

# Bodyweight Exercises to Build Strength



## Push Ups

- Easier Modification:  
Knees, wall
- Harder Modification:  
Elevate feet



## Single Leg Squat

- Easier Modification:  
Go shallow
- Harder Modification:  
Go deep



## Lunges

- Easier Modification:  
Shallow, stay in place
- Harder Modification:  
Walking lunges



## Sumo Squats

- Easier Modification:  
Go shallow
- Harder Modification:  
Go deep



## Planks

- Easier Modification:  
Go to knees
- Harder Modification:  
Lift leg in air



## Bench/Chair Dips

- Easier Modification:  
Bend the knees to 90 degrees
- Harder Modification:  
Straighten the legs