

List of Bodyweight Exercises by Muscle Group

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Below, you can see all the exercises, from the chest, shoulder, and arms to the back, core, and leg.

- **Chest (1-9)**
- **Shoulder (10-20)**
- **Triceps (21-26)**
- **Biceps (27-32)**
- **Back (33-40)**
- **Abs and Oblique (41-60)**
- **Hamstrings (61-66)**
- **Quadriceps (67-79)**
- **Glutes (80-86)**
- **Calves (87-90)**
- **Integrated Full Body (91-105)**

Below each exercise, I've included the other muscles they target, the experience level needed for doing that particular exercise, and whether

you need any equipment or not. This information will further help you pick the right exercises according to your fitness level and goal.

CHEST

1. Regular Push up

- Other Engaged Muscles: Triceps and Anterior Delt
- Equipment Needed: None
- Experience Level: Beginner to Intermediate

2. Negative Push-Up

- Other Engaged Muscles: Shoulder
- Equipment Needed: None
- Experience Level: Intermediate

3. Wide Push up

- Other Engaged Muscles: Shoulder and Abs
- Equipment Needed: None
- Experience Level: Intermediate

4. Incline Press-up

- Other Engaged Muscles: Shoulder
- Equipment Needed: Bench/Chair/Elevated Object
- Experience Level: Beginner

5. Decline Press-up

- Other Engaged Muscles: Delts and Abs
- Equipment Needed: Bench/Chair/Elevated Object
- Experience Level: Intermediate

6. Bar Dips

- Other Engaged Muscles: Triceps, Shoulder, and Abs
- Equipment Needed: Dip Station
- Experience Level: Intermediate

7. Close-grip Pushup

- Other Engaged Muscles: Triceps
- Equipment Needed: None
- Experience Level: Intermediate

8. Archer pushup

- Other Engaged Muscles: Shoulder and Abs
- Equipment Needed: None
- Experience Level: Intermediate

9. Staggered Push-Up

- Other Engaged Muscles: Shoulders
- Equipment Needed: None
- Experience Level: Intermediate

SHOULDER

10. Pike Pushups

- Other Engaged Muscles: Abs and Triceps
- Equipment Needed: None
- Experience Level: Intermediate

11. Standing IYT Raises

- Other Engaged Muscles: Back
- Equipment Needed: None
- Experience Level: Beginner

12. Wall Handstand Push-up

- Other Engaged Muscles: Abs and Triceps
- Equipment Needed: Wall Support
- Experience Level: Advanced

13. Scapular Push-up

- Other Engaged Muscles: Upper Back
- Equipment Needed: None
- Experience Level: Beginner to Intermediate

14. Plank Ups

- Other Engaged Muscles: Abs
- Equipment Needed: None
- Experience Level: Intermediate

15. Handstand Walk

- Other Engaged Muscles: Abs and Triceps
- Equipment Needed: None
- Experience Level: Advanced

16. Bodyweight Lateral Raises

- Other Engaged Muscles: Abdominals
- Equipment Needed: None
- Experience Level: Intermediate

17. Lying Rear Delt Fly

- Other Engaged Muscles: Upper Back
- Equipment Needed: None
- Experience Level: Beginner

18. Rear Delt Retraction on The Wall

- Other Engaged Muscles: Trapezius
- Equipment Needed: Wall Support
- Experience Level: Beginner to Intermediate

19. Bodyweight Rear Delt Raise

- Other Engaged Muscles: Back
- Equipment Needed: None
- Experience Level: Beginner to Intermediate

20. Bodyweight Torso Pull

- Other Engaged Muscles: Upper Back
- Equipment Needed: None
- Experience Level: Intermediate

TRICEPS

21. Triangle Push up

- Other Engaged Muscles: Chest
- Equipment Needed: None
- Experience Level: Intermediate

22. Sphinx Push-ups

- Other Engaged Muscles: Core
- Equipment Needed: None
- Experience Level: Beginner

23. Bench Dips

- Other Engaged Muscles: Core
- Equipment Needed: Bench/Chair
- Experience Level: Beginner

