Bodyweight Training

**Squats: 1. Back should always be straight with your chest pointed upwards.**

**2. Your knees should not go over your toes and first movement should be your glutes going backwards.**

**3. Weight should be proportioned on your heels rather than on the balls of your feet.**

**Lunges: 1. Back knee should drop straight to the ground.**

**2. Chest should be up with weight shifted back over your hips.**

**Full Crunch: 1. Do not put pressure on your neck when performing the crunch.**

**2. Bring your knees towards your chest while simultaneously bringing your elbows to your knees.**

**3. Use your abdominal muscles to crunch up instead of pulling on your neck.**

**Plank : 1. Keep back straight.**

**2. Keep elbows on the ground and inside your shoulder width.**

**3. Abdominal muscles should stay flexed and tight during the entire exercise.**

**Crane Pose: 1. Hands should be placed flat on the ground.**

**2. Take the squatted position with elbows placed inside of your legs.**

**3. Raise one legs at a time and balance yourself for at least 3-5 seconds.**

**Pushup: 1. Body should be in the plank position.**

**2. Hands should be shoulder width apart.**

**3. Lower your body down until your chest is 1 inch away from the ground then push upwards.**

**4. Elbows should lock out at the top and then continue back downward again.**

**Diamond Pushups: 1. Shoulders should be square.**

**2. Body should be placed in the plank position.**

**3. Hands should be placed to form a diamond (pointer fingers touching and thumbs touching).**

**Pull- Ups: 1. Your hands should be stretched up away from your body either.**

**2. Hands can be placed inside, outside, and even with your shoulder width.**

**3. Pull your body up to where you chin is over the bar.**

**Chin up: 1. Palms/Hands should be facing you while placed on the bar.**

**2. Chin should be placed over the bar when pulling upwards.**

**3. Hands can be placed close together or shoulder width apart.**