



BODYWEIGHT EXERCISE EXAMPLES

Version 1.3

Written by:


Farhan Juhari

Lead Physical Preparation Coach (Rowing)




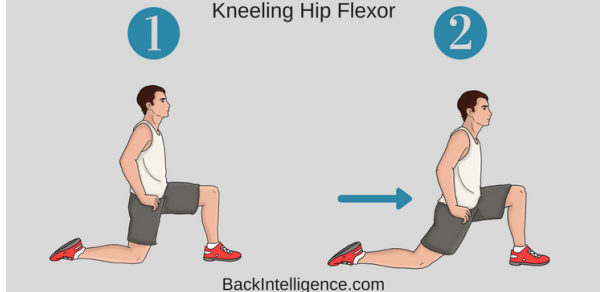

VICTORIAN INSTITUTE OF SPORT

Below are 5 examples (including YouTube links for educational purposes) for each category/area to help you develop in:






- **Thoracic Mobility**

<p><u>Crucifix</u></p>		
<p><u>Thread the Needle</u></p>		
<p><u>Seated Thoracic Rotations</u></p>		
<p><u>Kneeling Thoracic Extension</u></p>		
<p><u>Half Kneeling Thoracic Wall Rotations</u></p>		






• Hip Mobility

<p><u>Downward Facing Dog</u></p>	 <p>Warp shoulder blades around back of rib cage</p> <p>Lengthen sitting bones to sky</p> <p>Downward Facing Dog Pose</p> <p>Push floor away through hands</p> <p>Push chest back towards thighs</p> <p>Draw belly up and into ribcage</p> <p>Push Knees Backwards</p> <p>Keep outside edges of feet parallel</p> <p>www.vedyou.com</p>
<p><u>Seated 90/90's</u></p>	 <p>90/90 HIP SWITCH</p>
<p><u>Figure 7 Glute/Pigeon Pose</u></p>	 <p>YURIELKAIM</p>
<p><u>½ Kneeling Hip Flexor</u></p>	 <p>1 Kneeling Hip Flexor 2</p> <p>BackIntelligence.com</p>
<p><u>Inchworm</u></p>	






- Scapular Stability


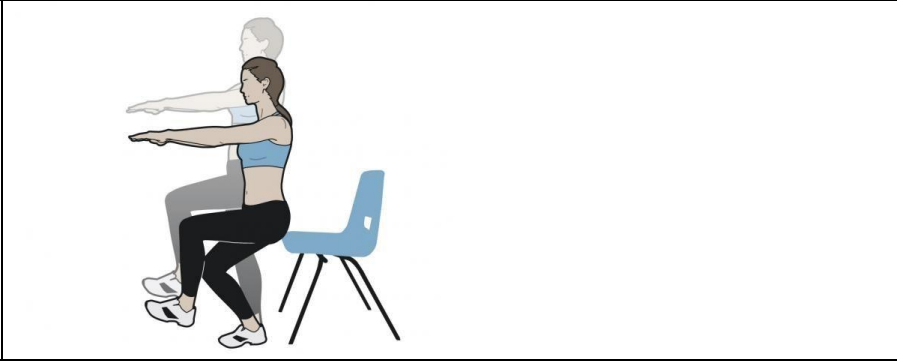
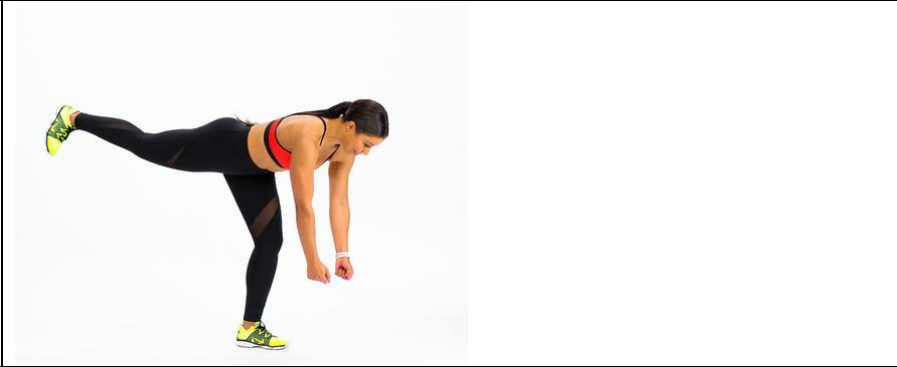


<p><u>Straight Arm Push-Up</u></p>	
<p><u>Push-Up w/Rotation</u></p>	
<p><u>Slow Shoulder Taps</u></p>	
<p><u>Prone Y Scapula</u></p>	
<p><u>Lateral Bear Walk</u></p>	

- Hip Stability

<p><u>Single-leg Balance</u></p>	
<p><u>Single-leg Squats</u></p>	
<p><u>Arabesque</u></p>	
<p><u>Single-leg Glute Bridge</u></p>	
<p><u>Side plank w/Leg-Lift</u></p>	

- **Technically Competent at Fundamental Movements** (3 example of variations; easiest to hardest in brackets)

<p>Squat variation 1 Bodyweight Squat</p>	
<p>Squat variation 2 Hands Overhead Squat</p>	
<p>Squat variation 3 Bodyweight Squat Jump</p>	
<p>Lunge variation 1 Walking Lunge</p>	
<p>Lunge variations 2 Lateral Lunge</p>	

<p><u>Lunge variations 3</u> Lunge Switch Jump</p>	
<p><u>Single-Leg (SL) variation 1</u> SL Squat-to-Chair</p>	
<p><u>Single-Leg (SL) variation 2</u> Arabesque/Aero-plane</p>	
<p><u>Single-Leg (SL) variation 3</u> SL Broad Jump</p>	
<p><u>Hip-Hinge variation 1</u> Glute Bridge</p>	<p>GLUTE BRIDGE</p>  <p>ACHIEVEFITNESS</p>

Hip-Hinge variations 2
RDL



Hip-Hinge variations 3
Hands Overhead RDL



Upper Body Pushing 1
Incline Push-Up



Upper Body Pushing 2
Traditional Push-Up



Upper Body Pushing 3
Decline Push-Up



Upper Body Pulling 1
ISO Towel Seated-Row




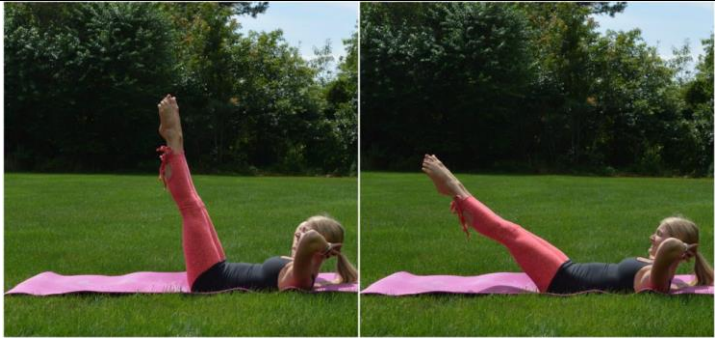

Upper Body Pulling 2
ISO SA Door Pull



Upper Body Pulling 3
Bent-Over Grocery Bag Rows



- Core/trunk

<p><u>Dead-bugs</u></p>	
<p><u>Leg Lowers</u></p>	
<p><u>Bird-Dog</u></p>	

Plank Transfers



Side-Plank Rotations

