

# STEP-UP

Cardio



# Box Jumps

Cardio



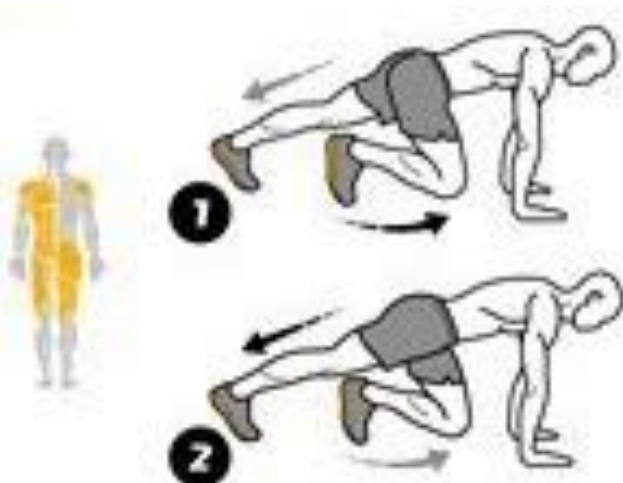
# High Knees

Cardio



# Mountain Climber

Cardio



# Tuck Jumps

Cardio



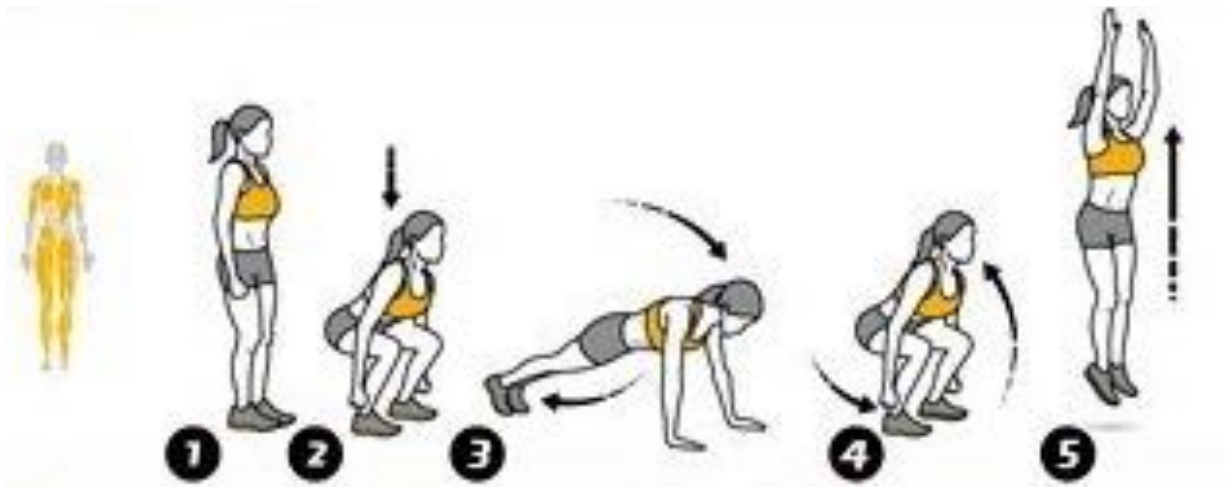
# Jumping Jack

Cardio



# Burpee

Cardio



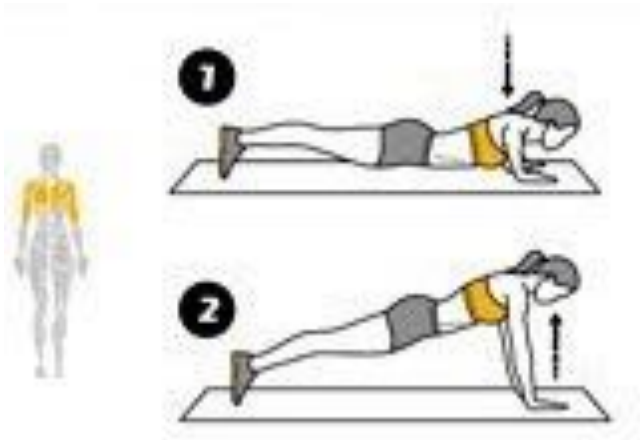
# Pike Push-Up

Upper Body



# Push-Up

Upper Body



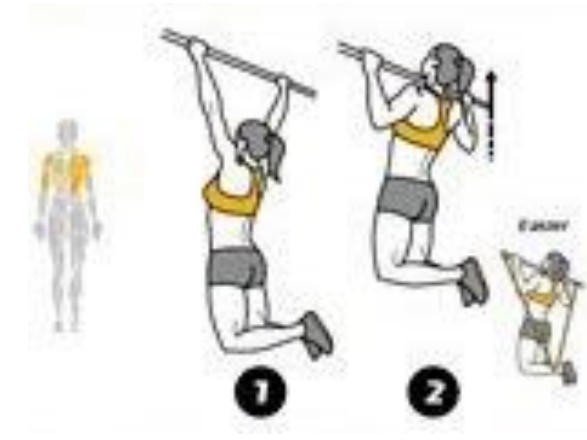
# Tricep Dip

Upper Body



