

**B**® **BODYWEIGHT**®



EXERCISES  
WITH YOUR  
**BODY  
WEIGHT**



## **B**<sup>®</sup> **BODYWEIGHT**<sup>®</sup>

Congratulations on investing in your personal Bodyweight<sup>®</sup> training system. With your Bodyweight<sup>®</sup> training system you can workout whenever and wherever you want.

We have further developed technology and function of the older suspension training equipment and created the Bodyweight<sup>®</sup> training system.

The Bodyweight<sup>®</sup> training system is an exercise system designed for everyone from beginners to professional athletes.

Good Luck!

Kennet and Anna-Maria Bath  
Bodyweight AB

# 11 REASONS WHY BODYWEIGHT® EXERCISES KICK BUTT!

## 1. Combined strength training and cardio

Need for a quickie? Not a lot of time but need to hit cardio and strength in one quick workout? Performing our Bodyweight® exercises and "active rest" (such as jogging or jumping) in between our strength exercises will keep your heart pumping while still encouraging muscle and strength development.

## 2. Efficiency

Research shows that bodyweight-based exercises gains in very short workout durations. Using only one multifunctional product makes it possible to quick and easy make the transition from one exercise to the next. It's good to only have a short rest time between exercises, and of course "active rest" (such as jumping or jogging). Boost the heart rate and burn even more calories.

## 3. Agility

As you build your strength at the same time you also enhance your flexibility and agility. The more you use your Bodyweight® training system - the more flexible you become.

## 4. Core

The core is more than just abs. In fact, twenty muscles make up the human core, and many Bodyweight® movements can be used to engage all of them. Such exercises improve core strength for better posture and improved athletic performance.

## 5. Something for everyone

Bodyweight exercises are a great choice because they're easily modified to challenge any fitness level. Adding extra repetitions, changing the position of your body, you can easily make even the simplest exercise more challenging. And progress is easy to measure, since Bodyweight® exercises offer endless ways to improve and do a little more in each workout.

## **6. Convenience**

Ask someone why they don't exercise, and I guess many answers will be "no time" or "inconvenience". Bodyweight® training system eliminate many of these common obstacles by allowing anyone to squeeze in workouts wherever they are.

## **7. Varied resistance**

Since Bodyweight® exercises use no weights except your own body weight, increasing resistance is accomplished in other ways. Increase or decrease the angle between your body and the Bodyweight® band.

## **8. Balance**

When you exercise with Bodyweight® you simultaneously improve your balance. As we get older our balance impairs - if we do not exercise to maintain it. This means that if you want to maintain your balance as you get older, you have to use it. Using Bodyweight® and our exercises you can challenge both you and your balance.

## **9. Fun!**

Bodyweight® training systems can be used inside or outdoors, alone or with a group of friends! Do your workout together instead of watching the latest sit com on TV – I bet you will have more fun exercising. There are countless exercise variations that relieve potential workout boredom!

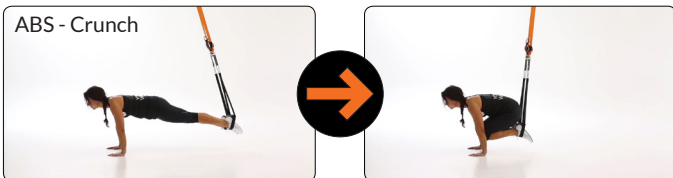
## **10. Results**

Let's talk results. Bodyweight® exercises get results partly because they involve compound movements which have been shown to be extremely effective for strength gains and performance improvements.

## **11. Core**

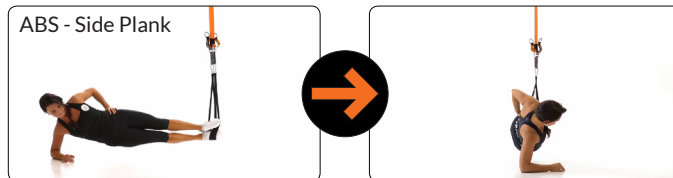
The results from Bodyweight® training are amplified even more because of the core strength they develop. Improved core strength translates into improved strength gains throughout the entire body and of course – keeps you away from unnecessary back pains.

### ABS - Crunch



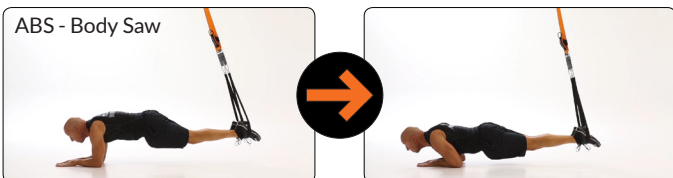
Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.

### ABS - Side Plank



Place your feet into the foot loops and get into a push-up position. Get down on your elbows, roll onto one side, now supporting your weight on only one forearm. Press down your feet for stability. Lift body into side plank.

### ABS - Body Saw



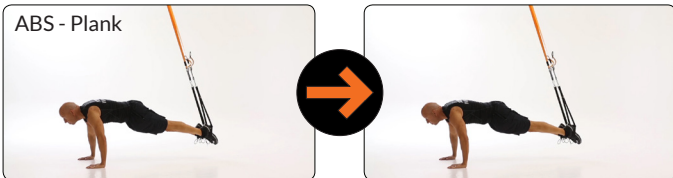
Place your feet in the foot loops so that your feet are facing downwards. Get on your forearms and make your body parallel to the floor. Use your forearms to push yourself back and forth. Keep your body as straight as possible.

### ABS - Mountain Climber



The Bodyweight® Mountain climber is a core conditioning exercise that targets the Abs. Start in a push-up position, your feet in the foot loops. Start "climbing" by pull your knees up towards your chest, one at the time.

### ABS - Plank

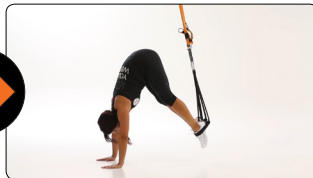
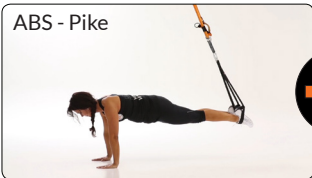


Place your feet into the foot loops. Rest your weight on your (hands or) forearms with your elbows directly under shoulders. Don't let your hips sag. Hold position by keeping core engaged.

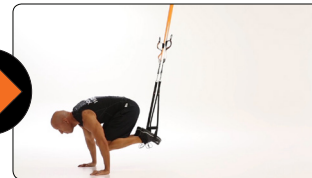
### ABS - Crunch Pendulum



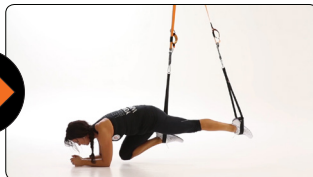
Start in a push up position with your feet in the foot loops. Maintain a rigid core as possible and slightly bend your lower body and torso in to a crunch while twisting side to side.