24. Triceps Extension

- Other Engaged Muscles: Shoulder
- Equipment Needed: Smith Machine/Bench/Chair
- Experience Level: Beginner

25. Upright Body Dips

- Other Engaged Muscles: Upper Chest, Shoulder, and Abs
- Equipment Needed: Dip Station
- Experience Level: Intermediate

26. Floor Dips

- Other Engaged Muscles: Abdominals
- Equipment Needed: None
- Experience Level: Intermediate

BICEPS

27. Bodyweight Curl

- Other Engaged Muscles: Upper Back
- Equipment Needed: Table, Dip Stand, Straight Rod or Bamboo
- Experience Level: Beginner

28. Chin-up

- Other Engaged Muscles: Back
- Equipment Needed: Bar to Hang on
- Experience Level: Beginner

29. Neutral Grip Chin-up

- Other Engaged Muscles: Forearms and Back

- Equipment Needed: An Object to Hang on, Like a Pull-up Bar
- Experience Level: Intermediate

30. Bicep Leg Curl

- Other Engaged Muscles: None
- Equipment Needed: None
- Experience Level: Beginner

31. Neutral Grip Inverted Row

- Other Engaged Muscles: Upper Back
- Equipment Needed: Table, Dip Stand, or Bar
- Experience Level: Intermediate

32. Negative Chin-up

- Other Engaged Muscles: Back and Abs
- Equipment Needed: Pull-up Bar
- Experience Level: Intermediate

BACK

33. Pull-up

- Other Engaged Muscles: Biceps and Abs
- Equipment Needed: Pull-up Bar
- Experience Level: Beginner to Intermediate

34. Superman Pull

- Other Engaged Muscles: Shoulder
- Equipment Needed: Mat
- Experience Level: Beginner

35. Inverted Row (Australian Pull-up)

- Other Engaged Muscles: Biceps and Rear Delt
- Equipment Needed: Pull-up Bar

- Experience Level: Beginner

36. Lying Triple Flies

- Other Engaged Muscles: Shoulder
- Equipment Needed: Mat
- Experience Level: Beginner

37. Renegade Row

- Other Engaged Muscles: Abdominals
- Equipment Needed: None
- Experience Level: Intermediate

38. Prone Towel Row

- Other Engaged Muscles: Rear Delt
- Equipment Needed: Towel and Mat
- Experience Level: Beginner

39. Bird Dog Pose

- Other Engaged Muscles: Abs, Glutes, and Hamstring
- Equipment Needed: Mat
- Experience Level: Intermediate

40. Superman with External Arm Rotation

- Other Engaged Muscles: Hamstrings
- Equipment Needed: Mat
- Experience Level: Intermediate

ABS and OBLIQUES

41. Crunches

- Target Muscles: Abdominals
- Equipment Needed: Mat
- Experience Level: Beginner

42. Reverse Crunches

- Target Muscles: Lower Abs
- Equipment Needed: Mat
- Experience Level: Beginner

43. Plank and Its Variations

- Target Muscles: Core
- Equipment Needed: Mat
- Experience Level: Beginner to Intermediate

44. Mountain Climber

- Target Muscles: Abdominals
- Equipment Needed: None
- Experience Level: Beginner

45. Toe Tap Crunches

- Target Muscles: Abs
- Equipment Needed: Mat
- Experience Level: Intermediate

46. Alternating Heel Taps

- Target Muscles: Obliques
- Equipment Needed: Mat
- Experience Level: Beginner

47. Russian Twist

- Target Muscles: Obliques
- Equipment Needed: Mat
- Experience Level: Intermediate

48. Leg Raises

- Target Muscles: Lower Abs
- Equipment Needed: Mat
- Experience Level: Intermediate

