

# Bodyweight Exercises

BY NEILA REY @ neilarey.com



abs



quads



glutes



triceps



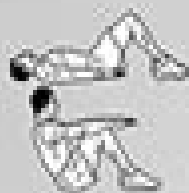
biceps



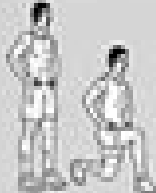
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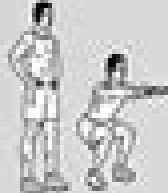
chest



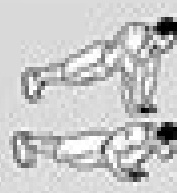
sit-ups



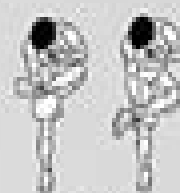
lunges



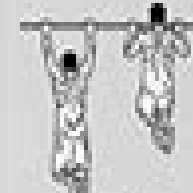
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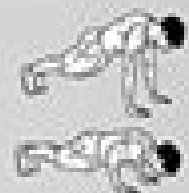
close grip push-ups



leg curls



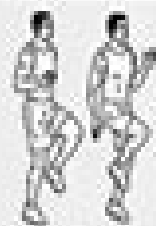
pull-ups



push-ups



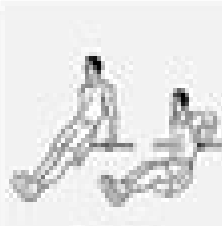
reverse crunches



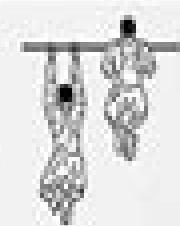
high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations

# Body Weight Strength Training

**Michael Rajnik**



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variation 1  $xy$  15 inverse 2  $y$  9  $x$  inverse 3  $y$  13  $12x$  inverse 4  $y$   $13x$  direct 5  $5x$   $y$  0 direct 6  $y$   $4x$  direct find the constant of variation 7  $y$   $3x$  3 8  $xy$  7 7 9  $y$   $x$

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