The Pike is a core exercise that targets the Abs. Start in a push-up position, your feet in the foot loops. Pull your body upwards into a pike position fully contracting your Abs at the top. Lower your body down to the starting position.



The Push Up Crunch is a great chest training exercise, and also works the core, shoulders and triceps. It's a push up with a crunch in between.



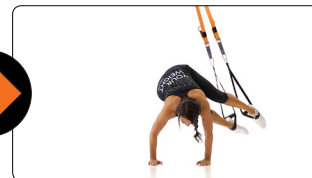
Start in a push up position with your feet in the foot loops. Get down on your forearms. Alternate driving knees to chest, making a single leg crunch.



Grab the handles and lean back with your arms extended and body rigid. Keep your hands close together. Pull yourself back up, turning your torso, hands to the side.



Start in a push up position with your feet in the foot loops and your hands narrower together than shoulder width. Bend your your arms and then perform a push up. At the top, perform a crunch.



Place your feet into the foot loops and get into a push-up position. Keep your legs together. Begin by swinging your legs side to side keeping your hips as still as possible.

### ABS - Torso Rotation



Grab the handles, lean backwards with extended arms. Drive your hands away from the chest, rotate arms and torso until your shoulder is square with the straps.

### BACK - Row



Hold the handles, lean backwards. Bend your elbows, pulling your body towards your hands. Your elbows should remain close to your body. Your torso should be rigid, avoid any sagging or aching in your low back or hips. Get back to starting position by slowly lower your body, straightening your elbows without your shoulders rolling forward.

### BACK - Row Single Arm



Grab one of the handles. Keep your other hand free. Pull your self up by drawing your shoulder blade back. Remember to keep your shoulders squared and your body rigid.

### BACK - Superman



Grab the handles palms down. Crouch and stand on the top of your feet. Extend your arms and body into a Superman position.

### BACK - Pull Up Angled



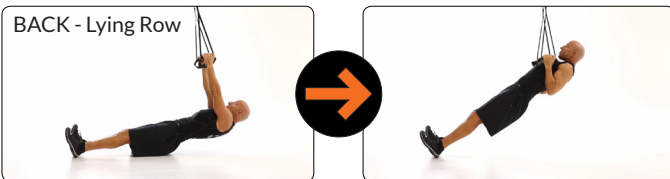
Grab the handles palms down. Slightly bend your knees and extend your arms over your head. Retract your shoulder blades and pull your body up driving your elbows down to your side.

### BACK - Low Row



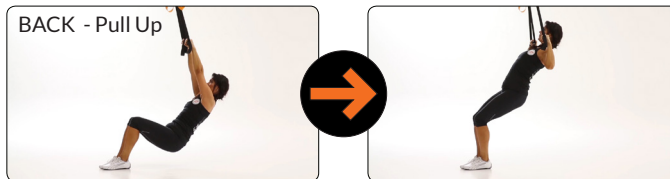
Grab the handles with your arms extended. Lean back to appropriate resistance angle. As you pull forward, squeeze shoulder blades together. Keep shoulders pulled down and back. Pull up your body using back and arms. Keep elbows at a 45-degree angle to body.

### BACK - Lying Row



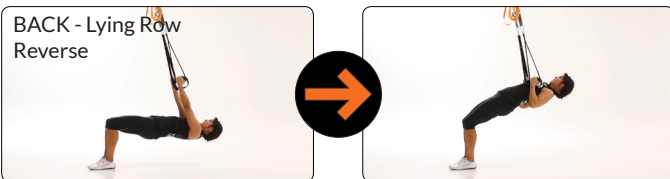
Grab the handles and hang down directly under the straps. Let your arms extend up. With your palms facing inwards pull your body up to the handles just below your chest. Lower yourself back down.

### BACK - Pull Up



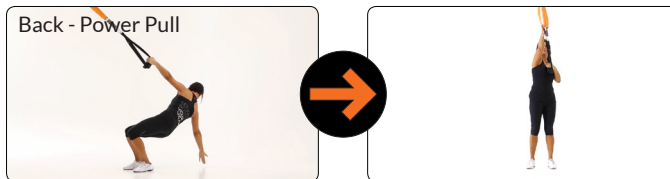
Grab the handles palms down. Sit down or lie back. Sitting is easier, lying is harder. Extend your arms. Pull yourself up, bending your elbows until your hands reaches your head.

### BACK - Lying Row Reverse



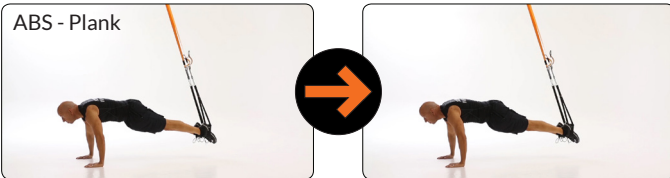
Grab the handles palms up. Hang down directly under the straps. Let your arms extend up. Pull your body up to the handles just below your chest. Lower yourself back down.

### Back - Power Pull



Hold single handle with one hand. Lean back. Twist away and extend the arm outward. Pull your body upwards, using a rowing motion. At the same time, bring the other arm as high as possible along the straps by twisting body.

### ABS - Plank



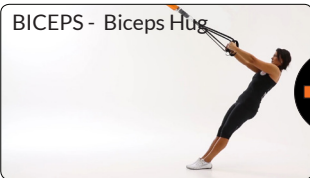
Place your feet into the foot loops. Rest your weight on your (hands or) forearms with your elbows directly under shoulders. Don't let your hips sag. Hold position by keeping core engaged.

### BICEPS - Biceps Curl



The Biceps Curl is one of the most basic exercises to perform for biceps development. Grab the handles and lean backwards. Pull yourself up using your biceps, keep your body rigid. This basic biceps exercise can be increased in challenge level by progressing the angle of lean. As well, suspending one leg in front, behind or to the side will increase the balance and strength required.





The Biceps Hug is a great exercise for the biceps. Grab the handles and lean backwards with a rigid body. Lift your elbows outwards. Keep your elbows high and use your biceps to drag yourself up. This basic biceps exercise can be increased in challenge level by progressing the angle of lean. As well, suspending one leg in front, behind or to the side will increase the balance and strength required.



Grab the handles palms facing down. Arms extended. Keep your body straight and pull your hands to your head using your biceps. Return.



