

Bodyweight Workouts

Exercices poids de corps | Exercizi con peso corporeo | Ejercicios con peso corporal | Eigengewichtsübungen | Oefeningen met lichaamsgewicht | Kroppsviktsträning | Ćwiczenia z gumami oporowymi | Antrenamentul cu greutatea corpului



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Back
 Rück | Dors | Spina | Espalda
 Rücken | Punggung | Pityci | Spate

B1. Pull-ups

B2. Superman

B3. Star plank

B4. Bird dog

B5. Reverse snow angel

Shoulders
 Epuleti | Spallii | Homeri | Schultern
 Scapulari | Ambr | Remova | Umari

B6. Shoulder presses

B7. Plank arm raises

B8. Walkouts

B9. Hindu push-ups

Chest
 Pectorali | Pectoralis | Pectorales | Pectorum
 Bicepspalmi | Bicepsbrahii | Kotele | pectoralis Pectoral

B10. Push-ups

B11. Decline push-ups

B12. Incline push-ups

B13. Side push-ups

B14. 90 degrees hold

Arms
 Brachii | Brachia | Brachio | Brachii
 Ambr | Ambr | Remova | Brachia | Brachii

B15. Chin-up

B16. Doorframe rows

B17. Triceps dips

B18. Diamond push-ups

B19. Triceps extensions

Abs
 Abdominales | Abdominales | Abdominales
 Bicepspalmi | Vagina | Abs | Abdomen

B20. Crunches

B21. Leg pull-ins

B22. Romanian twists

B23. Flutter kicks

B24. Plank / Side plank

Glutes
 Fessura | Glutei | Gluteus | Glutei
 Bicepspalmi | Gluteusmaximus | Pectalis | Fessae

B25. Donkey kicks

B26. Fire hydrant

B27. Side leg raises

B28. Fly steps

B29. Glute bridge

Legs
 Jambe | Femur | Femora | Femora
 Bicepspalmi | Bicepspalmi | Femora | Femora

B30. Squats

B31. Lunges

B32. Single leg split squats

B33. Calf raise

B34. Pistol squats

Cardio
 Cardio | Cardio | Cardio | Cardio
 Cardio | Cardio | Cardio | Cardio

B35. High knees

B36. Mountain climber

B37. Plank jacks

B38. Burpees

B39. Jumping jacks