

# ADVANCED BODYWEIGHT EXERCISES

## CORE WORKOUTS



V-Up



Hollow Body Hold



Side Plank



Fire Hydrant



Donkey Kick

## LOWER BODY WORKOUTS



Clamshell



Split Squat



Pistol Squat



Skater Lunge



Wall Sit



Jump Squat

## UPPER BODY WORKOUTS



Push Up



Spiderman Pushup



Shoulder Tap



Mountain Climber