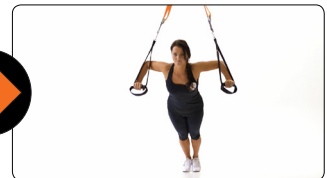
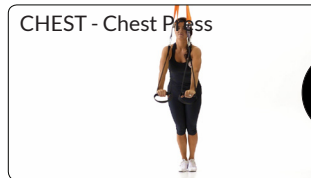
Grab one handle. Elbow flexed. Lean to allow tension. Lower yourself without bending your body by extending your arm. Once your elbow is fully extended pull yourself back using the biceps.



Grab the handles palms up. Hang down directly under the straps. Let your arms extend up. Pull your body up to the handles just below your chest. Lower yourself back down.



Chest flyes is a great exercise for strength and stability in chest, arms and core. Grab the handles and lean forward with straight arms and a rigid body. Extend your arms outwards. Push yourself back.



The Chest press is a upper-body strength exercise. Grab the handles and lean forward, straight arms and rigid body. Perform a push up. You can easily vary the angle and intensity of the exercise.

### CHEST - Cross Over



This is a reverse variation of the Chest press. Cross your arms in front of your body. The exercise stimulates the chest muscles and it is important to really cross your arms as much as possible, preferable so the elbows will meet. Increasing the angle of the lean will increase the difficulty of the exercise even more.

### CHEST - Push Up



Start in a push-up position, your feet in the foot loops. Lower your body down to the floor by bending your elbows. Push up to get back to the start position. Keep your body rigid and your legs together during the exercise.

### CHEST - Push Up Narrow Grip



Start in a push up position with your feet in the foot loops and your hands narrower than shoulder width. Bend your your arms and then perform a push up.

### CHEST - Dips



Stand between the straps. Grab the handles from the outside with the straps under your arms. Lower yourself as low as you can. Push yourself back up again using your triceps.

### CHEST - Burpee



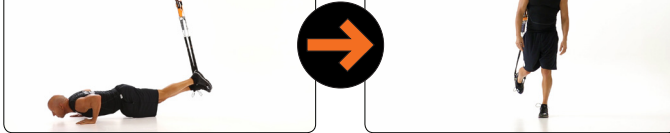
Place one foot in the foot loop. Lower yourself into a push up position and let your other foot get beside the other foot. Drive the knee of the suspended foot up to your chest and place it on the ground. Stand up.

### CHEST - Push Up Explosive



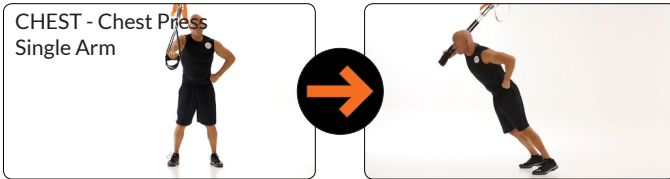
Start in a push-up position, your feet in the foot loops. Lower your body down to the floor by bending your elbows. Do an explosive push up trying to push yourself from the floor.

### CHEST - Push Up Burpee



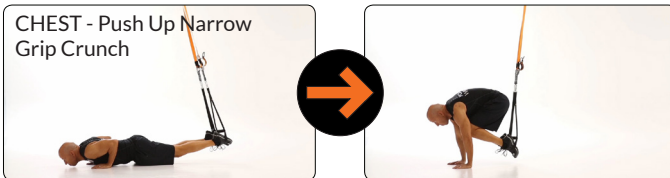
Place one foot in the foot loop. Lower yourself into a push up position and let your other foot get beside the other foot. Perform a push up. Drive the knee of the suspended foot up to your chest and place it on the ground. Stand up.

### CHEST - Chest Press Single Arm



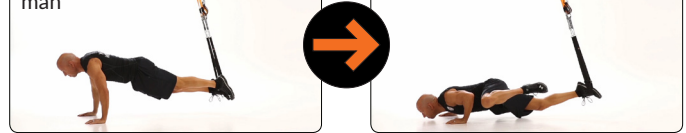
Single arm Chest Press is a core / chest exercise. Its important to keep your posture, maintaining balance and square shoulders throughout the movement.

### CHEST - Push Up Narrow Grip Crunch



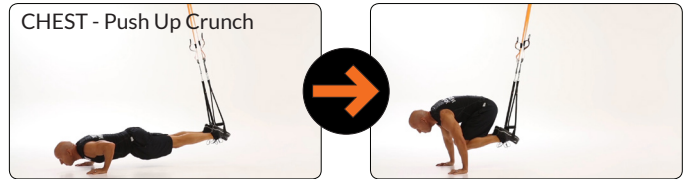
Start in a push up position with your feet in the foot loops and your hands narrower together than shoulder width. Bend your your arms and then perform a push up. At the top, perform a crunch.

### CHEST - Push Up Spiderman



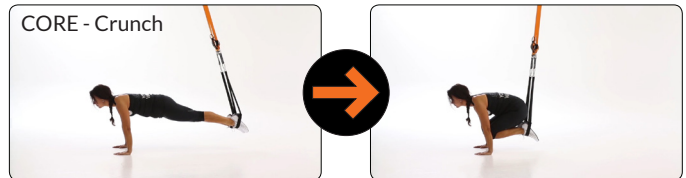
Start in a Push Up position but with only one feet in the foot loop. When you lower your torso in a push up you simultaneously bend one leg outwards upwards to your side. When you push yourself back up, you extend your leg.

### CHEST - Push Up Crunch



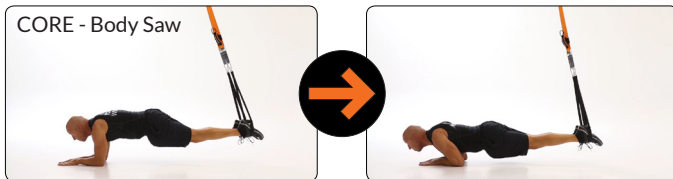
The Push Up Crunch is a great chest training exercise, and also works the core, shoulders and triceps. It's a push up with a crunch in between.

### CORE - Crunch



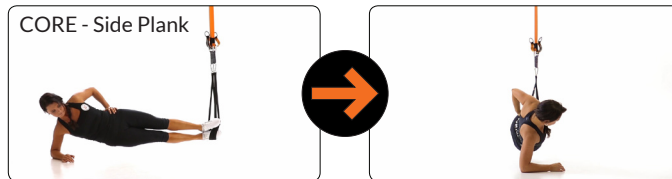
Start with your feet in the Bodyweight® training system, standing on either forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also brings the hip flexors and upper body stabilizers into play. This exercise strengthens the abdominals, especially the lower abdominals, and the lower back.

