

LOWER BODY

Body Weight Exercises

AIR SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



DEFO SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



COSSACK SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



STATIC CHAIR POSE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



TUCK JUMP

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



JUMPING SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



PISTOL SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



LUNGE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



REVERSE LUNGE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



SPLIT SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



CURTSEY SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



SKATER SQUAT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



SIDE LUNGE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



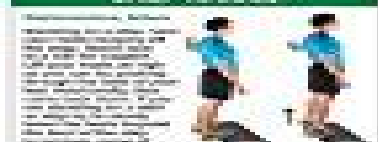
DONKEY KICK

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



CALF RAISES

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



ONE LEGGED BALANCE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



STEP UPS

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



SIDE LYING LEG LIFT

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



ADDUCTOR LEG RAISE

Instructions: Stand with feet shoulder-width apart, toes slightly out. Lower your body by pushing your hips back and down, as if sitting in a chair. Keep your back straight and your weight on your heels. Push back up to the starting position.



Safety
Notes:

1. Always warm up before exercising and stretch after.
2. Perform each exercise with proper form.
3. Stop if you feel pain or discomfort.

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Bodyweight Training Poster Chart Lower

James Witts

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Bodyweight Training Poster Chart Lower:

Training Secrets of the World's Greatest Footballers James Witts, 2019-06-27 Incredibly well researched and loaded with modern day high tech football insights Tony Strudwick Head of Performance Wales national football team Professional football is more demanding than ever Top internationals reach speeds of 36km hr run 12km each match and play up to 60 games each season Sports scientists are now key figures at every top club applying cutting edge techniques to boost fitness accelerate recovery and forge lean mean winning machines This illuminating book uncovers the training and fuelling secrets of today's greatest footballers drawing on access to the world's best clubs including Barcelona Manchester City Manchester United Liverpool Bayern Munich Paris Saint Germain and many more Why does Cristiano Ronaldo have his own cryotherapy chamber Why does Paul Pogba wear custom made compression socks Why does Sergio Agüero altitude train when returning from injury From virtual reality units to the omnipresence of GPS vests taking in brain training innovative gear and performance nutrition along the way you'll discover what it takes to reach the top of the game and how to apply this knowledge to your own training

Bodyweight Workout Chart S. S OMESS, 2020-08-28 Features Contains Space For Exercise Sets Reps Contains Space For Cardio Time Distance Intensity 6 x 9 In Cover 100 Pages Glossy Cover **Men's Health Total Body Workout Poster Book** Editor's of Men's Health, 2003-10-24 Men's Health Total Body Workout Poster Book Sculpt an Amazing Physique in as Little as 20 Minutes a Day A different kind of pinup Men's Health magazine's legendary workout posters have appeared on some of the finest walls in America from the home gyms of the rich and famous to the dorm rooms of the young and ambitious Wherever muscle is built wherever a man's thoughts turn to exercise and self improvement that's where you'll find these posters Now for the first time Men's Health has collected 24 posters in one book Inside you'll find Super effective total body muscle building routines for both beginner and advanced exercisers A total body fat loss workout to take inches off your waist in just 4 weeks Turn on the Power a 6 month program to add hundreds of pounds to your bench press squat and deadlift Six 20 minute workouts showing you how to pump up lean out or even fix a bad back in less time than it takes to watch your favorite sitcom An all ab workout featuring eight unique exercises we bet you've never tried Our Total Body Workout series with 10 posters full of fresh innovative exercises to add solid muscle to your chest back shoulders and biceps Every fully illustrated poster features easy to follow simple to understand exercise routines designed by the top trainers and strength coaches in the world So what are you waiting for With 24 classic workouts to choose from you'll never run out of exciting effective new routines to help make you leaner stronger and healthier guaranteed

BodyWeight BURN Shawn Burke, 2019-10-02 BodyWeight BURN Will Show You How to Burn Body Fat Almost Instantly and Build Muscle at The Same Time Transforming Your Body Into A Shrine That Others Could Only Wish For You Will Discover How to Do It All Without Taking Expensive Supplements Paying High Fees To A Personal Trainer and Without a Gym Membership What is even better you're going to learn the tricks that body builders and models use to burn floppy body

