

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



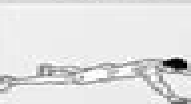
jump knee tucks



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



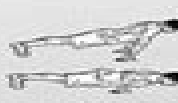
lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups

Working Out Without Weights A Complete Home Fitness Program

Deidre Cane,Jonathan Cane



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web bab iii metode penelitian a desain penelitian desain penelitian adalah sebuah strategi yang dilakukan agar mencapai tujuan dari suatu penelitian yang telah

bab iii metodologi penelitian a desain penelitian unw - Feb 23 2022

web peneliti memandang realitas sosial sesuai dengan hukum alam universal general namun mustahil bila sesuatu realitas dapat dilihat secara benar oleh manusia peneliti dengan