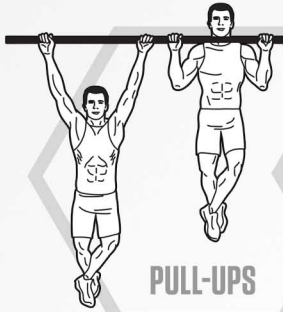


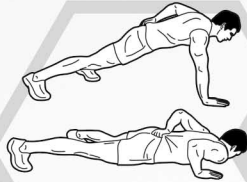
Conquer 20

challenging
bodyweight
exercises

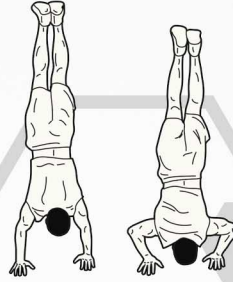
by @DAREBEE
darebee.com



PULL-UPS



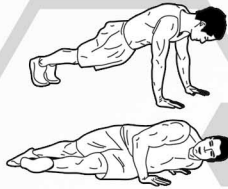
ONE-ARM
PUSH-UP



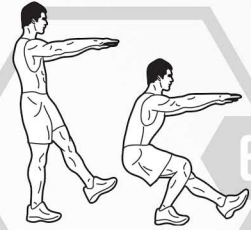
HANDSTAND
+ PUSH-UP



V-UPS



CROSS-BODY
PUSH-UP



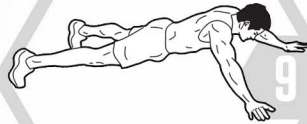
PISTOL SQUAT



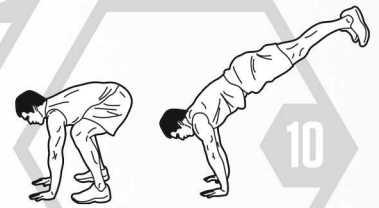
JUMP
KNEE-TUCK



FULL BRIDGE



STAR PLANK



DONKEY KICK



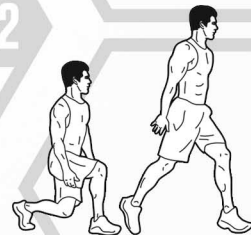
ONE ARM ONE LEG
PLANK



CLAPPING
PUSH-UP



SPLITS



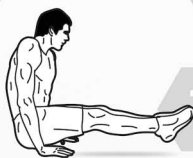
JUMPING
LUNGES



BUTTERFLY
SIT-UPS



SIDE STAR
PLANK



L-SIT

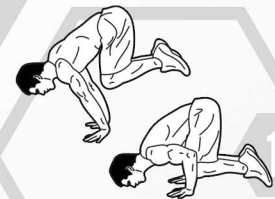
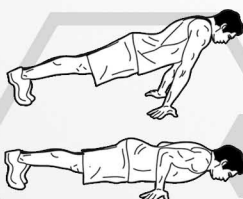


PLANCHE
+ PUSH-UP



REVERSE GRIP
PUSH-UP



DRAGON FLAG