fat almost instantly If you re anything like me failed at building muscle and putting weight on at an alarming rate then I have got some bad news for you Carry on the way you are and you ll never see the results you truly desire The reason why is that all those women and men with rock solid bodies they stick to what I am going to tell you religiously So what is stopping you from achieving the body of your dreams There are three main reasons You re Not Working Out As Frequently as You Should The more you train each muscle and rest it the quicker your metabolism will work the quicker you ll lose weight and build muscle You re Not Following a Proven Plan Prior Preparation Prevents Poor Performance If you think that you re going to get started without any prior planning to your training or diet then you re going to fail AND FAIL HARD Overtraining This is a big one if you re constantly working out then your muscles aren t having time to recover and all you re doing is burning away at those very muscles you re trying to build Take it slowly and easily Now with Bodyweight Burn this Guide will skip all those rehashed info and will get straight to the point and gives you results We understand that you have bought course after course and been burnt in the process so we are going to tell you exactly what you will be receiving In this new book Bodyweight Burn you ll learn the following The Principles of Bodyweight Training Planning Your Bodyweight Training Program for Success Comprehensive List of Exercises How to Create a Workout Routine That Works for You Using Bodyweight Training to Banish Fat Toning and Sculpting Your Body with Calisthenics Incorporating Plyometric and Functional Training in Your Workouts Discover How Much Rest Your Body Really Needs Nutrition Made Simple for Growth and Recovery Advanced Bodyweight Training How to Go to the Next Level Developing a Fitness Mindset You Will Have a Head Start with The Best Way To Sculpt Your Body That is A Good Fit for You It is time for a fresh start a time to end the pain and frustration of not looking your best You don t need to go under the knife or even take medicines to see the body you truly desire *Diet and Bodyweight Training Fundamentals for Men and Women* Daisy Edzel, 2018-05-12 Have you ever felt unattractive like your body is not your friend Maybe you know that you look good and that your physical attributes are fine But wouldn t it be better to feel more than fine about your body In short don t you think it is about time for you to get into your best shape and give yourself the chance to feel fit healthy and happy at the same time Well that can happen NOW LEARN ABOUT THE RIGHT WAYS TO STAY IN SHAPE You see there are so many supplements and products in the market that promise to give you your best body in no time But more often than not those promises just turn out to be broken and in the long run you ll just find yourself wishing you did not believe them in the first place This book won t give you any unnecessary promises but rather would help you understand that you have it in you to change the course of your life and your body With the help of this book you d learn all about weight training what it is how it can turn things around for your body and what kind of systems you can try so you could get into your best shape BUT I AM NOT STRONG ENOUGH I know You may feel like Weight Training is such a strong word but as you come to read this book you will realize that with enough power and commitment it is so possible to follow various weight training systems such as HIIT or High Intensity Interval

Training Kinobody Crossfit P90x and others You ll understand what each of these systems mean and by doing so you would be able to choose the system that you feel would work best for you based on your body type the activities you re used to doing and how you think these systems would fit right into your schedule Lots to look forward to But of course getting in shape does not just end with choosing a good weight training system It always has to be a holistic process so you d know that what you re doing would actually work not just at the present moment but more so in the long run By reading this book you would also learn about The Ketogenic Diet and why it works best with weight training Intermittent Fasting more popularly known as IF How to count calories and measure your own levels of body fats Paleo Atkins and other types of diets you could try and so much more You will then realize that while weight training is not one of those miracle cures that promise to give you a healthy body in just a day or so it is in fact so much better It all starts with YOU It is never too early to start taking care of your body more so doing it the right way Why subject yourself to processes that you re not even sure are healthy and legal If you really want to get in shape and be the best version of you that you can be then it is just the right time to start It is up to you to decide how you d want to honor your body You see not only will you be able to learn about weight training while reading this book but you ll also understand how food works to make this all possible By learning so you would no longer be doing things that would impact your body negatively and you can finally start treating your body as your friend Read this book now achieve your fitness goals and take care of your health all at the same time **DOWNLOAD THIS BOOK TODAY**

Complete Bodyweight Training for Beginners and Seniors Rex Bonds, 2020-10-11 How to get fit anywhere what really works and why you don t need to train as hard as you think New year New me Did you sign up for a gym in January and then only went twice Do you look at bodybuilders and think If only I could be 50% as fit Have you caught yourself giving up training because you re too busy If so then you must know one thing you have the wrong conception of fitness It s not all about pouring gallons of sweat in the gym six days a week It s not about eating only dry chicken with plain rice for the rest of your life and you won t need expensive equipment and personal trainers to reach your goals In fact all you need is proper bodyweight training If it sounds scary it really shouldn t Most people start their training not knowing their limits following general routines and making little to no changes in their lives For some the lucky few it might work But most of us need something more flexible less straining and much more effective In 7X Your Strength Gains Even if you re a Man Women or Clueless Beginner Over 50 you will discover 7 main reasons why bodyweight training is just right for you even if you are over 50 Why the no pain no gain attitude might be the biggest lie in the fitness industry The most common mistakes in strength training and how to avoid them What 2 things get the most overlooked in training and how crucial they are How to start your training properly in general and each session Simple effective exercises for all parts of your body that won t strain you The scientific secret of strength and muscle growth How much should a 50 year old exercise Fundamental lessons to live a healthier life transform your body and increase longevity How to become the master of your own training routine And much

more Starting a workout routine always seems scary especially if you re a novice You immediately think of all the restrictions equipment pain But it s time to wave those fears goodbye With bodyweight training you can train in your living room for free with no equipment other than your body Whenever you want how much you want With the flexible attainable workout routine you will discover in this book the path to fitness will seem like a walk in the park If you think you are too out of shape or sick or tired or just plain old to exercise you are wrong Plus a bonus you ll also get Shredded Secrets 7 Cutting Edge Nutrition Secrets You Need Even If You Are Over 50 The Bodybuilding Diet Plan For Men and Women In Shredded Secrets you will discover The diet and fitness myths you believed for too long demystified 5 crucial nutrition sources your body needs Why the right timing is crucial even on rest days Natural ways to promote muscle growth without spending a fortune on personal trainers or magical pills How knowing simple science can aid in your quest for fitness Get the body you want join the ranks of the 21% of people always happy with how they look Just click Add to cart and enjoy your smooth way to fitness

Bodyweight Strength Training Anatomy Bret Contreras, 2016-09-09

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