

ARM CIRCLES



PUSH UPS

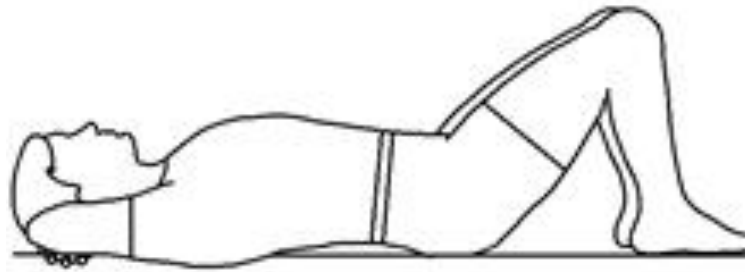


STARTING POSITION (UP)



DOWN POSITION (2 VIEWS)

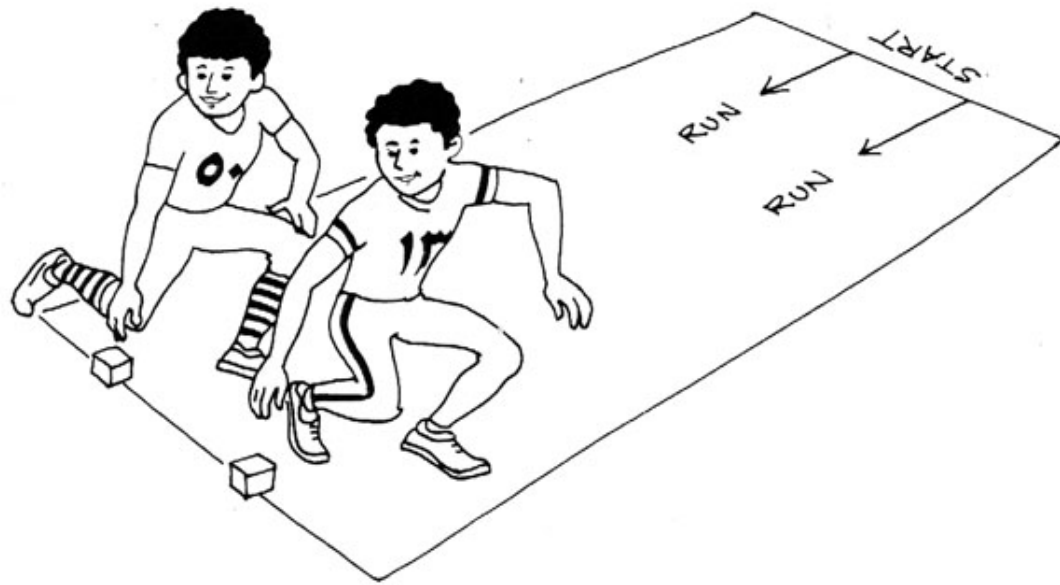
CRUNCHES



SKIPPING



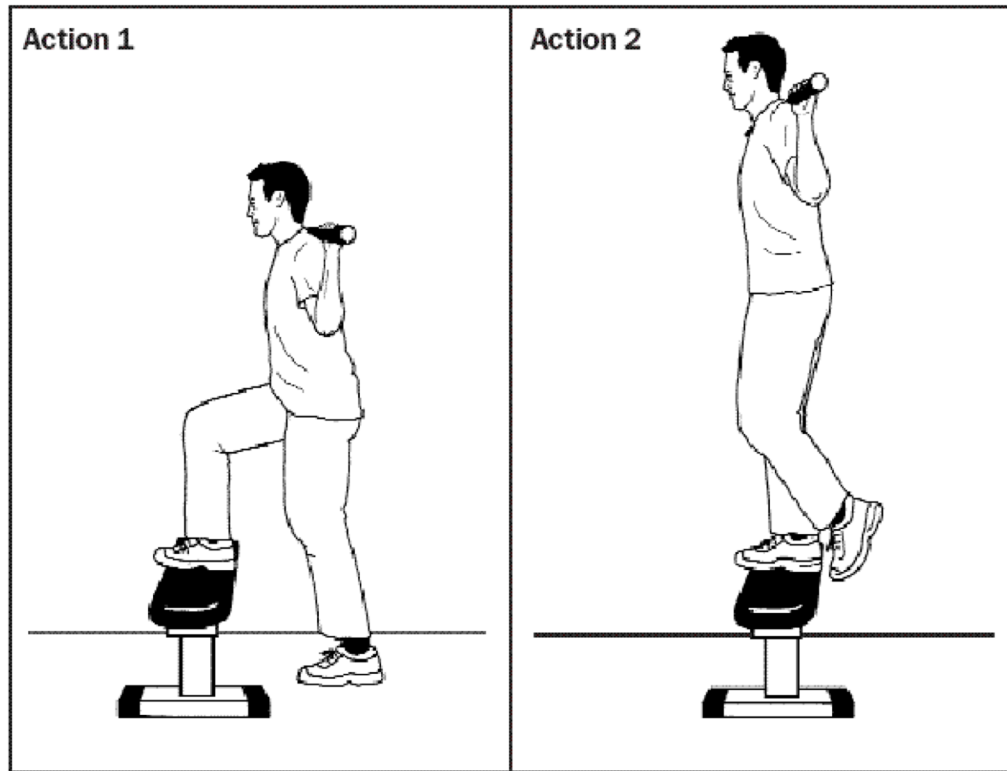
SHUTTLE RUNS



ABDOMINAL CURLS



