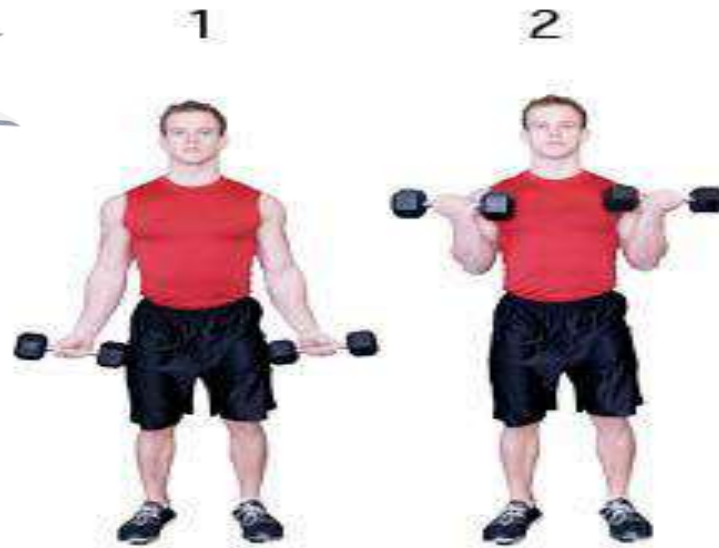
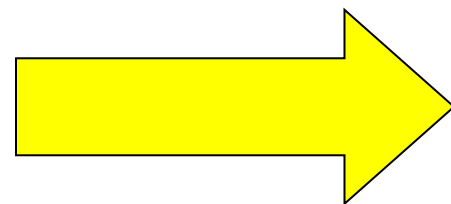
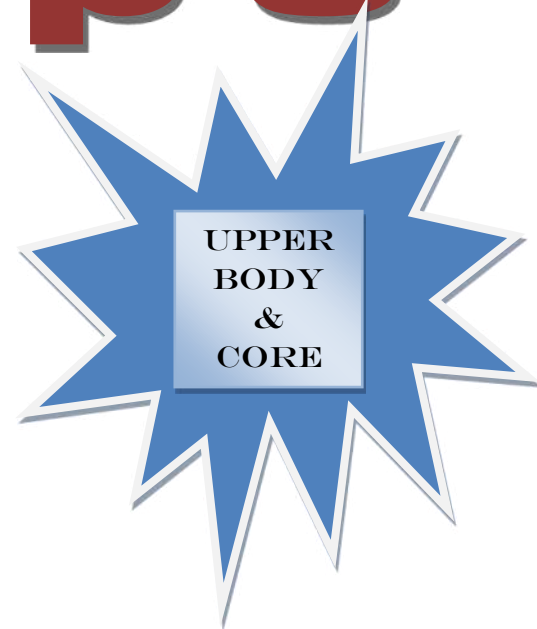


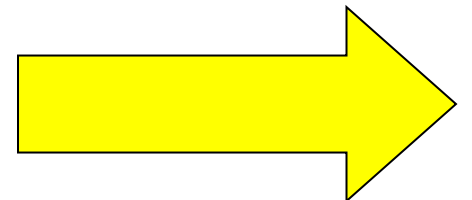
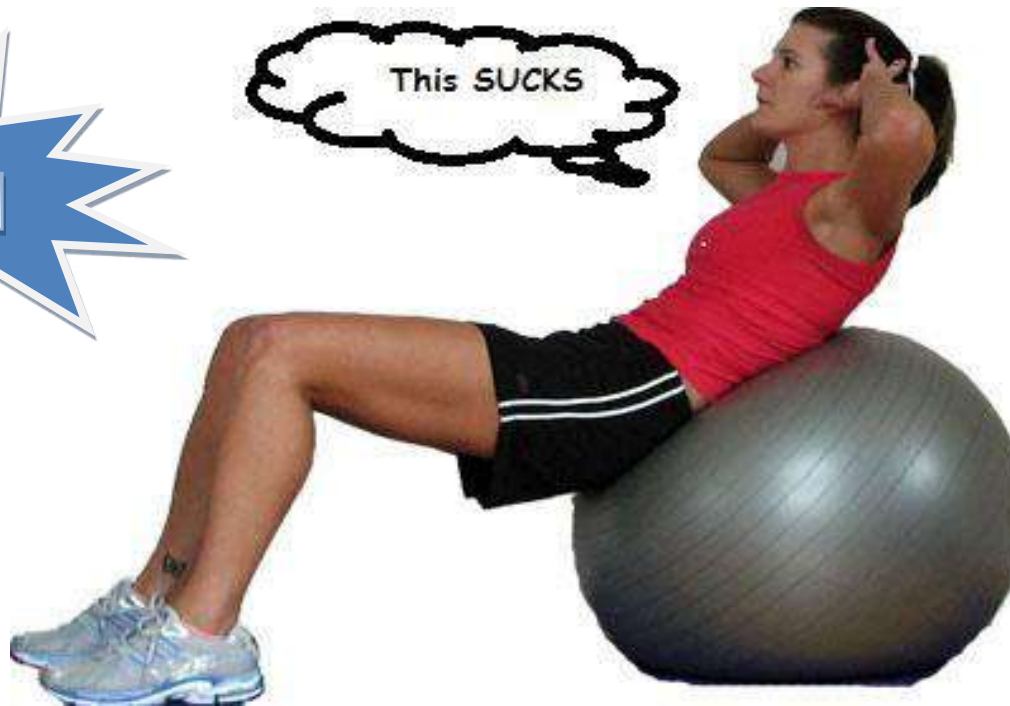
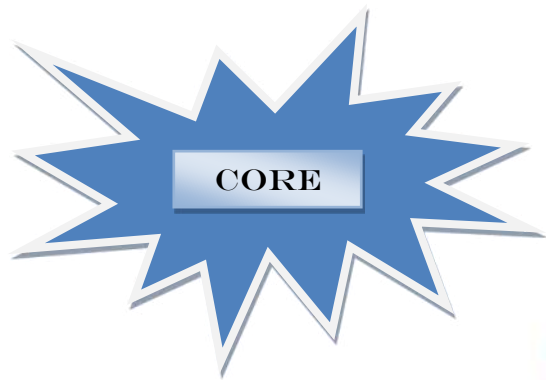
Bicep Curls



