

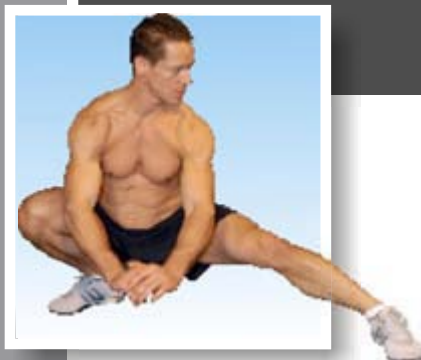
STEVE COTTER

ENCYCLOPEDIA OF **BODY-WEIGHT** CONDITIONING



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CHAPTER LIST



VOLUME 1: UPPER BODY WORKOUT

1. Kneeling Pushup
2. Regular Pushup
3. Knuckle Pushup
4. Fingertip Pushup
5. Five Finger Pushup
6. Hindu Pushup
7. Dive Bomber Pushup
8. Elevated Hindu Pushup 1
9. Elevated Hindu Pushup 2
10. Elevated Dive Bomber Pushup 1
11. Elevated Dive Bomber Pushup 2
12. Uneven Pushup 1
13. Uneven Pushup 2
14. Lateral Shift Pushup
15. One Leg Pushup
16. Elevated Pushup 1
17. Elevated Pushup 2
18. Elevated Pushup 3
19. One Arm Pushup
20. Elevated One Arm Pushup 1
21. Elevated One Arm Pushup 2
22. Clapping Pushup
23. Double Clapping Pushup
24. Elevated Clapping Pushup 1
25. Elevated Clapping Pushup 2
26. Jumping Pushup
27. Depth Pushup
28. One Leg Depth Pushup
29. Elevated Depth Pushup 1
30. Elevated Depth Pushup 2
31. Walkover Pushup
32. Explosive Walkover Pushup
33. One Arm One Leg Pushup
34. Jackknife Pushup 1
35. 2 Arm Jackknife Pushup 2
36. 2 Arm Jackknife Pushup 3
37. 2 Arm Jackknife Pushup 4
38. 2 Arm Jackknife Pushup 5
39. 1 Arm Jackknife Pushup 1
40. 1 Arm Jackknife Pushup 2
41. 1 Arm Jackknife Pushup 3
42. 1 Arm Jackknife Pushup 4
43. Bridge Hold
44. Reverse Pushup
45. Gladiator Hold
46. 1 Leg Gladiator Hold
47. Horizontal Windmill
48. Table Tops
49. Extended Table Tops
50. 1 Leg Table Top
51. 1 Leg Extended Table Top
52. Burbie Exercise
53. Horizontal Chin-ups
54. Chair Dips
55. Elevated Chair Dip
56. Towel Ringing

VOLUME 2: LOWER BODY WORKOUT

1. Box Squats
2. Rocking Box Squats
3. Hindu Squats
4. Jumping Hindu Squats
5. Seesaw Squats
6. Shifting Squats
7. Plea Squats
8. Horse Stance
9. Bob & Weave
10. Burning 4
11. Jump Quarter Squat
12. Jump Squats
13. Deck Squat
14. Stationary Lunge 1
15. Stationary Lunge 2
16. Step Forward Lunge
17. Step Back Lunge
18. Forward/Back Lunge
19. Jumping Lunge 1
20. Jumping Lunge 2
21. Jumping Lunge 3
22. Lateral Lunges 1
23. Lateral Lunges 2
24. Lateral Lunges 3
25. One Legged Box Squat
26. Airborne Lunge
27. Down/Up Rocking Squat
28. Up/Down Rocking Squat
29. Hanging One Leg Box Squat
30. Crane Dips
31. Handless Crane Dip
32. Jump Switch Crane Dip
33. Jump Kick Crane Dip
34. Box Jump
35. Box Drop
36. Rear Box Drop
37. Jump/Drop Box
38. Drop/Jump Box
39. One Leg Box Jump
40. One Leg Box Drop
41. Alternating Lateral Box Jumps
42. One Leg Hanging Calf Raise
43. Advanced One Leg Box Jumps
44. Step Ups
45. Lateral Step Ups
46. Duck Walks
47. Rotating Duck Walks
48. Duck Hops
49. Rotating Duck Hops
50. Dragon Stance
51. Dragon Twists
52. Dragon Walking
53. Dragon Jumping
54. Forward Walking Lunge
55. Backward Walking Lunge
56. Continuous Forward Walking Lunge
57. Continuous Rear Walking Lunge
58. Low Forward Walking Lunge
59. Low Rear Walking Lunge
60. Jumping Lunges
61. Low Lateral Shuffle
62. Lateral Changing Shuffle

VOLUME 3: CORE WORKOUT

1. Abdominal Crunch
2. Crossover Crunch
3. Alternating Elbow to Knee
4. 90 Degree Crunch
5. Bicycle Kicks 1
6. Bicycle Kicks 2
7. Lateral Reach Under
8. Feet to Ceiling 1
9. Feet to Ceiling 2
10. Toe Touches
11. Twisting Knee to Floor
12. Lateral Leg Raises
13. Leg Raises
14. Circular Leg Raises
15. Isometric Leg Raises
16. Scissor Kick
17. Lateral Scissor Kicks
18. Jackknife 1
19. Jackknife 2
20. Jackknife 3
21. Alternating Knee to Chest
22. Double Knee to Chest
23. Lateral Sit-ups
24. Low Lateral Leg Raise
25. Upper/Lower Lateral Raise
26. Lateral Plank
27. Side Plank
28. V-Sit
29. Front Plank
30. L-Sit
31. Abs Slide
32. Standing Abs Slide
33. Cherry Picks
34. Upside Down Jackknife
35. Trunk Hyper Extension
36. Reverse Hyper Extension
37. Superman
38. Contralateral Hyper Extensions
39. Arms Under Single Leg Raise
40. Arms Under Double Leg Raise
41. Ankles and Arch
42. Rear Arch
43. Scorpion



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Workout
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