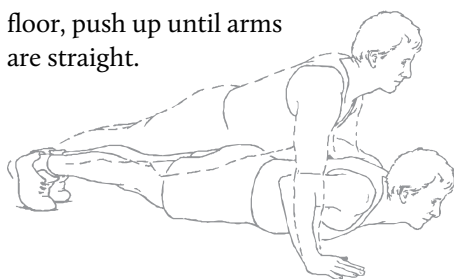


# Body-Weight Training

by Steve Moore

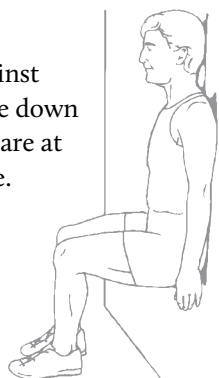
## CHEST: Push-Up-Close, Medium or Wide Hands

Chest a few inches from floor, push up until arms are straight.



## LEGS: GLUTES/THIGHS - Wall Sit

Back against wall, slide down so knees are at 90° angle.



## ABS: Knee Raise: Hanging

Tighten abdominals and bend legs, pulling knees toward chest.



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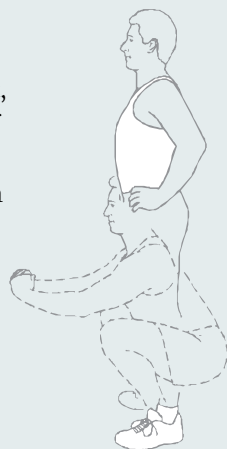
## BACK: LATS - Pull-Up: Close, Medium, Wide or Reverse Grip

Pull body up until bar touches chin.



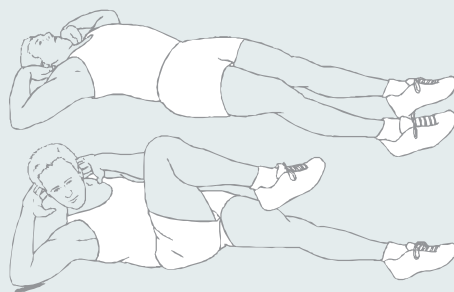
## LEGS: GLUTES/THIGHS - Full Squat

Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.



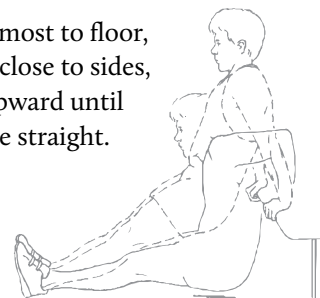
## ABS: Crunch: Scissor Kick/Twist

Tighten abdominals, raise upper body, twist to side, touching elbow to opposite raised knee. Alternate sides.



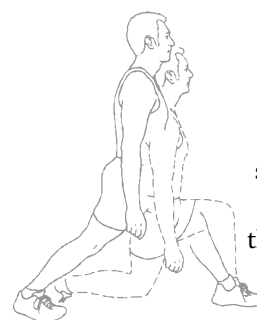
## ARMS: TRICEPS - Dip

Body almost to floor, elbows close to sides, press upward until arms are straight.



## LEGS: GLUTES/THIGHS - Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



## BACK: LOW - Extension: Superman

Arms and legs as straight as possible, raise both simultaneously.