# Pull-up

Upper Body



# Crunch

Core



# Reverse Crunch

Core



# Plank

Core



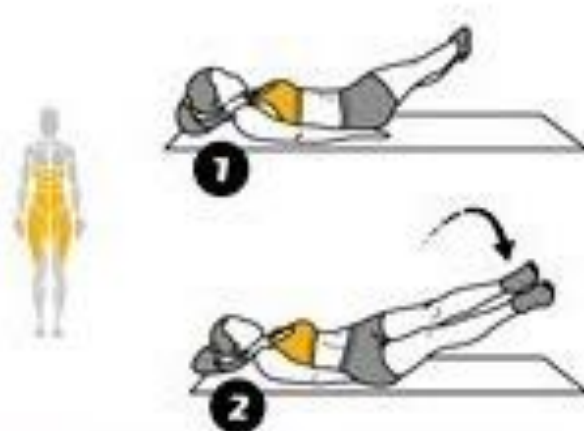
# V-Up

Core



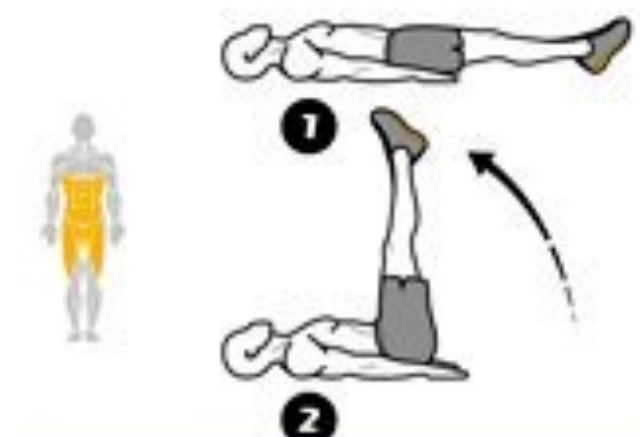
# Windshield Wiper

Core



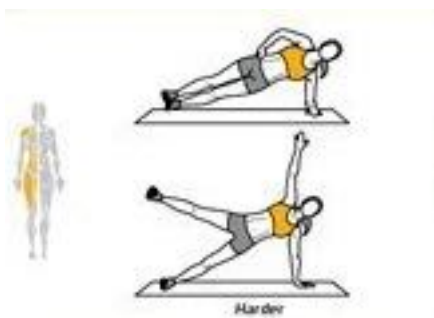
# Lying Leg Lift

Core



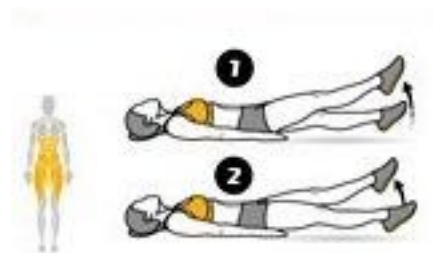
# Side Plank

Core



# Flutter Kicks

Core



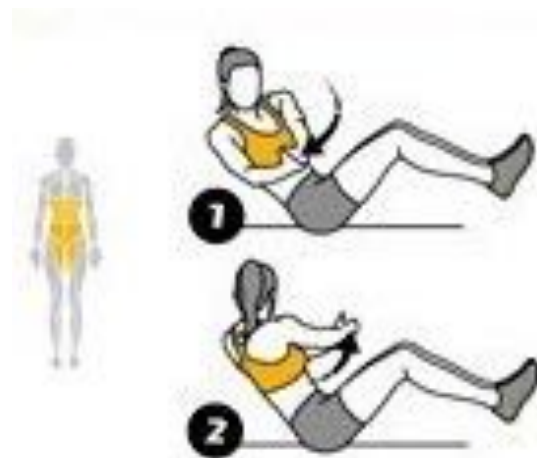