49. Flutter Kicks

- Target Muscles: Lower Abs

- Equipment Needed: Mat
- Experience Level: Beginner
- 50. Crossbody Mountain Climber**
- Target Muscles: Midsection
- Equipment Needed: None
- Experience Level: Beginner to Intermediate
- 51. Deadbug**
- Target Muscles: Abdominals
- Equipment Needed: None
- Experience Level: Intermediate
- 52. Hollow Body Hold**
- Target Muscles: Midsection
- Equipment Needed: None
- Experience Level: Intermediate
- 53. V-ups**
- Target Muscles: Entire Abs
- Equipment Needed: None
- Experience Level: Intermediate
- 54. Knee Tucks**
- Target Muscles: Lower Abs
- Equipment Needed: None
- Experience Level: Beginner
- 55. Single-Leg Tuck-up**
- Target Muscles: Lower Abs
- Equipment Needed: None
- Experience Level: Intermediate
- 56. Dragon Flag**
- Target Muscles: Entire Abdominals
- Equipment Needed: Firm Stationary Object
- Experience Level: Advanced

57. Side Plank Hip Taps

- Target Muscles: Obliques
- Equipment Needed: Mat
- Experience Level: Beginner

58. Bicycle Crunches

- Target Muscles: Rectus Abdominis and Obliques
- Equipment Needed: Yoga Mat
- Experience Level: Intermediate

59. Lying Windshield Wiper

- Target Muscles: Obliques and Lower Back
- Equipment Needed: Exercise Mat
- Experience Level: Intermediate

60. Air Plunge

- Target Muscles: Rectus and Transverse Abdominis
- Equipment Needed: Yoga Mat
- Experience Level: Intermediate

HAMSTRINGS

61. Standing Leg Curl

- Other Engaged Muscles: None
- Equipment Needed: None
- Experience Level: Beginner

62. Single-Leg Sliding Curl

- Other Engaged Muscles: Glutes and Abs
- Equipment Needed: Gliding Discs
- Experience Level: Intermediate

63. Nordic Hamstring Curl

- Other Engaged Muscles: Glutes and Abs
- Equipment Needed: Partner Support
- Experience Level: Intermediate

64. Single-Leg Hamstring Bridge

- Other Engaged Muscles: Glutes
- Equipment Needed: None
- Experience Level: Beginner to Intermediate

65. Single-Leg Romanian Deadlift

- Other Engaged Muscles: Glutes, Lower Back, and Abs
- Equipment Needed: None
- Experience Level: Intermediate

66. Hamstring March

- Other Engaged Muscles: Lower Back
- Equipment Needed: None
- Experience Level: Beginner

QUADRICEPS

67. Regular Squat

- Other Engaged Muscles: Glute
- Equipment Needed: None
- Experience Level: Beginner

68. Front Lunges

- Other Engaged Muscles: Hamstring and Butt
- Equipment Needed: None
- Experience Level: Beginner

69. Bulgarian Split Squat

- Other Engaged Muscles: Hamstrings, Glute, and Abs

- Equipment Needed: Bench/Chair/Box
- Experience Level: Intermediate

70. Lateral Lunge

- Other Engaged Muscles: Adductors
- Equipment Needed: None
- Experience Level: Beginner

71. Wall Sit

- Other Engaged Muscles: Glutes
- Equipment Needed: Wall Support
- Experience Level: Beginner

72. Frog Squat

- Other Engaged Muscles: Adductors
- Equipment Needed: None
- Experience Level: Beginner

73. Reverse Lunge

- Other Engaged Muscles: Glute and Hamstrings
- Equipment Needed: None
- Experience Level: Intermediate

74. Sumo Squat

- Other Engaged Muscles: Adductors
- Equipment Needed: None
- Experience Level: Intermediate

75. Skater Squat

- Other Engaged Muscles: Core, Ham, and Glute
- Equipment Needed: None
- Experience Level: Advanced

76. Sissy Squat

- Other Engaged Muscles: Posterior Chain
- Equipment Needed: Firm Vertical Object
- Experience Level: Advanced

77. Step-up

- Other Engaged Muscles: Glutes and Abdominals
- Equipment Needed: Box/Bench
- Experience Level: Intermediate

78. Pistol Squat

- Other Engaged Muscles: Glutes, Hamstrings, and Abs
- Equipment Needed: None
- Experience Level: Advanced

