

Upper Body



Plank Jacks



Knee Clapping Push-Up



Triceps Dips on Floor



Single Hand Plank Hold



Shoulder Tap



Spiderman Push-Up



Close Grip Push-Up



Decline Push-Up

Lower Body



Glute Bridge to Leg Raise



Bulgarian Split Squat



Reverse Hypers



Lying Front to Back Kicks



Bench Single Leg Bridge



Pile Squat Calf Raises



Pistol Squat



Elevated Reverse Lunge



Star Jumps



Sumo Jump Squat



Lunge High Knees Jump



Airborne Lunge

Full Body



Side Shift Skaters



Side Plank Scissors



Squat Jumps



Tuck Jumps



Side Plank Front Kicks



Plank Skaters



Plank Scissors



Plank Bench Climbs



High Plank Walk



Single Leg Burpee



Burpee

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