

## Bodyweight Training

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**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 leg 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 your 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.