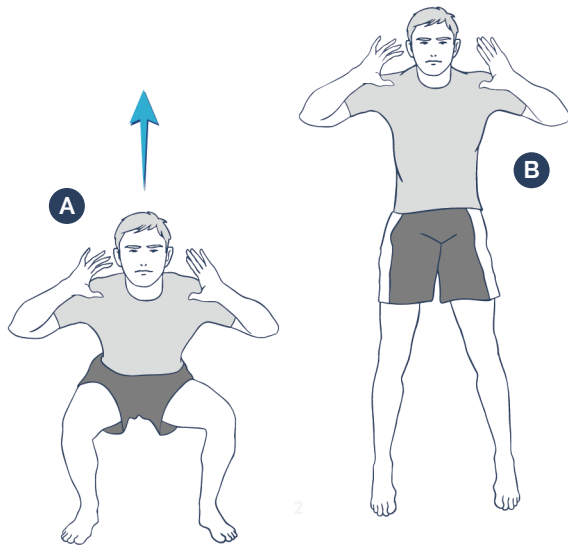
## 36 Side Plank with Extension



**Muscles used:** Shoulders, Core, Hips

**Summary:** Challenge your core muscles and shoulder stability with this exercise.

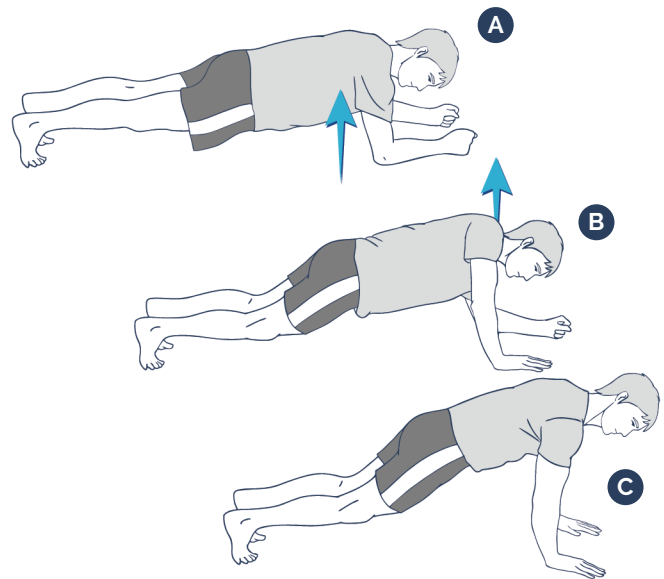
### 37 Jump Squats



**Muscles used:** Glutes, Quads, Hamstrings

**Summary:** Very demanding strength and cardio exercise only for those who can squat well.

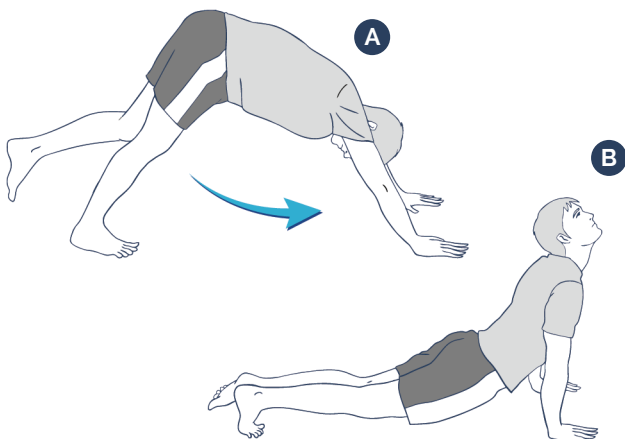
### 38 Plank to Push Up



**Muscles used:** Shoulders, Triceps, Core

**Summary:** A tough moving plank exercise that will strengthen the triceps as well as the core muscles.

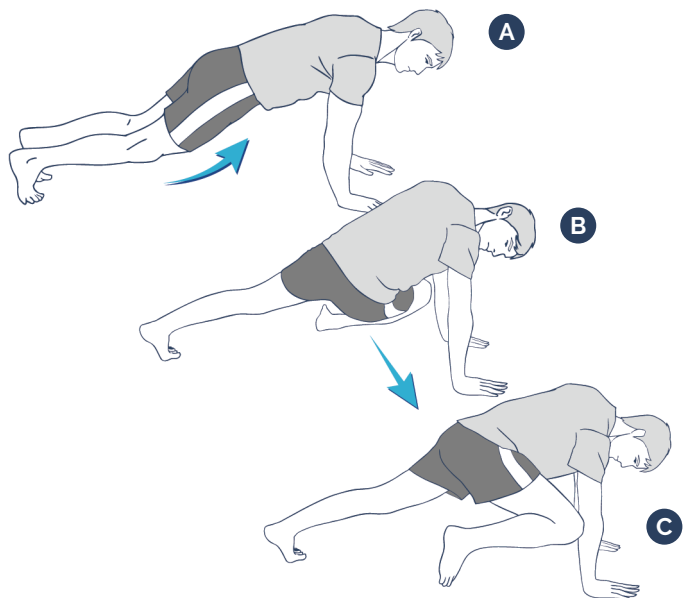
