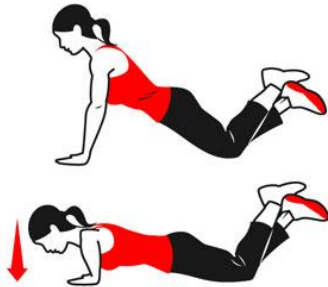
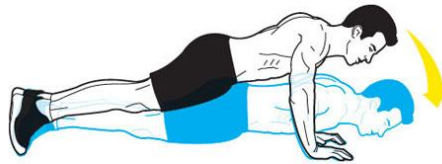


## Bodyweight Exercises - Advanced

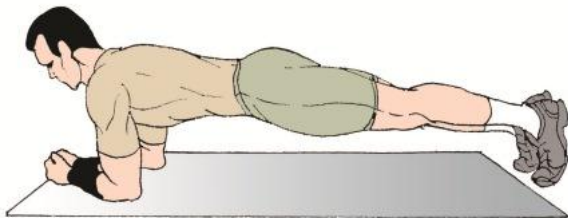


**Knee Push-up**



**Military Push-up**

Note: Keep the torso straight, making sure the hips don't go up or down  
 Muscles Worked: Triceps, Pec Major, Deltoid, Abdominals



**Plank**

Note: Ensure the body is a straight line from ankles to head  
 Muscles Worked: Abdominals, Erector Spinae, Transverse Abdominis  
 Also activated: Trapezius, Pectorals, Glutes, Quads, Calves



**Squat**

Note: Focus on pushing the hips back and keeping spine straight  
 Start with a small range of motion and increase gradually  
 Make sure your knees don't move out past your toes!  
 Muscles Worked: Glutes, Quads, Hamstrings

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.



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### **Bicycle**

**Note:** Be careful not to strain the neck.

**Tone it down:** Keep your upper body on the mat.

**Amp it up:** Focus on form and move slowly.

**Muscles Worked:** Abdominals

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.