

## **Staying Strong Anywhere: Bodyweight and Isometric Exercises**

**with 2025 Sponsored Athlete, Steven Berkowitz**

### **Set 1**

- Squat
- Shoulder roll
- Pushup
- Leg march thrust
- Chair dips

### **Set 2**

- Arm circles (small-large) forward and backward
- Kick front and back
- Standing side bend
- Seated pushup
- Seated knee extension

### **Set 3**

- Plank
- Hip thrust
- Palm press
- Palm pull
- Side leg raise

### **Set 4**

- Wall sit
- Standing row
- Calf raise
- Overhead reach hold
- Sumo squat
- Fist curls