

Carl Stevelt's body weight exercises

upper body-

- * push ups
- * diamond push ups
- * incline and decline push ups
- * Tyson push ups - place feet on floor against a wall and when you push up go back towards wall and be almost in squat position then back down to normal.
- * dips - need a dip bar though or seated dips need a bench or chair.
- * pull ups - wide close grip neutral grip. 5 second holds can do with all of the above hold at both the top and bottom of each rep with a count to 5.
- * rows off dip bar - need a partner hang from the bar parallel from dip bars and have some one holding your feet and pull up to dip bar and back down.
- * body curl off dip bar - place hands on one side of dip bar and lean back with your feet out and curl up and down to bar.
- * gator crawls - takes 2 ppl, one person in push up position other lifts their feet up and hold on person then does push up with hands offset and moves forward doing push up every step with hands.

legs-

- * squat
- * lunges
- * jumping squats
- * squat holds - hold squat position for count
- * duck walks
- * calf raises
- * boxing squats - squat down to ground and bounce and switch feet back and forth almost like when using a jump rope.
- * jumping lunges or lunge backwards.

core-

- * sit ups
- * crunches
- * full crunch - like crunch but fully extend your legs.
- * bicycles - lay on back and move legs like riding a bike make sure you extend your legs.
- * leg lifts and scissor kicks.
- * side crunch - a crunch while laying on your side
- * planks
- * ab wheels
- * slow sit ups - sit up fast and go slow as possible back down to the ground.
- * in and outs - sit with only tail bone on ground and extend legs up and back with small crunch movement with out letting your back touching ground. takes balance.
- * commando sit ups - takes 2 ppl one on ground with knees up in sit up position, other person sits on their feet with legs extended then grabs hold of the first person's calves behind knees and lean back a little, person in sit up position does a regular sit up and back down. on second sit up u stand all the way up then back down.

cardio-

- * running
- * sprinting
- * jump rope
- * jumping jacks
- * mountain climbers
- * burpies
- * burpies with push ups - do 2 or 3 push ups before jumping back up
- * burpies with knee raise - do burpie on push up raise knee to chest then back to push up next time up do other knee then push up again before jumping back up
- * 10 burpies 50 jumping jacks twice back to back 1 set.
- * 20 down (or what ever) on burpies and lunges - 20 burpies 20 lunges, 19 burpies 19 lunges ,and so on down to 1 each.

hope this helps if u need more or need a better explanation let me know. carl.