Chin Ups



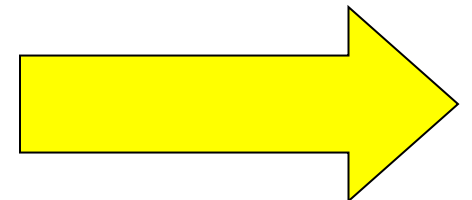
Sit Ups on the Ball



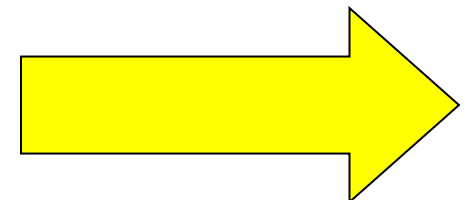
Wall Sit



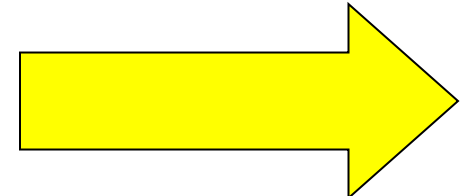
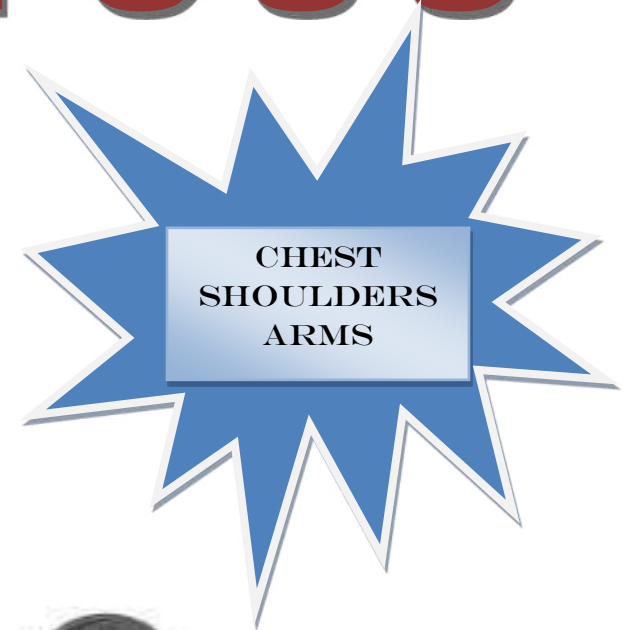
© topendsports.com



Lunges

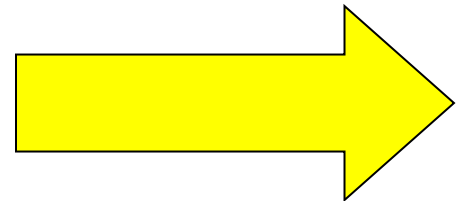


Chest Press

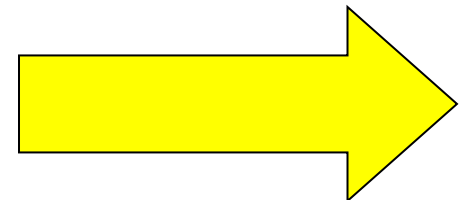
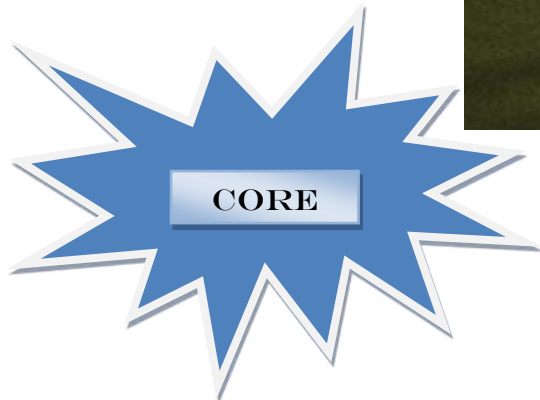