### CORE - Body Saw



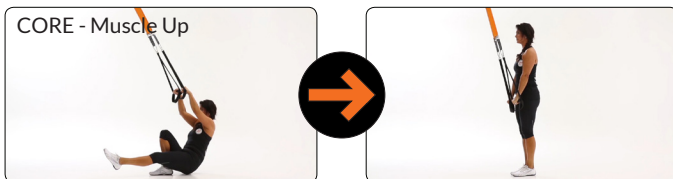
Place your feet in the foot loops so that your feet are facing downwards. Get on your forearms and make your body parallel to the floor. Use your forearms to push yourself back and forth. Keep your body as straight as possible.

### CORE - Side Plank



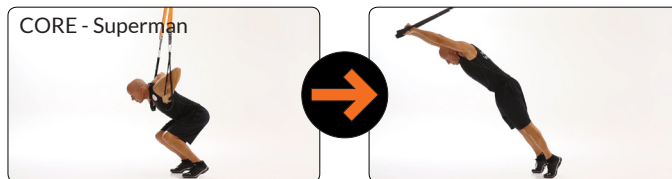
Place your feet into the foot loops and get into a push-up position. Get down on your elbows, roll onto one side, now supporting your weight on only one forearm. Press down your feet for stability. Lift body into side plank.

### CORE - Muscle Up



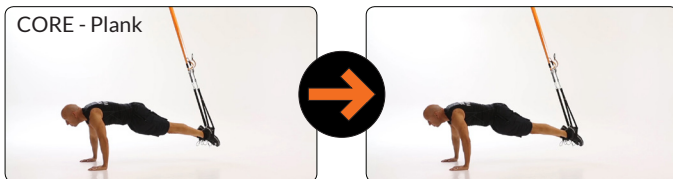
Grab the Bodyweight@ handles palms down. Squat on one leg and pull yourself up to standing position and the exercise by performing a Triceps Push Down.

### CORE - Superman



Grab the handles palms down. Crouch and stand on the top of your feet. Extend your arms and body into a Superman position.

### CORE - Plank



Place your feet into the foot loops. Rest your weight on your (hands or) forearms with your elbows directly under shoulders. Don't let your hips sag. Hold position by keeping core engaged.

### CORE - Mountain Climber



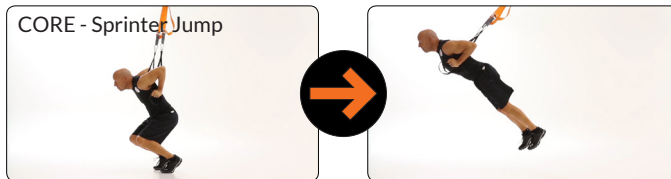
The Bodyweight@ Mountain climber is a core conditioning exercise that targets the Abs. Start in a push-up position, your feet in the foot loops. Start "climbing" by pull your knees up towards your chest, one at the time.

### CORE - Crunch Pendulum



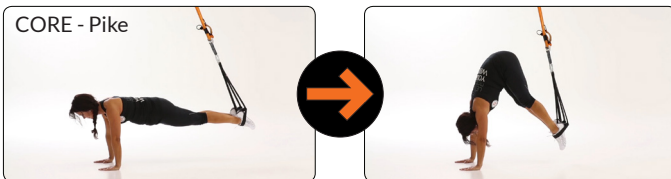
Start in a push up position with your feet in the foot loops. Maintain a rigid core as possible and slightly bend your lower body and torso in to a crunch while twisting side to side.

### CORE - Sprinter Jump



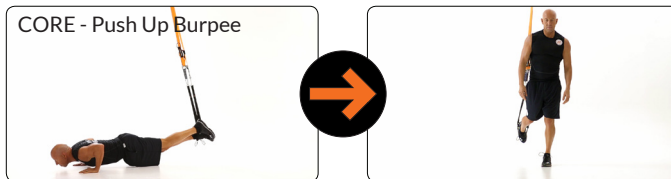
Grab the handles tight to your chest with your arms over top the outside of the straps. Lean forward and make your body into a straight line. Step back with one foot and bend the other knee so you get into a sprinter position. Drive your knee forward as if you were going to take another step. As you drive your knee forward make a jump as if you were getting ready to sprint out of the blocks.

### CORE - Pike



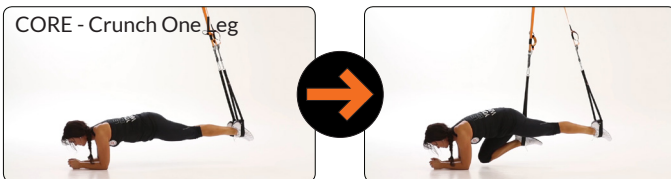
The Pike is a core exercise that targets the Abs. Start in a push-up position, your feet in the foot loops. Pull your body upwards into a pike position fully contracting your Abs at the top. Lower your body down to the starting position.

### CORE - Push Up Burpee



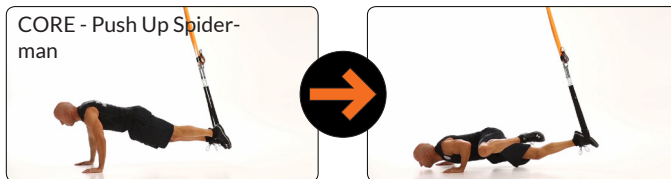
Place one foot in the foot loop. Lower yourself into a push up position and let your other foot get beside the other foot. Perform a push up. Drive the knee of the suspended foot up to your chest and place it on the ground. Stand up.

### CORE - Crunch One Leg



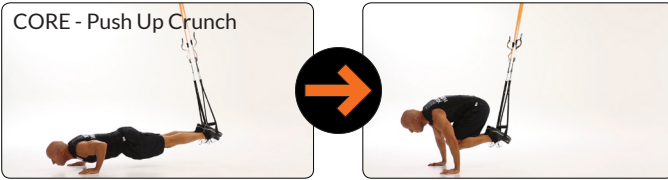
Start in a push up position with your feet in the foot loops. Get down on your forearms. Alternate driving knees to chest, making a single leg crunch.

### CORE - Push Up Spiderman



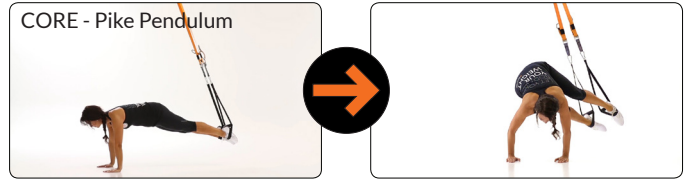
Start in a Push Up position but with only one feet in the foot loop. When you lower your torso in a push up you simultaneously bend one leg outwards upwards to your side. When you push yourself back up, you extend your leg.