### 39 Single Leg Up and Down Dogs



**Muscles used:** Shoulders, Back, Core

**Summary:** An advanced version of the standard exercise that challenges the core even harder.

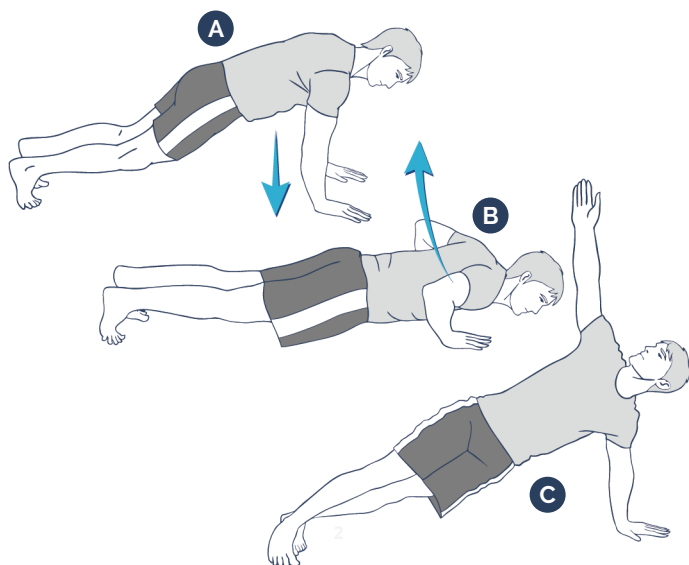
### 40 Figure 4 Mountain Climbers



**Muscles used:** Shoulders, Core

**Summary:** Brilliant exercise for challenging the core muscles as well as your hip mobility.

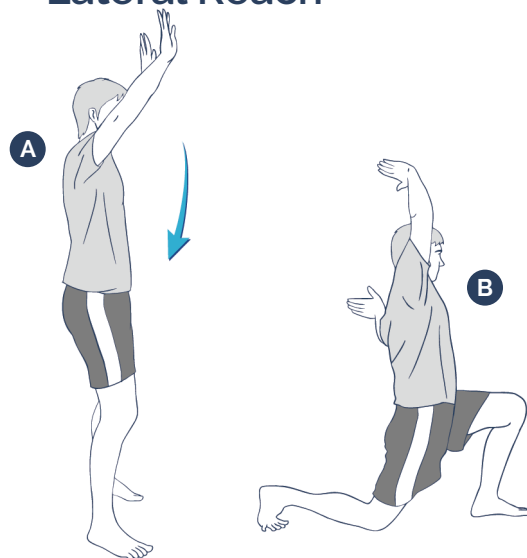
## 41 T Push Ups



**Muscles used:** Core, Chest, Triceps, Glutes

**Summary:** Take your push ups to the next level with this advanced version of the exercise.

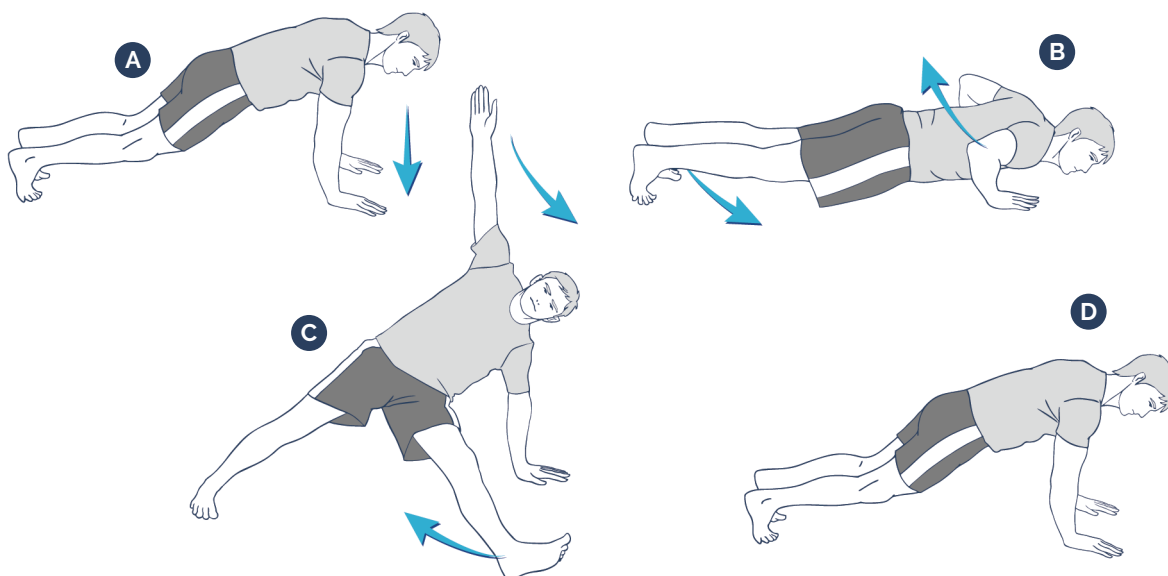