# Bicycle Crunches

Core



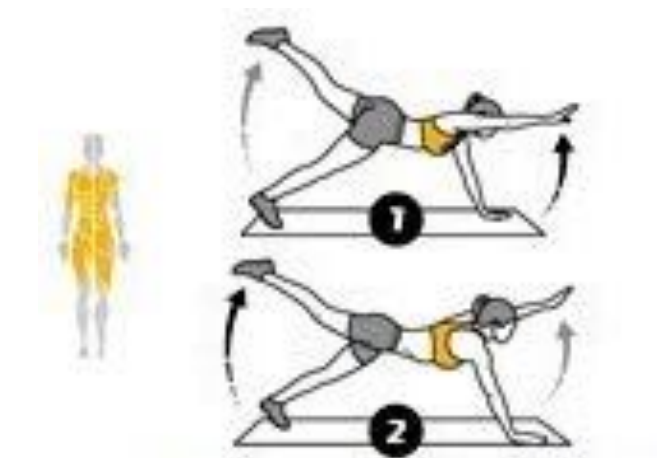
# Russian Twist

Core



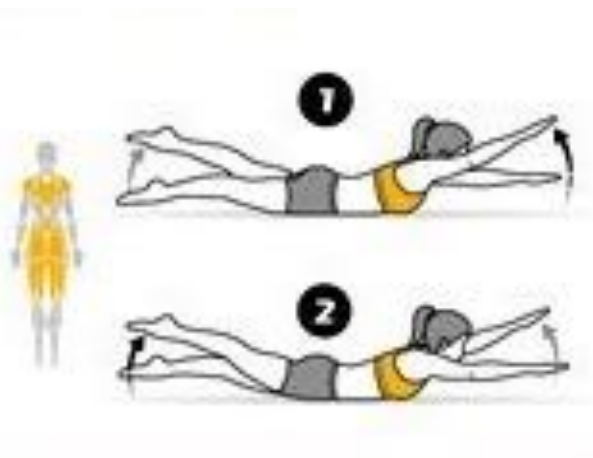
# Alternate Arm/Leg Plank

Core



# Swimmer

Back





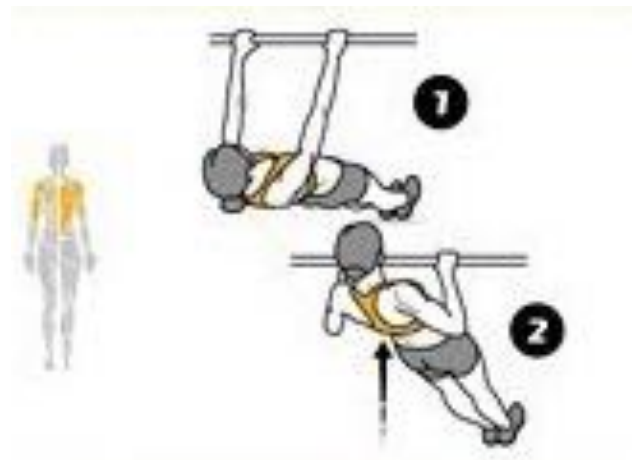
# Superman

Back



# Bodyweight Row

Back



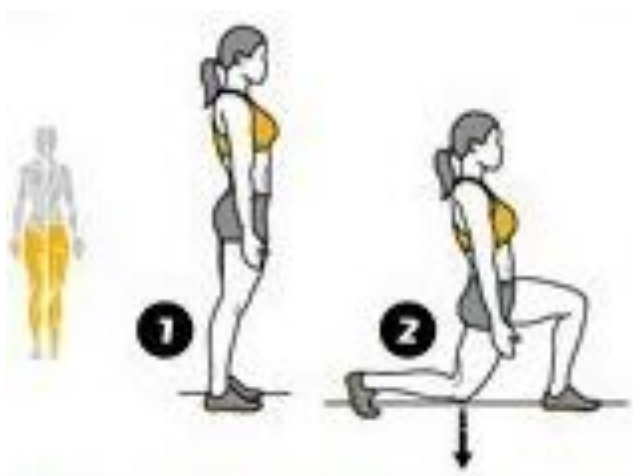
# Squat

Lower Body



# Lunge

Lower Body



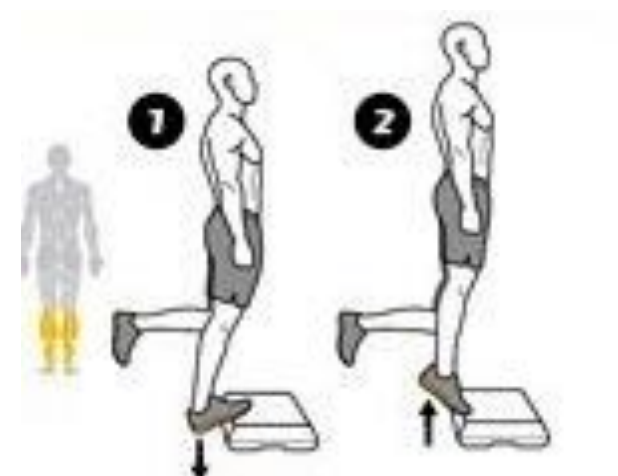
# Hip Raise

Lower Body