79. Curtsy Lunges

- Other Engaged Muscles: Glutes and Biceps Femoris
- Equipment Needed: None
- Experience Level: Intermediate

GLUTES

80. Glutes Bridge

- Other Engaged Muscles: Lower Back
- Equipment Needed: Exercise Mat
- Experience Level: Beginner

81. Reverse Leg Lift

- Other Engaged Muscles: Hamstrings
- Equipment Needed: None
- Experience Level: Beginner

82. Leg Kickback

- Other Engaged Muscles: Biceps Femoris and Lower Spine
- Equipment Needed: Yoga Mat
- Experience Level: Beginner to Intermediate

83. Plié Squat

- Other Engaged Muscles: Adductors
- Equipment Needed: None
- Experience Level: Intermediate
- 84. **Squat Jack** (Pop Squat)
- Other Engaged Muscles: Inner Thighs
- Equipment Needed: None
- Experience Level: Intermediate
- 85. **Frog Pump**
- Other Engaged Muscles: Hamstring and Abs
- Equipment Needed: None
- Experience Level: Beginner
- 86. **Long Lever Bridge Marching**
- Other Engaged Muscles: Hamstring
- Equipment Needed: None
- Experience Level: Intermediate

CALVES

- 87. **Single-leg Calf Raise**
- Other Engaged Muscles: None
- Equipment Needed: Wall Support
- Experience Level: Beginner
- 88. **Double-Leg Heel Raises**
- Other Engaged Muscles: Hamstring
- Equipment Needed: Wall Support
- Experience Level: Beginner
- 89. **Donkey Calf Raises**
- Other Engaged Muscles: Hamstring

- Equipment Needed: Any Supporting Object, Such as a Bench, Box, or Chair

- Experience Level: Intermediate

90. Plie Squat Calf Raises

- Other Engaged Muscles: Adductors

- Equipment Needed: None

- Experience Level: Beginner

91. Eccentric Calf Raises

- Other Engaged Muscles: Hamstring

- Equipment Needed: Wall Support and Stepper

- Experience Level: Beginner

INTEGRATED FULL BODY

92. Jumping Jacks

- Target Muscles: Legs, Abs, and Shoulder

- Equipment Needed: None

- Experience Level: Beginner

93. Burpees

- Target Muscles: Chest, Legs, and Abs

- Equipment Needed: None

- Experience Level: Intermediate

94. High Knees

- Target Muscles: Leg and Abs

- Equipment Needed: None

- Experience Level: Beginner

95. Power Maker

- Target Muscles: Chest, Legs, Abs, and Shoulder

- Equipment Needed: None
- Experience Level: Advanced
- 96. Plyometric Jumps**
- Target Muscles: Full Body
- Equipment Needed: None
- Experience Level: Intermediate to Advanced
- 97. Dive Bomber Push-up**
- Target Muscles: Full Body
- Equipment Needed: None
- Experience Level: Intermediate
- 98. Muscle Up**
- Target Muscles: Full Body
- Equipment Needed: Pull-up Bar
- Experience Level: Advanced
- 99. Inchworm**
- Target Muscles: Entire Body
- Equipment Needed: None
- Experience Level: Beginner to Intermediate
- 100. Spider Crawl**
- Target Muscles: Full Body
- Equipment Needed: None
- Experience Level: Intermediate
- 101. Bear Crawl**
- Target Muscles: Total Body
- Equipment Needed: None
- Experience Level: Beginner to Intermediate
- 102. Planche**
- Target Muscles: Full Body
- Equipment Needed: None
- Experience Level: Intermediate to Advanced

103. Sit Outs

- Target Muscles: Shoulder, Arms, and Abdominals
- Equipment Needed: None
- Experience Level: Intermediate

104. Knee Tap Push-ups

- Target Muscles: Chest, Abs, Shoulder, and Legs
- Equipment Needed: Mat
- Experience Level: Intermediate

105. Front and Back Lever

- Target Muscles: Full Body
- Equipment Needed: Bar
- Experience Level: Advanced

106. Explosive Push-ups

- Target Muscles: Upper Body
- Equipment Needed: None
- Experience Level: Advanced