

Bodyweight Leg Exercises Progress Chart

	1-3	4-6	7-9	11-13	14 <	
Regular Squat						beginner
Bulgarian Split Squats						hustler
Frog Squats						out there
Close Squats						hero
Falling Tower						legend
Hindu Squats						
Pistol Squat						
Shrimp Squat						
Russian Hamstring Curls						
Front And Back Flips						