### CORE - Push Up Crunch



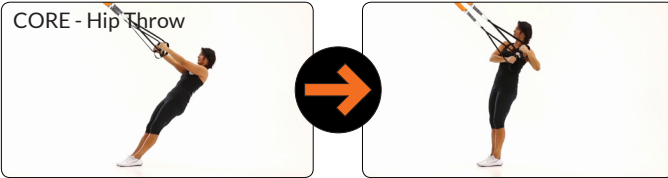
The Push Up Crunch is a great chest training exercise, and also works the core, shoulders and triceps. It's a push up with a crunch in between.

### CORE - Pike Pendulum



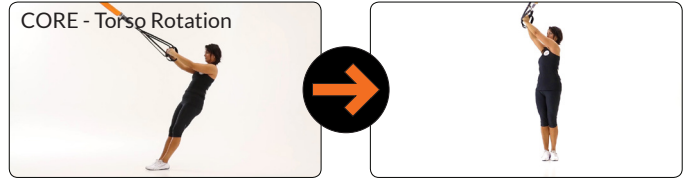
Place your feet into the foot loops and get into a push-up position. Keep your legs together. Begin by swinging your legs side to side keeping your hips as still as possible.

### CORE - Hip Throw



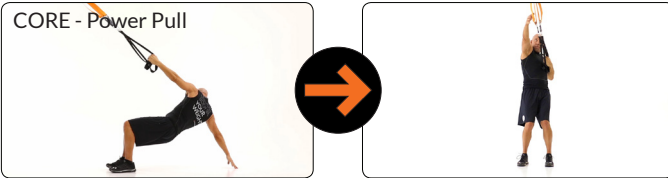
Grab the handles and lean back with your arms extended and body rigid. Keep your hands close together. Pull yourself back up, turning your torso, hands to the side.

### CORE - Torso Rotation



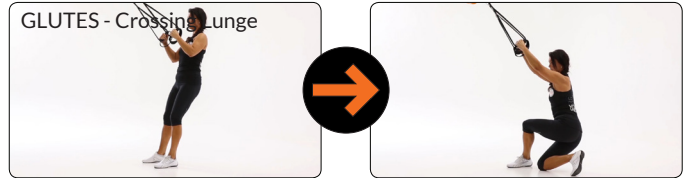
Grab the handles, lean backwards with extended arms. Drive your hands away from the chest, rotate arms and torso until your shoulder is square with the straps.

### CORE - Power Pull



Hold single handle with one hand. Lean back. Twist away and extend the arm outward. Pull your body upwards, using a rowing motion. At the same time, bring the other arm as high as possible along the straps by twisting body.

### GLUTES - Crossing Lunge



Perform a Crossing Lunge by reach back and across with one leg, taking the knee towards the outside of the heel. Return to start position by pressing yourself upwards.



Place your heels into the foot loops. Lift your hips off the floor keeping your body straight and rigid. Keep your feet together throughout the exercise. Pull your heels toward your hips. Straighten both legs to get back to the starting position.



Grab both handles and lean back. Squat, while keeping your back as straight as possible. Once your glutes are as low as you can come, push yourself up using your butt and return to the start position.



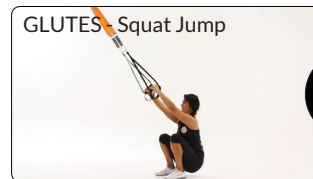
Place your heels into the foot loops. Lift your hips off the floor keeping your body straight and rigid. Pull one heel toward your hips, keep the other leg straight. Alternate.



Grab both handles and lean back. Center your "working leg" to the anchor point and raise the non-working leg straight out in front of your body. Keep leaning back and squat as low as you can. Return to the start position.



This Hip Press is a very intense exercise that targets the hamstrings and also involves the glutes and back extensors. Press your hips towards the ceiling, making a straight rigid line from your sternum bone to your pubic bone. Do not allow your low back to arch.



Grab the handles and lean back with your arms extended. Deep squat with arms extended as you jump, push downward with the arms for greater jumping height.

### GLUTES - Lunge Side Stretch



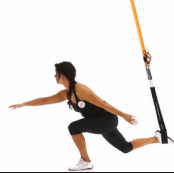
Grab the handles palms down. Stand wide apart with your feet. Lean over to one side, bending the knee, keeping the other leg straight.

### GLUTES - Jumping Crossing Lunge



Hold the handles. Take a step to the side and perform a reverse lunge. Push off in the opposite direction. Land with the opposite foot.

### GLUTES - Lunge



Bend one knee and put one feet in one of the foot loops in the band behind you. Bend your standing knee and lower your body toward the floor and shift the hips backwards. Keep your body weight over the heel of your standing foot. Keep your weight over your heel until your thigh and torso form a straight line with one another. Press your body upward through your heel getting you to your starting position.

### GLUTES - Lunge Reverse



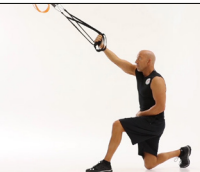
Stand tall holding the Bodyweight® handles in front of your body so that your arms are straight. Step back with one foot into a lunge. Using the band for support, push through your hips and return to the starting position.

### GLUTES - Jumping Split Squat



Grab the handles, step back with one leg. Bend your front leg until your thigh is parallel with the floor. Explode and drive your body up, switch legs in the air.

### GLUTES - Lunge Reverse Single Arm



Grab one of the handles with your right arm. Step back with the right leg and at the same time bend your front leg until your thigh is parallel to the floor.



### GLUTES - Hip Hinge Stretch



Grab the handles palms down. Stand wide apart with your feet. Bend over from the waist, keep your back and legs straight.

### GLUTES - Overhead Squat Extension



Grab the handles. Lean backwards, arms extended, squat. Drive yourself up with your arms straight until you stand upright.

### GLUTES - Lunge Side



Hold the handles in front of you. Make a lunge to the side, push yourself back to the start position. Make a lunge to the other side.

### GLUTES - Hip Abduction



Lie on your back with your heels in the foot loops. Lift your butt off the floor and keep your body straight, do not let your hips down. Spread your legs and then close them.

### GLUTES - Hip Press 2



Lie on your back with your heels in the foot loops. Come closer to the straps so your legs make a 90 degree angle. Lift your butt off the floor and squeeze.

### HIPS - Sprinters Start



Grab the handles "palms in" with your elbows bent at sides. Position the straps underneath arms. Step forward with one leg. Lean into the straps. Drive off front leg and bring rear knee forward. Return to start position.

### HIPS - Jumping Crossing



Hold the handles. Take a step to the side and perform a reverse lunge. Push off in the opposite direction. Land with the opposite foot.

