



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Body weight exercises

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What are the advantages ?

- You can do your workout anywhere, anytime
- Muscle strengthening, endurance building
- Gently strengthens joints and tendons
- Has a positive effect on movement coordination
- Improves flexibility, joint mobility, stability, core muscle performance

Who is it recommended for?

- For those who want to lose weight, get stronger
- For athletes
- For kids
- Older age group



What kind of bodyweight exercises are there?

1. Pull up



What kind of bodyweight exercises are there?

2. Squatting



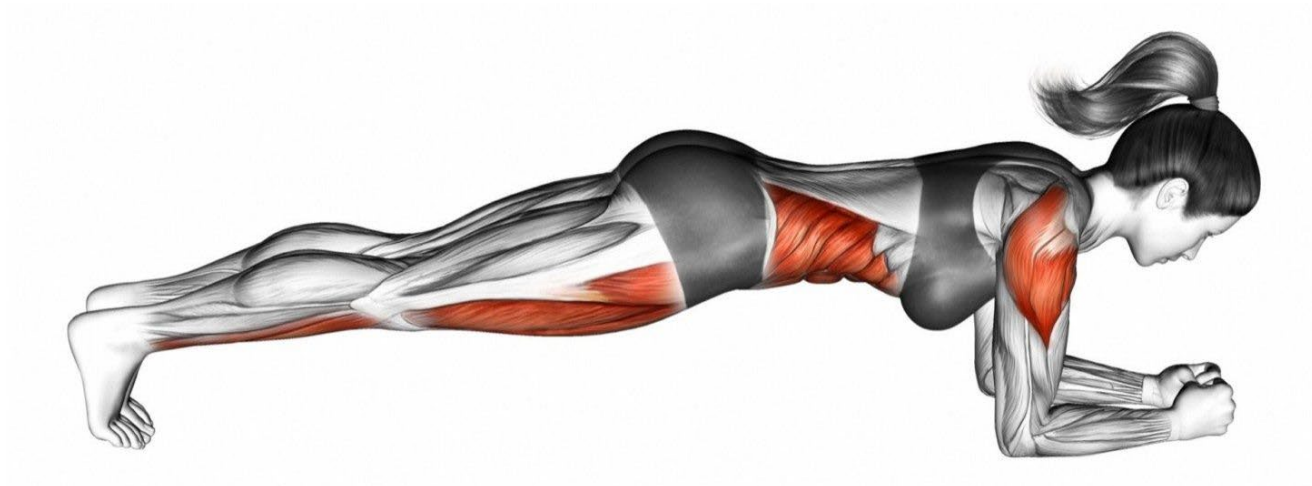
What kind of bodyweight exercises are there?

3. Push - up



What kind of bodyweight exercises are there?

4. Plank





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**Thank you for your
attention !**