

Bodyweight Bodybuilder 2.0 - Beginner Exercises (Phase 1)

Incline Pushup

Knee Pushups

Deep Push Up

Pushup Negative

Standard Pushups

Wide and Diamond Pushups

Assisted Pullups

Australian Rows

Jumping Negative Pullups

Standard Pullups

Bench Dips

Dip Negative

Normal Dip

Air Squat

Negative Explosive Squats

One Leg Chair Lunges

Lunges

Knee Raises (Ground)

Leg Raises (Ground)

Flutter Kicks

Knee Raises (Bar)

Calve Exercises

Bodyweight Bodybuilder 2.0 - Intermediate Exercises (Phase 2)

Decline Pushups

Archer Pushups

Explosive Pushups

Pike Pushups

Pseudo Planche Pushups

Wide and Close Pullups

Explosive Pullup Variations

Front Lever Swings

Commando Pullups

Muscle Ups

L Sit Pullups

One Arm Row

Tuck FL Row

One Arm Bench Dips

Explosive Dips

Front Dips

Archer Squats

Assisted Pistol Squats

Explosive Tuck Jump

Jumping Lunges

Explosive Yard Jumps

Calve Exercises

Hollow Body Rock

Easy Wipers

Dragon Flag Negative

BodyWeight Bodybuilder 2.0 - Pro Exercises (Phase 3)

One Arm Pushup

Explosive Pushups

Wall HSPU

Tuck Planche Pushups

Straddle Planche Pushups

Free Standing HSPU

90 Degree HSPU

One Arm Assisted Pullups

Typewriter Pullups

Full FL Rows

One Arm Pullups

Russian Dips

Impossible Dips

Toes 2 Bar

Full Wipers

Dragon Flag

Assisted Shrimp Squat

Pistol Squat