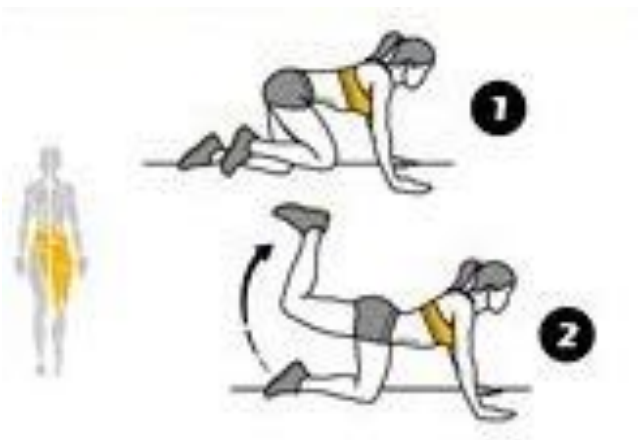
# Calf Raises

Lower Body



# Donkey Kicks

Lower Body  
Back



# Single Leg Squat

Lower Body



# Fire Hydrant

Lower Body



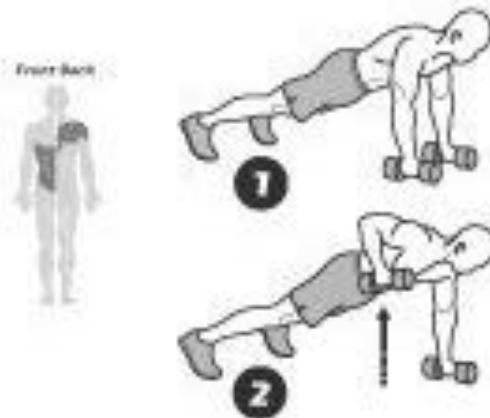
# Single Leg Split

Lower Body



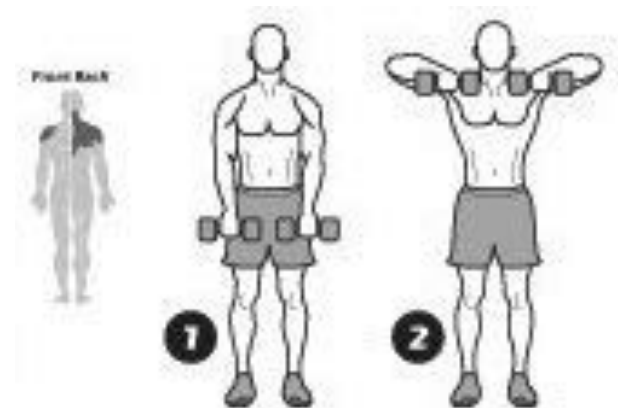
# Renegade Row

Dumbbell (Total Body)



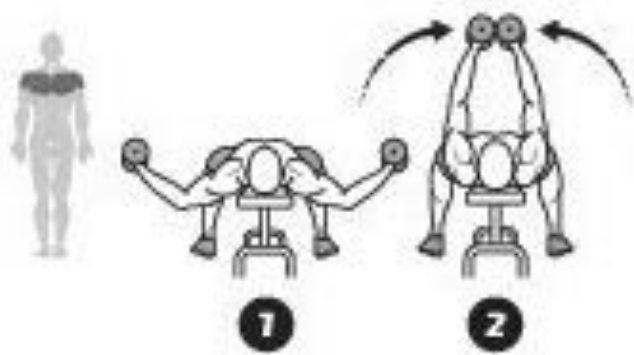
# Upright Row

Dumbbell (Upper Body)



