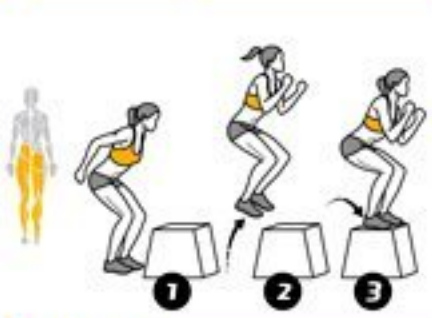
Cardio

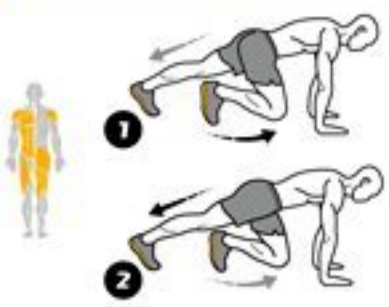
Step-Up

Box Jumps



High Knees

Mountain Climber

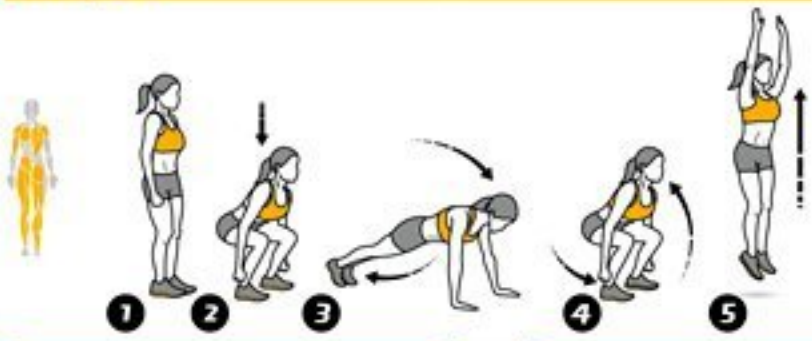


Tuck Jumps

Cardio

Jumping Jacks

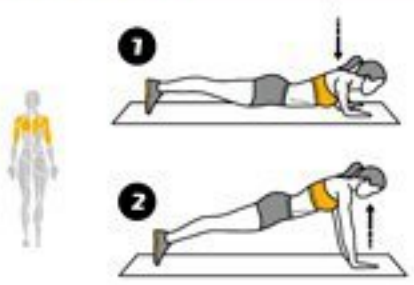
Burpee



Upper Body

Pike Push-Up

Push-Up



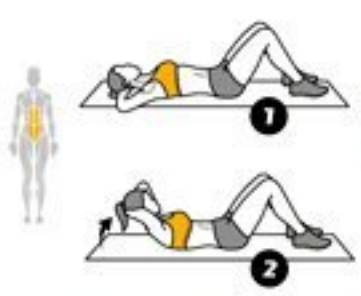
Upper Body

Tricep Dip

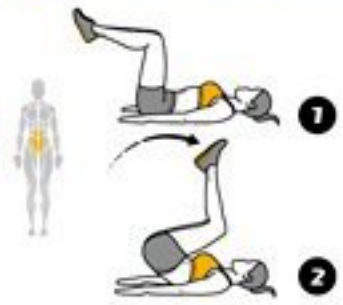
Pull-up

Core

Crunch



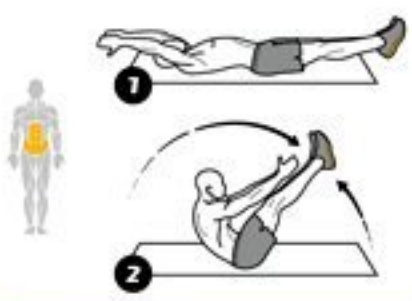
Reverse Crunch



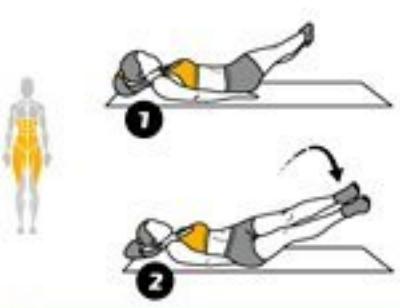
Plank

Core

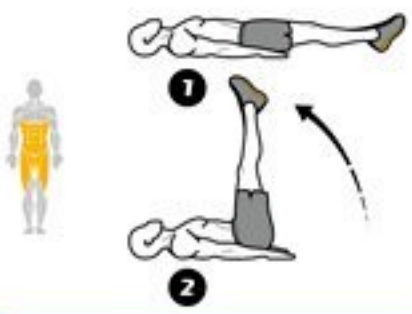
V-Up



Windshield Wiper

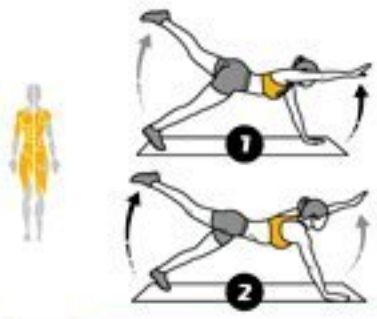


Lying Leg Lift



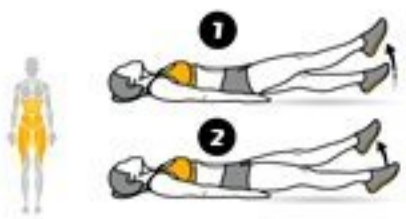
Side Plank

Alternate Arm/Leg Plank



Core

