

BODYWEIGHT EXERCISE Cheat Sheet

Successible *Life*
FOR A BETTER WAY OF LIVING



ANTERIOR Muscle Groups



CHEST

- Push-Up
- Shoulder Tap
- Chest Dip

ABS

- Plank
- Leg Raise
- Sit-Ups

SHOULDERS

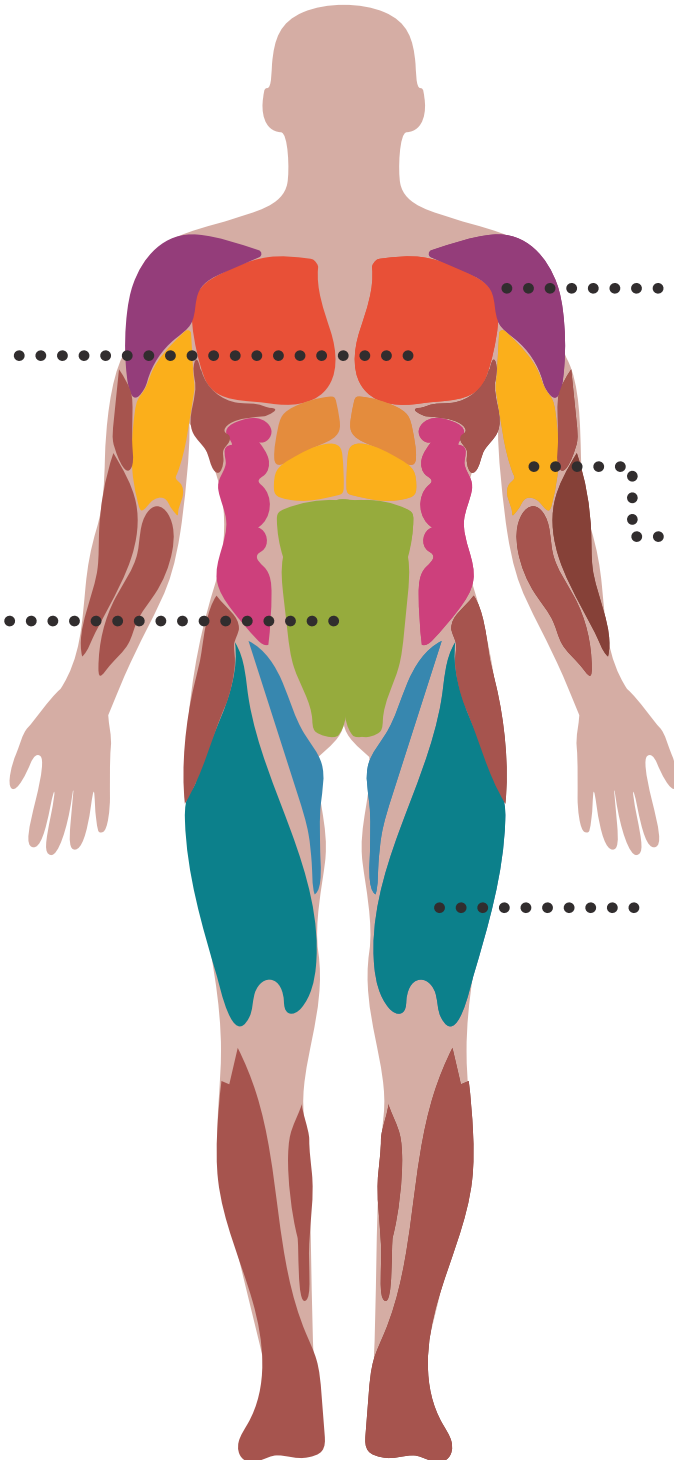
- Pike Push-Up
- Front & Side Lateral Raise
- Cross Body Extension

