

SUSPENSION WORKOUTS

UPPER BODY



Push-Up



Atomic Push-Up



Bicep Curl



Chest Dip



Tricep Press



Face Pull



Superman



Single Arm Row



Chest Fly



Chest Press

CORE



Crunch



Oblique Crunch



Crunch and Curl



Pendulum



Ab Roll Out



Pike



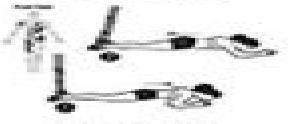
Plank



Side Plank



Standing Hip Drop



Body Saw

BACK



Row



Inverted Row



Low Row



Power Pull



Y-Fly

LOWER BODY



Glute Bridge



Hamstring Runners



Knee-Drive Jump



Suspended Lunge



Side Lunge



Squat



Single Leg Squat



Squat Jump



Single Leg Deadlift



Sprinter Start

TOTAL BODY



Split



Squat and Row



Spiderman Push-Up



Mountain Climber



Reverse Mountain Climber

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Ben Pratt

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