## 42 Reverse Lunge with Lateral Reach



**Muscles used:** Buttocks, Hamstrings, Quads, Core

**Summary:** Single leg strengthener that improves your hip and movement skills too.

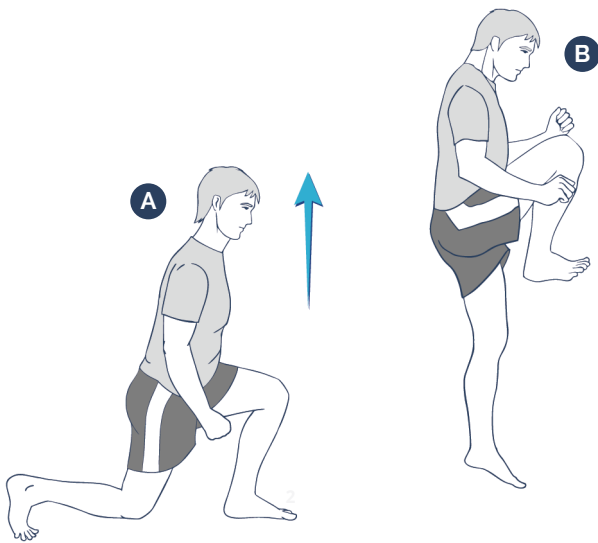
## 43 Breakdancer Push Ups



**Muscles used:** Shoulders, Triceps, Core, Glutes

**Summary:** A fun push up variation that improves hip mobility and shoulder stabilisation.

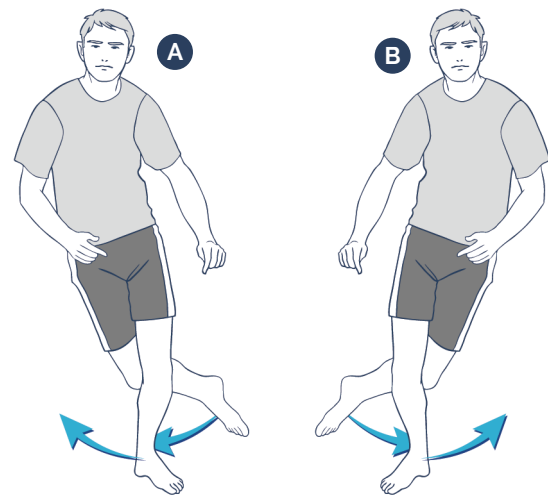
## 44 Reverse Lunge and Hop



**Muscles used:** Glutes, Quads, Hamstrings

**Summary:** A demanding lunge variation that should only be attempted once the regular lunge has been mastered.

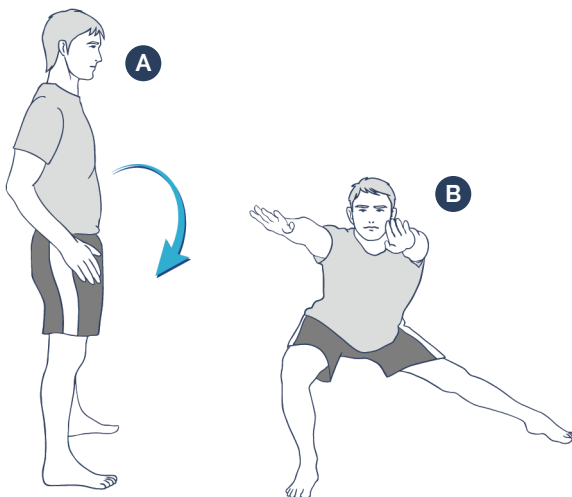