STEP UPS



TRICEP DIPS



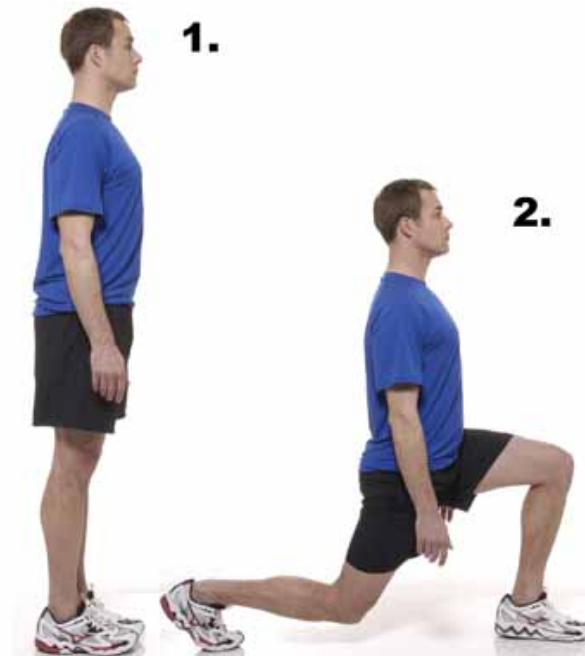
STAR JUMPS



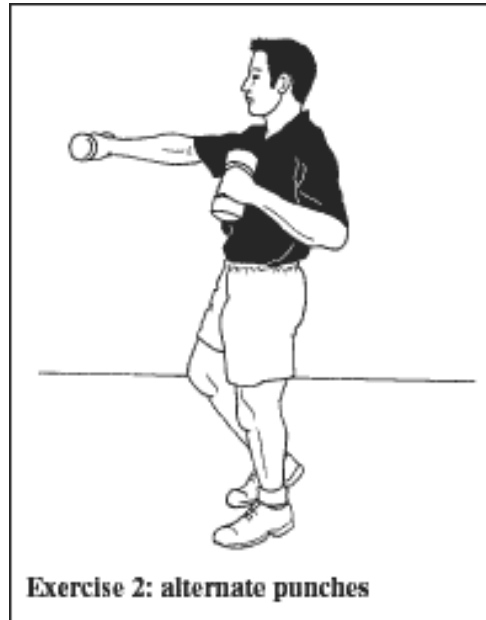
BURPEES



LUNGES



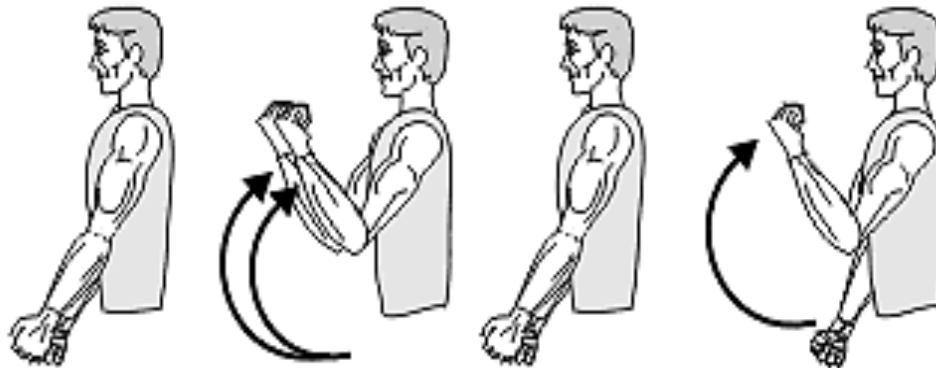
PUNCHES WITH WEIGHTS



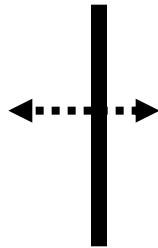