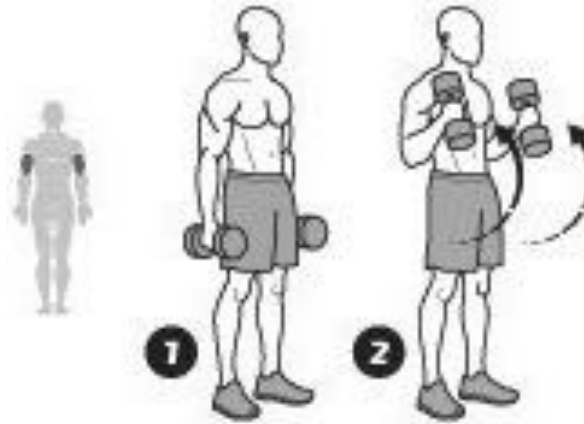
# Chest Fly

Dumbbell (Upper Body)  
Back



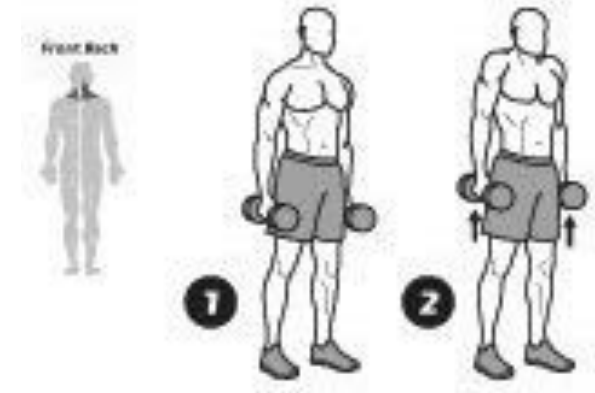
# Hammer Curl

Dumbbell (Upper Body)



# Shoulder Shrug

Dumbbell (Upper Body)



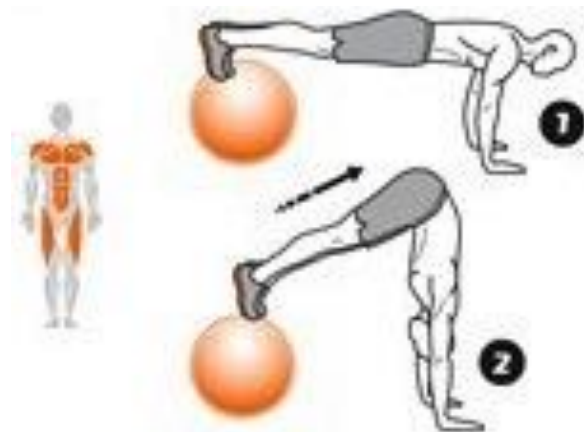
# One Arm Row

Dumbbell (Back)