## 45 Skaters



**Muscles used:** Core, Glutes, Quads, Hamstrings

**Summary:** Improve foot speed, cardio and leg strength with this fun exercise.

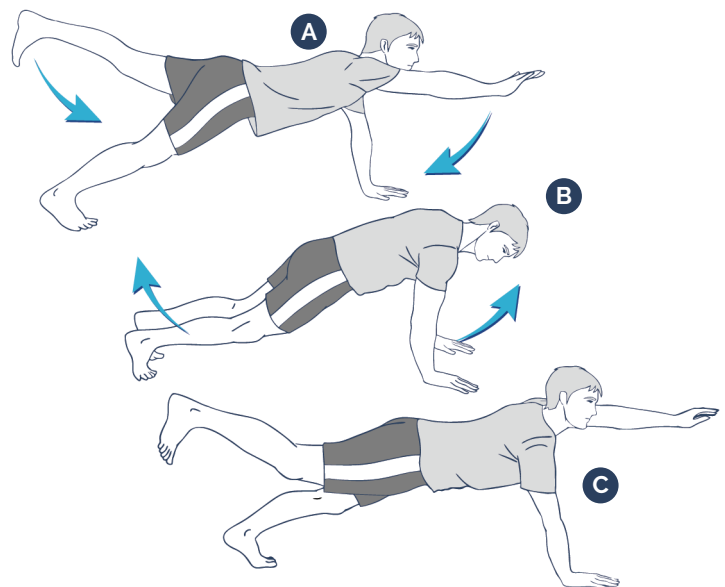
## 46 Reverse Diagonal Lunge with Reach



**Muscles used:** Glutes, Quads, Hamstrings, Core

**Summary:** Get your thinking cap on for this exercise and open up those hips.

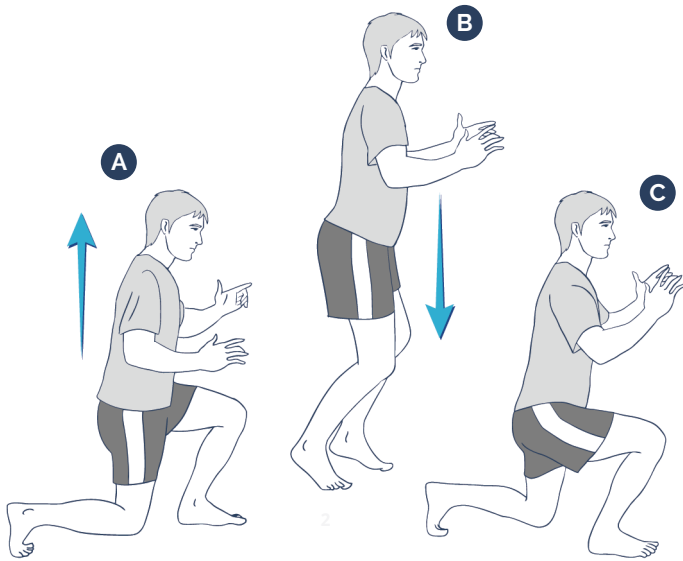
## 47 Cross Body Extension



**Muscles used:** Back, Core, Shoulders

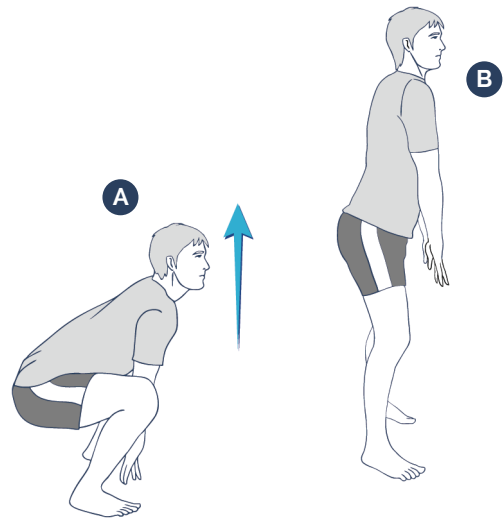
**Summary:** A challenging exercise for the shoulders, back and core muscles.