### HIPS - Leg Extension



Start in a push up position with your feet in the foot loops. Bend your knees 90 degrees. Keep your back straight and extend your knees until your legs are straight. Slowly bend your knees back to the starting position.

### HIPS - Lunge Reverse



Stand tall holding the Bodyweight® handles in front of your body so that your arms are straight. Step back with one foot into a lunge. Using the band for support, push through your hips and return to the starting position.

### LEGS - Crossing Lunge



Perform a Crossing Lunge by reach back and across with one leg, taking the knee towards the outside of the heel. Return to start position by pressing yourself upwards.

### HIPS - Lunge Reverse Single Arm



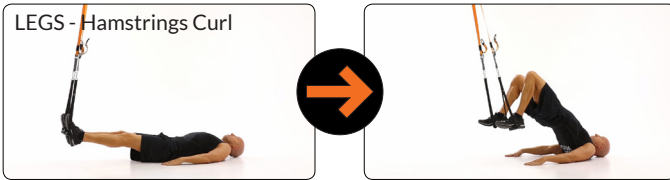
Grab one of the handles with your right arm. Step back with the right leg and at the same time bend your front leg until your thigh is parallel to the floor.

### LEGS - Front Squat



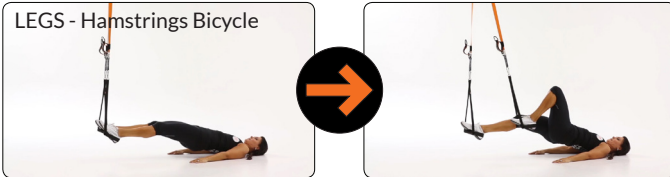
To perform a Front Squat you place the straps under arms. Lean into a 45 degree plank position, until you are standing on the balls of your feet. Bend your knees and your hips as you sit back into a squat position. As you stand back up drive thru the ball of your feet.

### LEGS - Hamstrings Curl



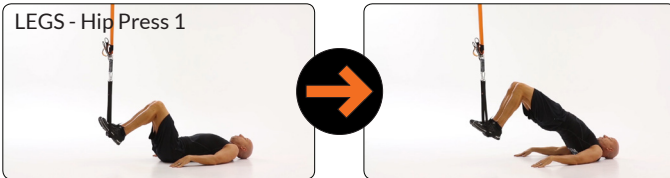
Place your heels into the foot loops. Lift your hips off the floor keeping your body straight and rigid. Keep your feet together throughout the exercise. Pull your heels toward your hips. Straighten both legs to get back to the starting position.

### LEGS - Hamstrings Bicycle



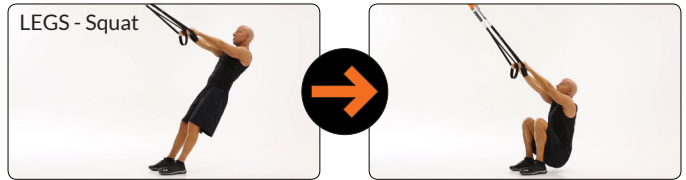
Place your heels into the foot loops. Lift your hips off the floor keeping your body straight and rigid. Pull one heel toward your hips, keep the other leg straight. Alternate.

### LEGS - Hip Press 1



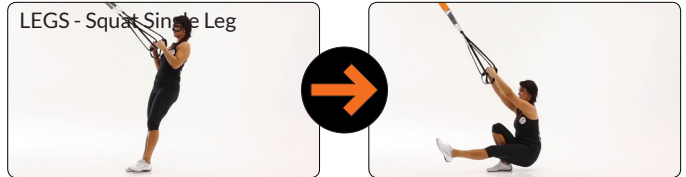
This Hip Press is a very intense exercise that targets the hamstrings and also involves the glutes and back extensors. Press your hips towards the ceiling, making a straight rigid line from your sternum bone to your pubic bone. Do not allow your low back to arch.

### LEGS - Squat



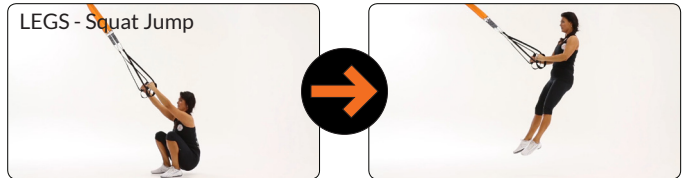
Grab both handles and lean back. Squat, while keeping your back as straight as possible. Once your glutes are as low as you can come, push yourself up using your butt and return to the start position.

### LEGS - Squat Single Leg



Grab both handles and lean back. Center your "working leg" to the anchor point and raise the non-working leg straight out in front of your body. Keep leaning back and squat as low as you can. Return to the start position.

### LEGS - Squat Jump



Grab the handles and lean back with your arms extended. Deep squat with arms extended as you jump, push downward with the arms for greater jumping height.

### LEGS - Muscle Up



Grab the Bodyweight@ handles palms down. Squat on one leg and pull yourself up to standing position end the exercise by performing a Triceps Push Down.

### LEGS - Lunge



Bend one knee and put one feet in one of the foot loops in the band behind you. Bend your standing knee and lower your body toward the floor and shift the hips backwards. Keep your body weight over the heel of your standing foot. Keep your weight over your heel until your thigh and torso form a straight line with one another. Press your body upward through your heel getting you to your starting position.

### LEGS - Overhead Squat



The Overhead Squat is a great exercise, allowing you to squat with depth without falling over. It's a squat but you raise your hands above your head. Keep the tension on the straps while lowering into your squat.

### LEGS - Sprinters Start



Grab the handles "palms in" with your elbows bent at sides. Position the straps underneath arms. Step forward with one leg. Lean into the straps. Drive off front leg and bring rear knee forward. Return to start position.

### LEGS - Lunge Side Stretch



Grab the handles palms down. Stand wide apart with your feet. Lean over to one side, bending the knee, keeping the other leg straight.

### LEGS - Jumping Split Squat



Grab the handles, step back with one leg. Bend your front leg until your thigh is parallel with the floor. Explode and drive your body up, switch legs in the air.

LEGS - Jumping Crossing Lunge



Hold the handles. Take a step to the side and perform a reverse lunge. Push off in the opposite direction. Land with the opposite foot.

LEGS - Lunge Reverse Single Arm



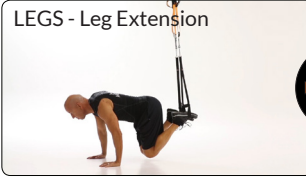
Grab one of the handles with your right arm. Step back with the right leg and at the same time bend your front leg until your thigh is parallel to the floor.

LEGS - Lunge Forward Stretch



Grab the handles. Make a forward lunge. Stretch out, get back.