BICEPS

- Chin-Up
- Pull-Up
- Inverted Row

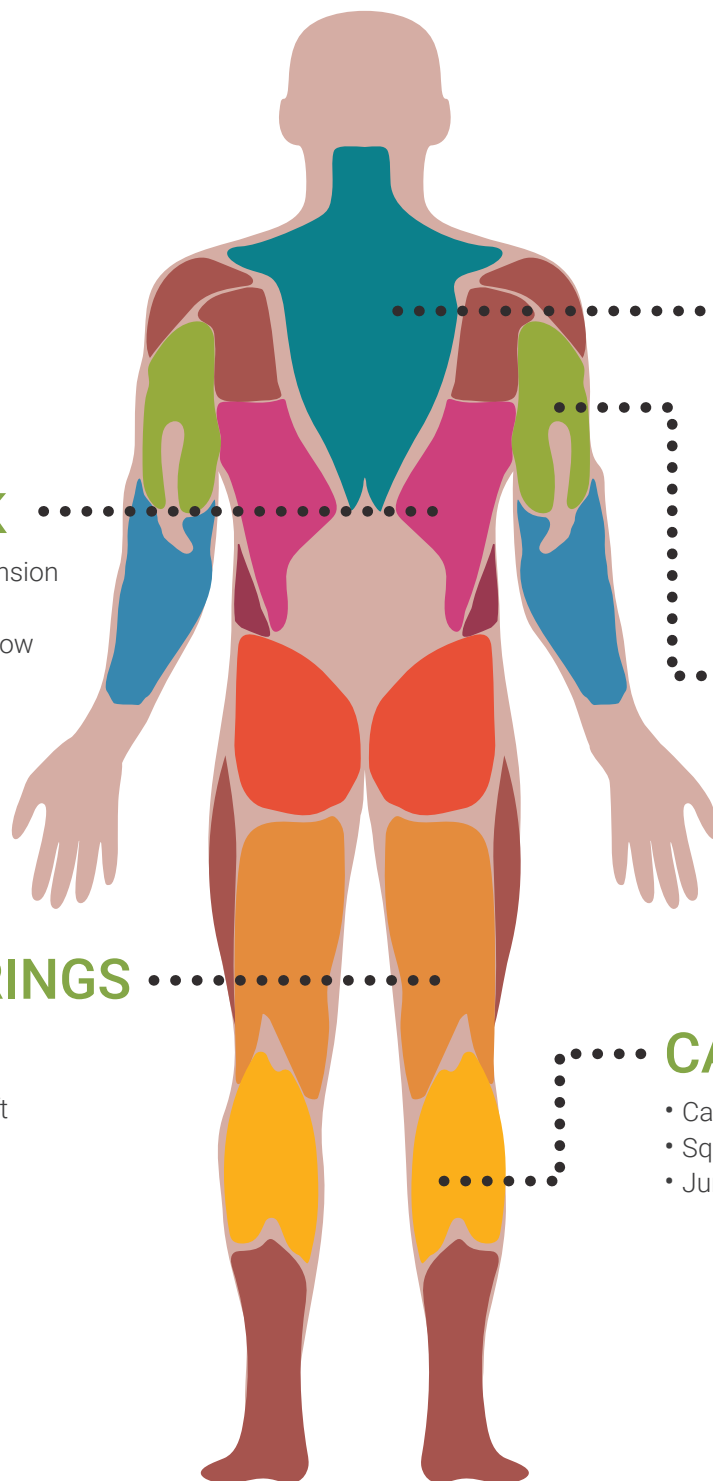
QUADRICEPS

- Squat
- Lunge
- Step-Up





POSTERIOR Muscle Groups



BACK

- Back Extension
- Bird Dog
- Inverted Row

TRAPEZIUS

- Shrug
- Upright Row
- Pull-Up

TRICEPS

- Tricep Dip
- Close Grip Push-Up
- Get-Up

HAMSTRINGS

- Lunge
- Bridge
- Single Leg Deadlift

CALVES

- Calf Raise
- Squat
- Jump Rope