

Bodyweight Exercises Workout

EQUIPMENT:

Stop Watch

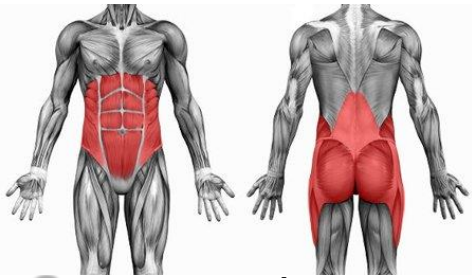
Bottle of Water



Step 1. Choose your Level:

Level 1: Beginner	Level 2: Intermediate	Level 3: Advanced
10 repetitions 30 seconds recovery	14 repetitions 25 seconds recovery	16 repetitions 20 seconds recovery

Step 2. Select exercises from your options below:



Core Workouts

Sit ups
Crunches
Knee-to-elbow crunches
Side Twist
(Elbow) Plank
(Straight arm) Plank
Leg Raises
Scissor kicks
Side Planks

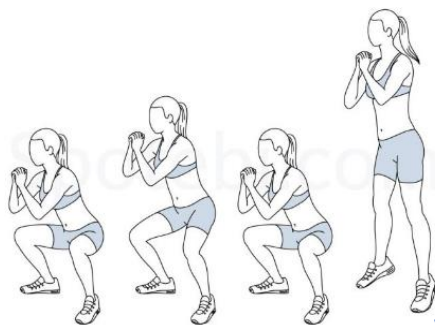
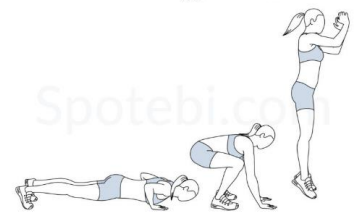
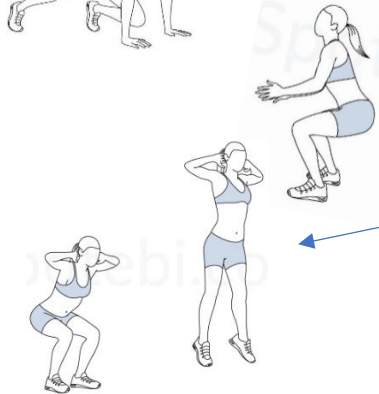
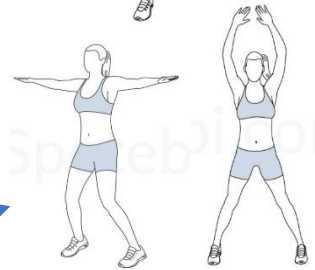
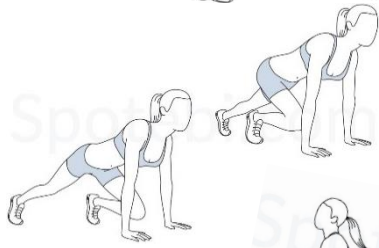
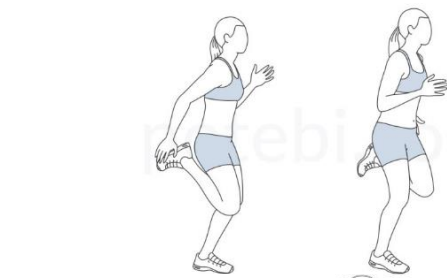
The diagram illustrates various core exercises with corresponding illustrations and arrows pointing to the list:

- Sit ups:** Illustrations show a person lying on their back, knees bent, lifting their torso.
- Crunches:** Illustrations show a person lying on their back, knees bent, lifting their head and shoulders.
- Knee-to-elbow crunches:** Illustrations show a person lying on their back, knees bent, lifting their head and shoulders towards their knees.
- Side Twist:** Illustrations show a person sitting on the floor, twisting their torso to the side.
- (Elbow) Plank:** Illustrations show a person in a plank position, resting on their elbows.
- (Straight arm) Plank:** Illustrations show a person in a plank position, resting on their forearms.
- Leg Raises:** Illustrations show a person lying on their back, lifting their legs straight up.
- Scissor kicks:** Illustrations show a person lying on their back, lifting their legs and alternating them in a scissor motion.
- Side Planks:** Illustrations show a person in a side plank position, resting on one side of their forearm.



Cardio Workouts

High Knees
Butt Kicks
Mountain Climbers
Star Jump
Tuck Jump
Burpee
Squat Jump
Jumping Lunge



Lower-body Workouts

Double-pulse Squat jump
Front & Back Lunges
Frog Jumps
Inner thigh lifts
Wall Sit
Side Lunge to Leg Lift
Lying Hip Abduction
Skaters