LEGS - Leg Extension



Start in a push up position with your feet in the foot loops. Bend your knees 90 degrees. Keep your back straight and extend your knees until your legs are straight. Slowly bend your knees back to the starting position.

LEGS - Lunge Reverse



Stand tall holding the Bodyweight® handles in front of your body so that your arms are straight. Step back with one foot into a lunge. Using the band for support, push through your hips and return to the starting position.

LEGS - Burpee



Place one foot in the foot loop. Lower yourself into a push up position and let your other foot get beside the other foot. Drive the knee of the suspended foot up to your chest and place it on the ground. Stand up.

### LEGS - Hip Hinge Stretch



Grab the handles palms down. Stand wide apart with your feet. Bend over from the waist, keep your back and legs straight.

### LEGS - Overhead Squat Extension



Grab the handles. Lean backwards, arms extended, squat. Drive yourself up with your arms straight until you stand upright.

### LEGS - Lunge Side



Hold the handles in front of you. Make a lunge to the side, push yourself back to the start position. Make a lunge to the other side.

### LEGS - Hip Abduction



Lie on your back with your heels in the foot loops. Lift your butt off the floor and keep your body straight, do not let your hips down. Spread your legs and then close them.

### LEGS - Hip Press 2



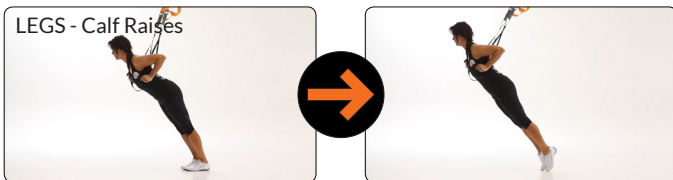
Lie on your back with your heels in the foot loops. Come closer to the straps so your legs make a 90 degree angle. Lift your butt off the floor and squeeze.

### LEGS - Sprinter Jump



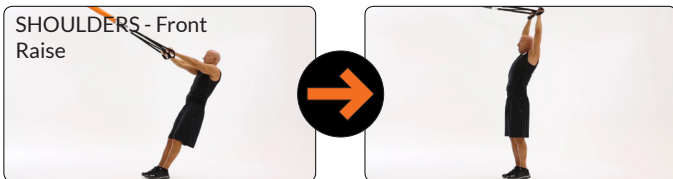
Grab the handles tight to your chest with your arms over top the outside of the straps. Lean forward and make your body into a straight line. Step back with one foot and bend the other knee so you get into a sprinter position. Drive your knee forward as if you were going to take another step. As you drive your knee forward make a jump as if you were getting ready to sprint out of the blocks.

### LEGS - Calf Raises



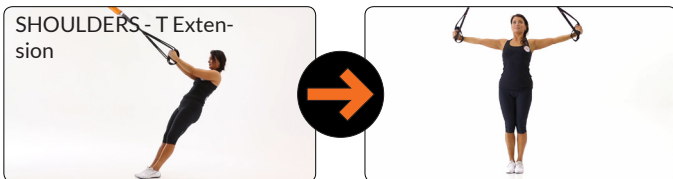
Stand between the straps and grab the handles. Lean forward and let your arms be outside the straps. Get up on your toes as high as you can. Slowly let your heels get down to the floor.

### SHOULDERS - Front Raise



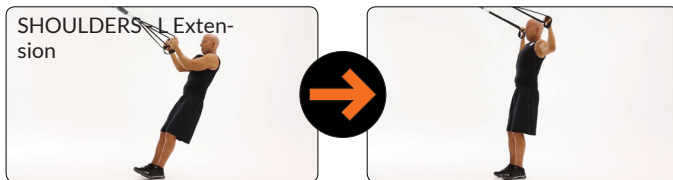
Grab the handles. Lean backwards. Raise yourself by lifting your straight arms in front of you. Keep your body rigid throughout the exercise.

### SHOULDERS - T Extension



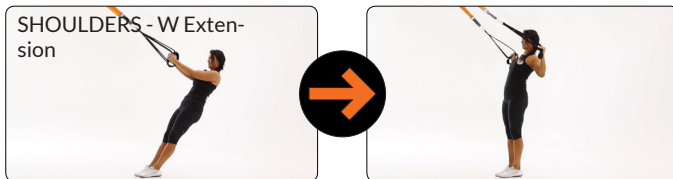
Stand in a "T" position with your arms extended out from your body. Keep tension on the straps. Step back with one foot, with weight on forward leg. Lean back, extend arms forward and shifting weight to rear leg. Pull your arms into "T" position squeezing your shoulder blades together. Your weight will shift into front leg. Keep arms straight.

### SHOULDERS - L Extension



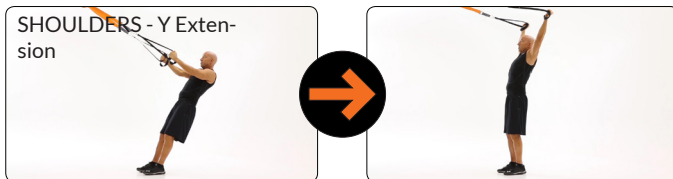
Stand in a "L" position with your arms out from your body, with your elbows at shoulder level. Keep tension on the straps. Step back with one foot, with weight on forward leg. Lean back, extend arms forward and shifting weight to rear leg. Pull your arms into "L" position squeezing your shoulder blades together. Your weight will shift into front leg. Keep arms straight.

### SHOULDERS - W Extension



Stand in a "W" position with your arms out from your body, with your elbows below shoulder level. Keep tension on the straps. Step back with one foot, with weight on forward leg. Lean back, extend arms forward and shifting weight to rear leg. Pull your arms into "W" position squeezing your shoulder blades together. Your weight will shift into front leg. Keep arms straight.

### SHOULDERS - Y Extension



Stand in a "Y" position with your arms extended overhead and body upright. Keep tension on the straps. Step back with one foot, with weight on forward leg. Lean back, extend arms forward and shifting weight to rear leg. Pull your arms overhead into "Y" position squeezing your shoulder blades together. Your weight will shift into front leg. Keep arms straight.

### SHOULDERS - Overhead Squat



The Overhead Squat is a great exercise, allowing you to squat with depth without falling over. It's a squat but you raise your hands above your head. Keep the tension on the straps while lowering into your squat.

### SHOULDERS - Overhead Squat Extension



Grab the handles. Lean backwards, arms extended, squat. Drive yourself up with your arms straight until you stand upright.

### SHOULDERS - Incline Shoulder Press



Place one foot in foot loop. Drop to a push-up position and walk on hands away using free leg for balance. Lower the torso into a press position, using free leg for support. Drive body up away from ground.