TRUNK STABILITY



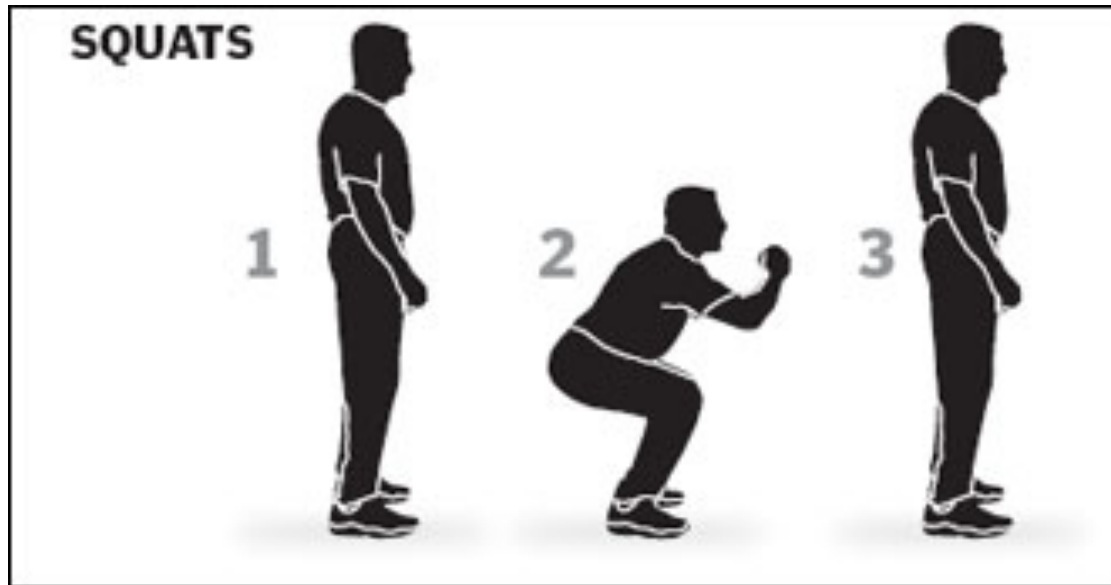
BICEP CURLS



SKI JUMPS



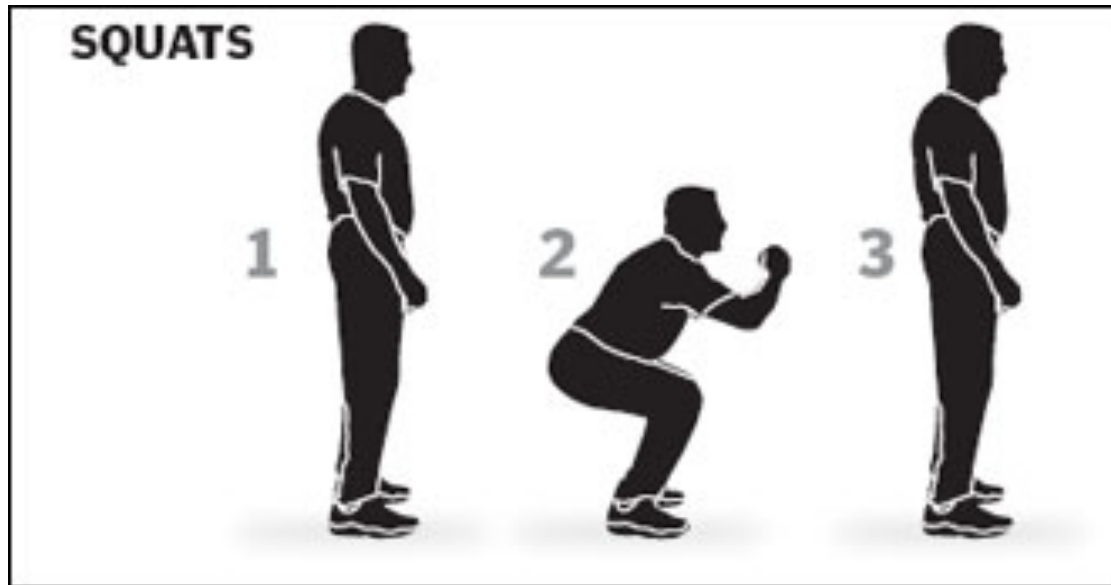
SQUATS



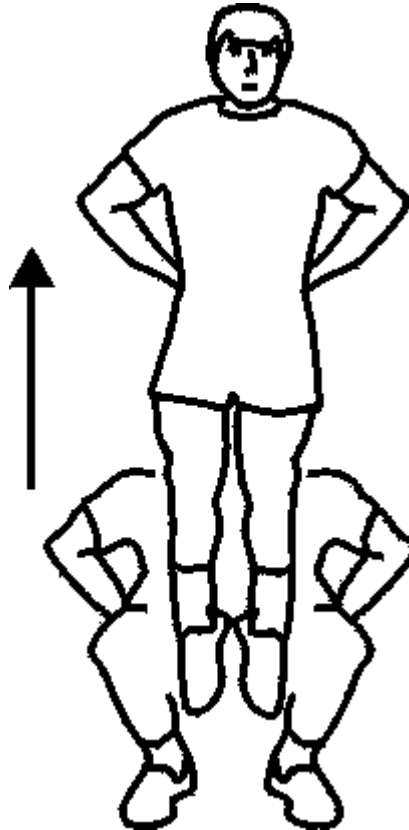
SIDE PLANK



SQUATS



JUMP SQUATS



SUPINE CYCLING



SQUAT THRUSTS



WALL SQUATS

