

# Equipment Free Training/ Bodyweight Exercises



**1** CALF RAISE



**2** AIR SQUATS



**3** WALL SIT:  
Place weight into your heels.



**4** RUSSIAN TWIST:  
Alternate each side.



**5** SCISSOR KICKS:  
Alternate legs.



**6** BRIDGE



**7** SIDE PLANK:  
Alternate each side.



**8** PLANK



**9** PUSH UP



**10** BIRD DOG

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