### SHOULDERS - Shoulder Press Angled



Grab the Bodyweight® handles. Bend forward by the waist. Perform a shoulder press.

### SHOULDERS - Reverse Fly Alternating



Grab handles with palms facing down and your arms extended. Lean back. Pull your body up by pulling simultaneously back and up with left arm, back and down with right arm. Return to start position. Alternate arms. Remember to keep your arms straight. Do not allow your elbows or wrists to bend.

### SHOULDERS - Chest Press Single Arm



Single arm Chest Press is a core / chest exercise. Its important to keep your posture, maintaining balance and square shoulders throughout the movement.



### TRICEPS - Triceps Push Down



Grab the handles and lean back, do not extend your arms. Keep your arms bent in a 45 degree. Raise yourself by pushing your hands down, using your triceps.

### TRICEPS - Push Up Narrow Grip Crunch



Start in a push up position with your feet in the foot loops and your hands narrower together than shoulder width. Bend your arms and then perform a push up. At the top, perform a crunch.

### TRICEPS - Triceps Extension



Grab the handles with your palms facing downwards. Keep your body in a straight line and lean forward. Let your hands in so that they are directly over your shoulders. Now extend your arms out and upwards.

### TRICEPS - Triceps Push Down Reverse Grip



Grab handles palm facing forward. Take a stance to allow your back foot to assist you. Lean back. Bend your elbows. Keep your back straight. Extend your elbows and push yourself back up to the starting position.

### TRICEPS - Push Up Narrow Grip



Start in a push up position with your feet in the foot loops and your hands narrower than shoulder width. Bend your arms and then perform a push up.

### TRICEPS - Triceps Extension Reverse Grip



Grab the handles palms facing you, straps over shoulders. Lean forward. Bend elbows until your hands reach your forehead. Extend elbows and push yourself back to the starting position.

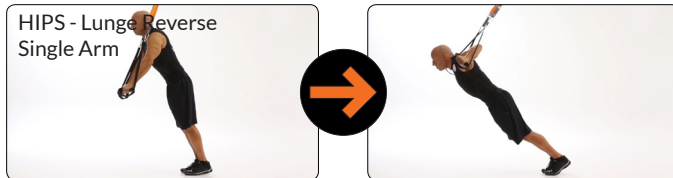
# ABS



Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.



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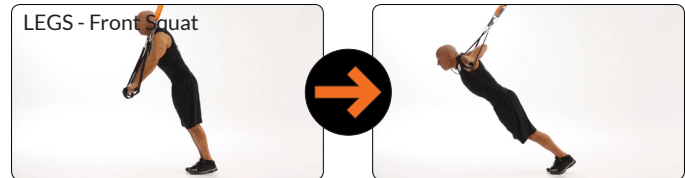
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# ABS

## HIPS - Jumping Crossing Lunge



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## HIPS - Lunge Reverse



Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.

## HIPS - Lunge Reverse Single Arm



Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.

## HIPS - Leg Extension



Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.

## LEGS - Crossing Lunge

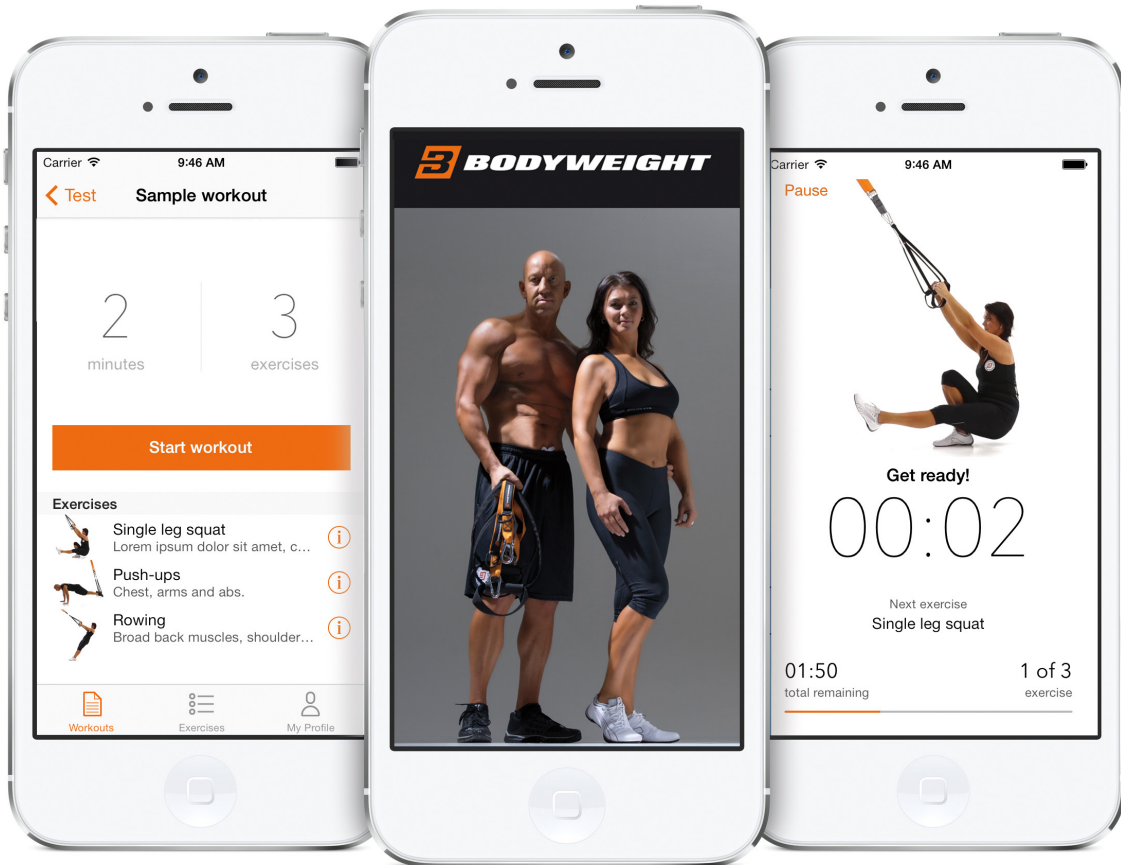


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## LEGS - Front Squat



Start with your feet in the Bodyweight training system, standing on other forearms or hands (more intense), bring your knees to the chest. Important not to let the hips sag. Return to start position. Crunch is a core exercise that also bring the hips flexors and upper body stabilizers into play. This exercise strengthens the abdominals, and the lower back.



# BODYWEIGHT® APP

With the Bodyweight® mobile app, you can create your own workout routine. All training exercises can be viewed in a video and image format. You simply choose which exercises or muscle groups you want to train, set the number of minutes you want your workout routine to be, and then you just follow the instructions.

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