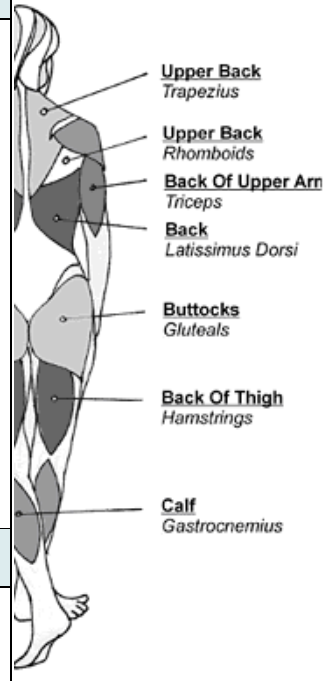
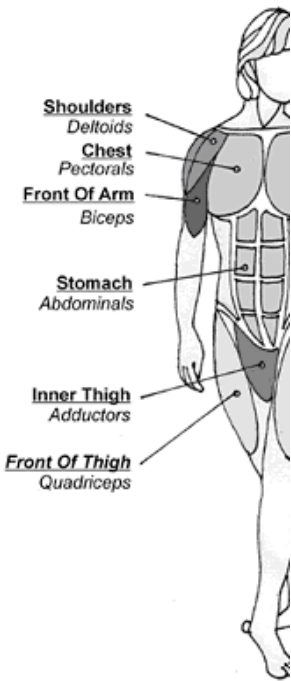


COMPLETE EXERCISE LIST BY MUSCLE GROUP



FULL BODY	CARDIO	CORE – LEGS FOCUSED	CORE – ARMS FOCUSED
	Walking Running Rowing Biking Jump rope Uphill walking Skier side lunges Bear crawl Tuck jumps High knees Frog jumps Burpees Mountain climbers Shadow boxing	Boat to low boat Dead bugs Pendulum legs Straight leg bicycles Lying scissor kick Jack knife sit ups Hanging leg raises Lying leg hip raise Mountain climbers	Yoga push-ups Side plank knee drive Plank Plank saws High plank shoulder taps Russian twist Crunch Ab rollout Dumbbell push crunch
LEGS & GLUTES	QUADRICEPS	HAMSTRINGS	GLUTES
	Squats (w. dumbbell) Split squats Lunges Tempo squats to bench Plank leg lifts Duck walk	Romanian deadlifts Lateral leg raise/hip abduction Reverse hold weight squats Barbell step ups Calf raises Leg curl (on stability ball) Angled side bridge Jump squats	Dumbbell squats Forward lunges Bird dogs Hip lift march Hip thrust Barbell Seated squat Roman chair sit up Single leg hip bridge
BACK, SHOULDER	PECS	BACK	SHOULDER
	Barbell bench press Push up Plank walk/commando Chest press with dead bugs Reverse flys Chest dip Barbell incline fly	Flying shoulder presses Dumbbell rows Cat/cow Bird dogs Barbell upright row Dumbbell front raise Barbell rear deltoid raise Reverse pull up	Overhead press High plank arm reaches Kneeling med ball lifts Barbell pullover Barbell shrug Barbell shoulder press
ARMS	TRICEPS	BICEPS	STRETCH
	Tricep dip Single arm rows Barbell bench press close grip Tricep extension Close grip push up Dumbbell kickback extension	Bicep curl Dumbbell shoulder Fly/lat raise Hammer curl Wrist curl Chin up Rows	Reverse lunge reaches Walkouts Lateral hip openers Vinyasa yoga flow

