

abs

quads

glutes

triceps

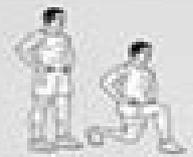
biceps

back

chest



sit-ups



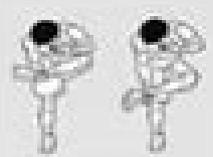
lunges



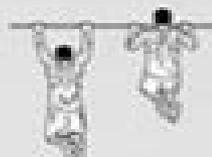
squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



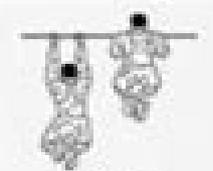
high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



bicycle crunches



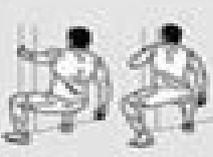
turning kicks



bridges



tricep extensions



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climbers



jump knee tucks



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star plank



shoulder press



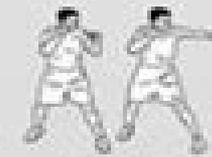
leg raises



plank jump-ins



fly steps



punches



sitting pull-ups



all arm/leg plank



shoulder taps



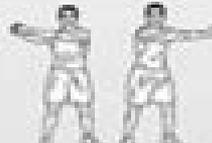
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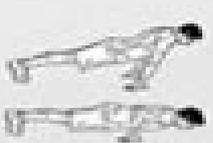
lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups

Body Weight Strength Training

Marco Casella



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