

**Body Weight Exercises for
Repetitions**

1. Sit ups
2. Crunches
3. Push Ups
4. Windshield Wipers
5. Side Plank with Hip Dips
6. Back Plank with Kicks
7. Spider Plank
8. Dolphin Plank
9. Rainbow Plank
10. Step Forward Lunges
11. Step Back Lunges
12. Side Lunges
13. Squats
14. Pistol Squats
15. Calf Raises
16. Side Oblique Crunch
17. Mountain Climbers
18. Standing Crunches
19. Leg Lifts
20. Flutter Kicks
21. Scissor Kicks
22. Bicycles
23. Sky Lifts
24. Toe Touches
25. Tricep Dips
26. Arm Circles
27. Bridge
28. Glute Openers
29. Tuck Jumps
30. Jump Squats
31. Burpees
32. Tricep Push Ups
33. Clap Push Ups
34. Single Leg Romanian
Deadlift
35. Diamond Push Ups
36. Straight Leg Deadlift
37. Broad Jumps
38. Skaters
39. Wall Walks
40. Wall Push Ups
41. Russian twists
42. Star Jumps
43. Dead bugs
44. T Pushup
45. Plie squat
46. Yoga Squats
47. Hops
48. Sprints
49. Shuffles
50. Lying chest flyes
51. Skiers
52. Shoulder Taps
53. Bird Dogs
54. Back
Extension/Supermans
55. Side planks with rotations
56. High Knees
57. In and Outs
58. Cross Weight Body
Extension
59. Jump Lunges
60. Single Leg Burpee