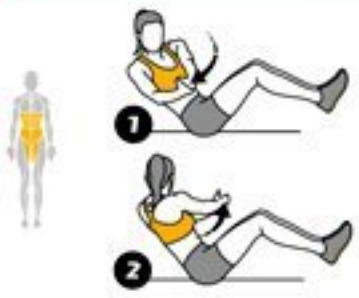
Flutter Kicks



Bicycle Crunches

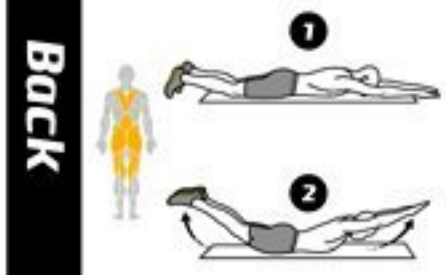
Leg Pull-In

Russian Twist



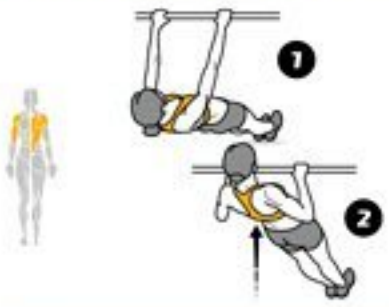
Back

Superman

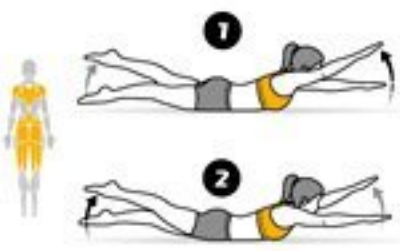


Back

Bodyweight Row

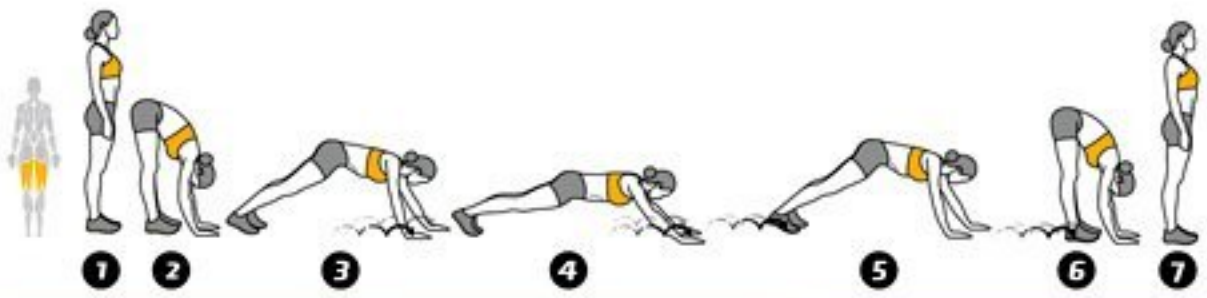


Swimmer



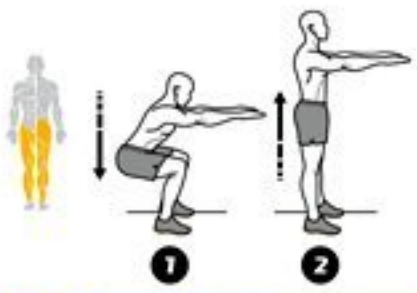
Lower Body

Inchworm

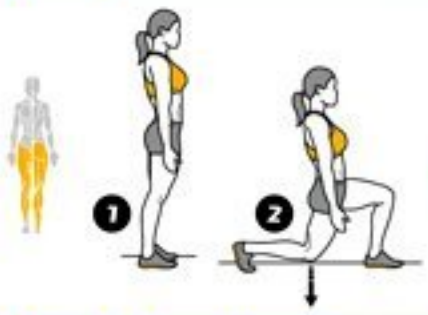


Lower Body

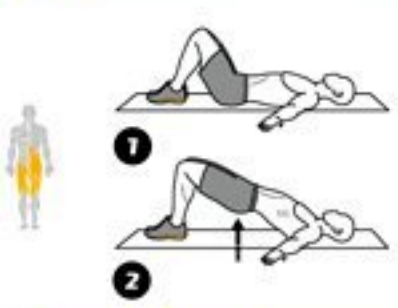
Squat



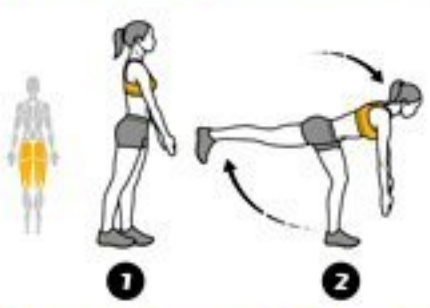
Lunge



Hip Raise



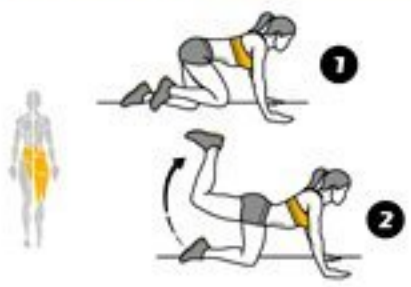
Single Leg Dead Lift



Calf Raises

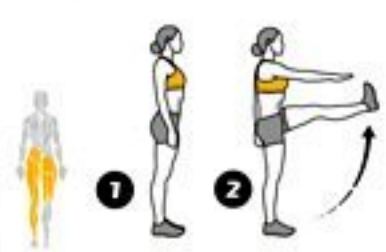
Lower Body

Donkey Kicks



Single Leg Squat

Fire Hydrant

Single Leg Split Squat

Walking Toe Touches