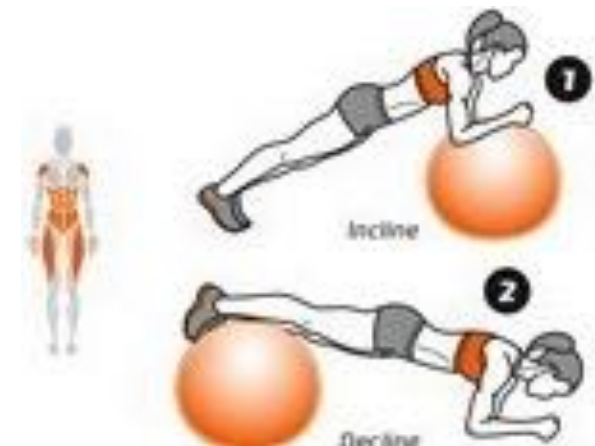
# Pike Crunch

Core



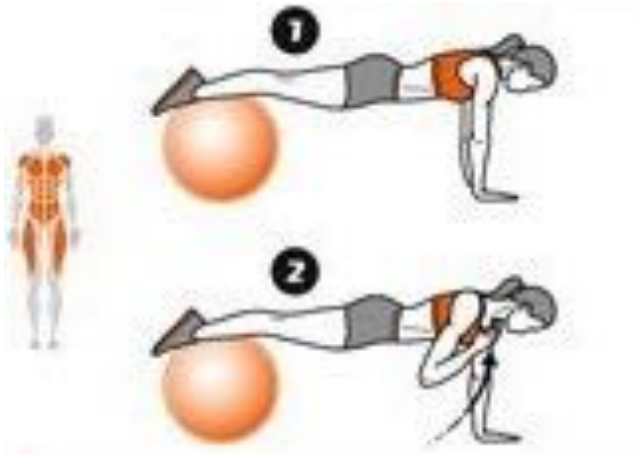
# Plank

Core



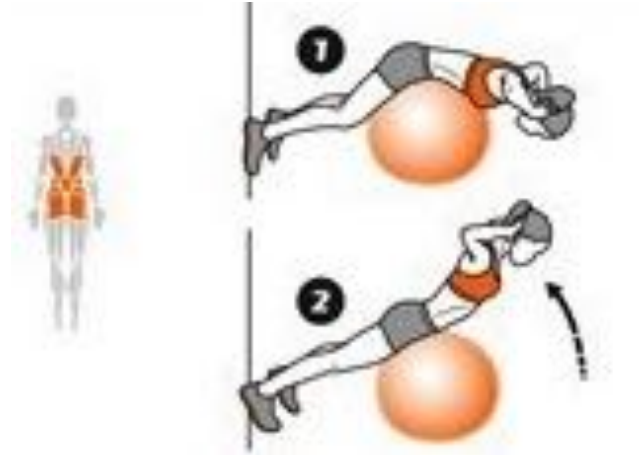
# Plank Shoulder Taps

Core



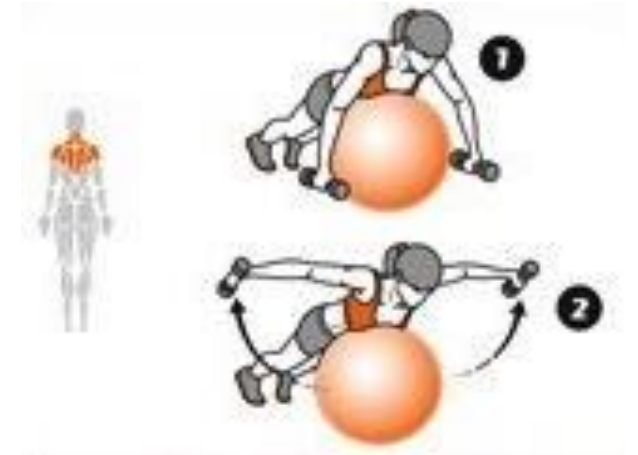
# Back Extension

Back



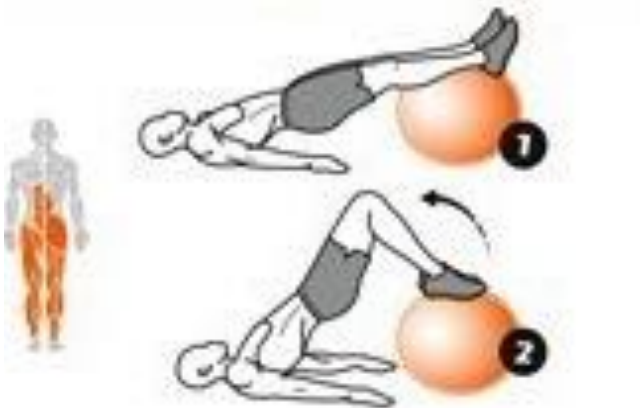
# Reverse Fly

Back



# Hamstrings Curl

Lower Body



# Neck



# Forearms

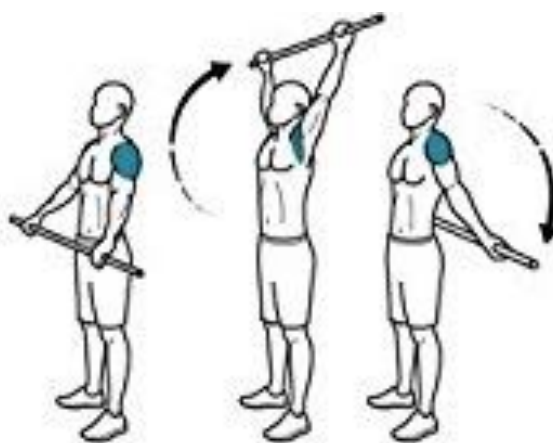




## Shoulders



## Shoulders



## Triceps



## Chest, Biceps



## Chest



## Back



Back



Abs



Torso



Torso



Adduktoren



Adduktoren



# Hips



# Hips



# Hips



# Glutes



# Quads



# Hamstrings



# Hamstrings



# Hamstrings



# Calves



# Calves