## 48 Jumping Lunges



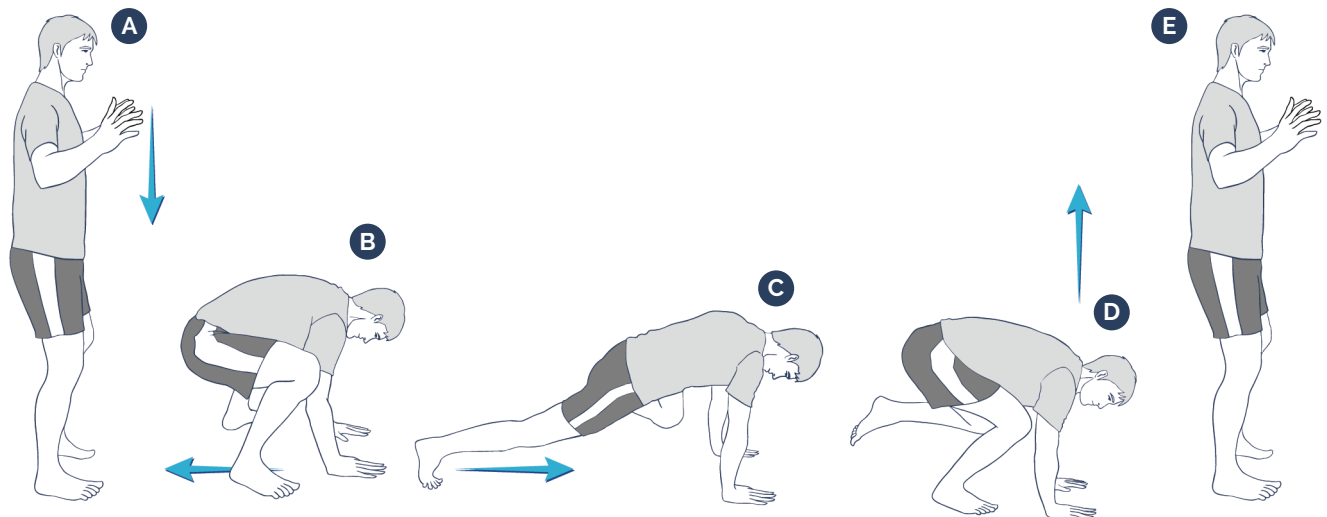
**Muscles used:** Core, Glutes, Quads, Hamstrings  
**Summary:** Reserved only for the experienced athlete. Build strength and cardio quickly with this exercise.

## 49 Kangaroos



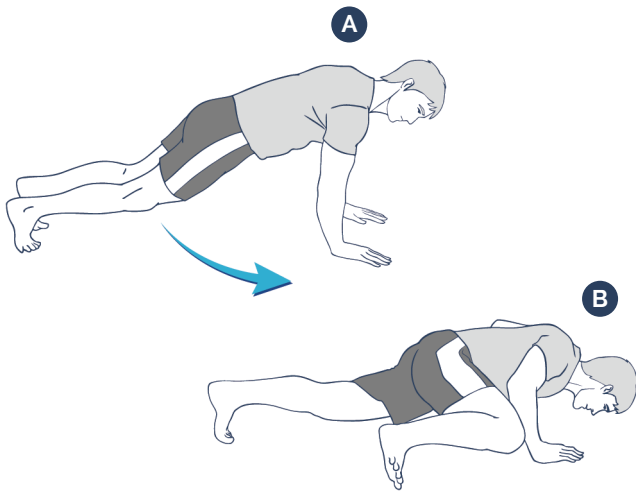
**Muscles used:** Glutes, Quads, Hamstrings, Back  
**Summary:** Tough exercise for the legs and buttocks. Requires excellent technique.

## 50 Single Leg Burpee



**Muscles used:** Core, Glutes, Quads, Hamstrings  
**Summary:** Funky exercise only for the very advanced athlete that is comfortable with the regular burpee.

## 51 Mountain Climber Push Ups



**Muscles used:** Shoulders, Chest, Triceps, Core

**Summary:** Build additional strength with this advanced core and push up variation.

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