

No-Equipment Exercise Checklist

Tick exercises you have TRIED and MASTERED — no gear needed

■ Tried ■ Mastered

● Easy ● Medium ● Hard

Reps / Duration shown on right

LOWER BODY

<input type="checkbox"/> <input type="checkbox"/> ●	Squat	3x15
<input type="checkbox"/> <input type="checkbox"/> ●	Jump Squat	3x10
<input type="checkbox"/> <input type="checkbox"/> ●	Reverse Lunge	3x12 each
<input type="checkbox"/> <input type="checkbox"/> ●	Glute Bridge	3x20
<input type="checkbox"/> <input type="checkbox"/> ●	Single-Leg Bridge	3x12 each
<input type="checkbox"/> <input type="checkbox"/> ●	Wall Sit	3x45 sec
<input type="checkbox"/> <input type="checkbox"/> ●	Sumo Squat	3x15
<input type="checkbox"/> <input type="checkbox"/> ●	Step-Up (chair)	3x12 each

UPPER BODY

<input type="checkbox"/> <input type="checkbox"/> ●	Push-Up	3x12
<input type="checkbox"/> <input type="checkbox"/> ●	Wide Push-Up	3x12
<input type="checkbox"/> <input type="checkbox"/> ●	Diamond Push-Up	3x8
<input type="checkbox"/> <input type="checkbox"/> ●	Tricep Dip (chair)	3x12
<input type="checkbox"/> <input type="checkbox"/> ●	Pike Push-Up	3x10
<input type="checkbox"/> <input type="checkbox"/> ●	Plank Shoulder Tap	3x20 taps
<input type="checkbox"/> <input type="checkbox"/> ●	Superman Hold	3x10

CORE

<input type="checkbox"/> <input type="checkbox"/> ●	Plank	3x30 sec
<input type="checkbox"/> <input type="checkbox"/> ●	Side Plank	3x25 sec each
<input type="checkbox"/> <input type="checkbox"/> ●	Crunch	3x20
<input type="checkbox"/> <input type="checkbox"/> ●	Bicycle Crunch	3x20
<input type="checkbox"/> <input type="checkbox"/> ●	Leg Raise	3x12
<input type="checkbox"/> <input type="checkbox"/> ●	Mountain Climber	3x30 sec
<input type="checkbox"/> <input type="checkbox"/> ●	Dead Bug	3x10 each

CARDIO

<input type="checkbox"/> <input type="checkbox"/> ●	Jumping Jack	3x30 sec
<input type="checkbox"/> <input type="checkbox"/> ●	High Knees	3x30 sec
<input type="checkbox"/> <input type="checkbox"/> ●	Burpee	3x8
<input type="checkbox"/> <input type="checkbox"/> ●	Butt Kick	3x30 sec

● Skater Jump 3x12 each

● Box Jump (floor) 3x8

MOBILITY & FLEXIBILITY

● Cat-Cow Stretch 2x10

● Hip Flexor Stretch 2x30 sec each

● World's Greatest 2x5 each

● Downward Dog 2x30 sec

● Pigeon Pose 2x40 sec each

● Thoracic Rotation 2x8 each

Notes / Substitutions
