

1. Press ups:



Place your hands parallel to your shoulder blade.
Head up looking forward
Body straight
Up and down, body in one move.
Elbow fully locked (arms straight)

2. Sit-ups:



Lay on your back
Leg bend should be within 70 to 110 degree
Head up
Back straight
Up and down
Shoulder blade should touch the ground while laying down
Elbow should touch the thighs while sit-up

3. Squat:



Stand on the level ground.
Legs apart 3 to 4 inches
Hands parallel to the ground on the side
Up and down
While going down thigh should be parallel to the ground
Back straight

4. Heaves:



Hands parallel to the shoulder width
Body one movement up and down
Hands fully locked straight and chest must touch the bar

5. Half sit-ups:



Same as full sit-ups
Only half up and go back to the ground
Always back straight
You do not have to touch the thigh

6. Squat thrust:



Starting same as Press ups
Bend your legs to the chest and go back to starting position.
Note: Do not try to over bend,
Back should be always straight

7. Dips:



Use any benches or sort of equipment to do this exercise
Hands place parallel to the shoulder width
Lower your body up to the comfort zone
Legs always in supporting position

8. Twist sit-ups:



Same as normal sit-ups
Touch the thigh with alternative elbow. (Left to right and right to left)

9. Half heaves:



You can do this in two ways
One ground to half up
Two fully up to half down

10. Lunges:



Stand on the firm and level ground
Hands on the side to balance the body movement
Step forward to comfort zone and back to starting position
Repeated alternatively with different legs

11. Sit-ups:

Go back to no 2.

12. Step-ups:



Use steps or benches for this exercise
Step up and down continuously
As shown in the pictures