D i p s

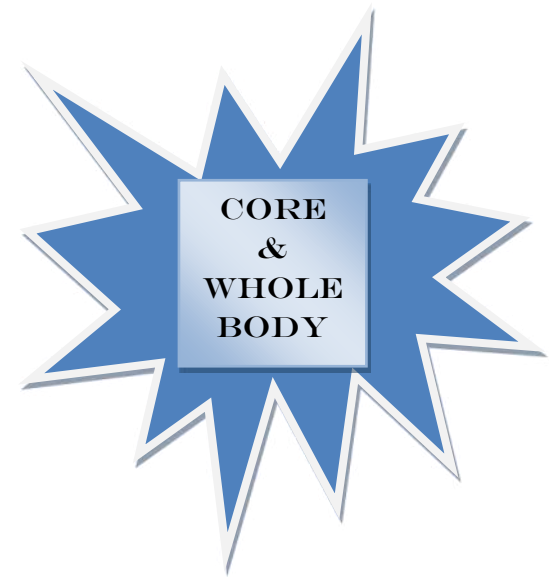
TRICEPS
BICEPS
CHEST
SHOULDERS
BACK
CORE



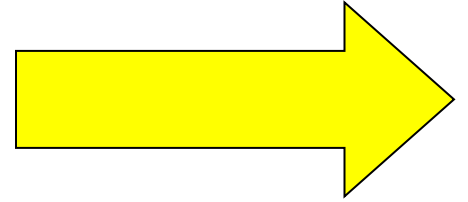
Medicine Ball Twists



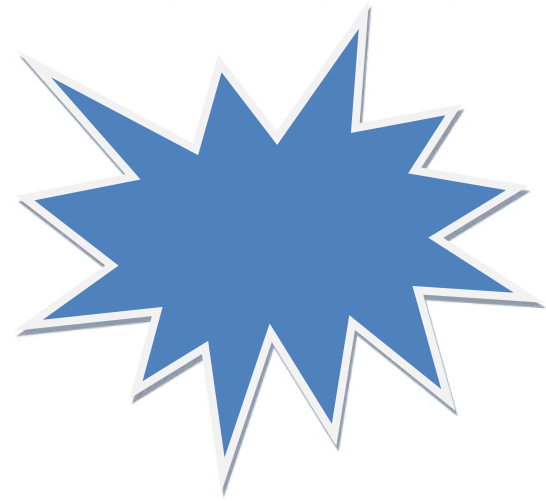
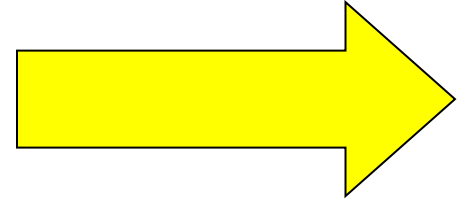
Side Plank



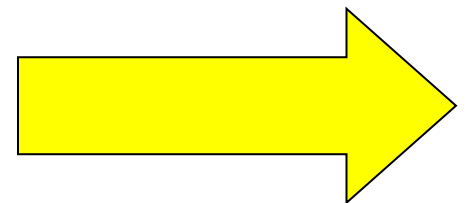
Standing Flys



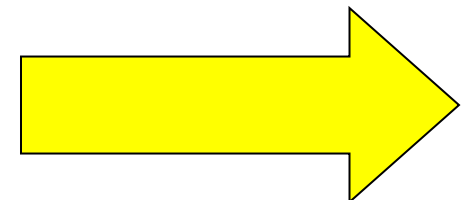
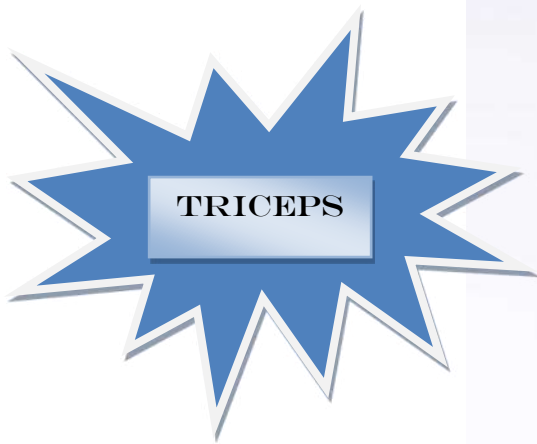
Squat Thrusts



**WHOLE
BODY**



Tricep Extensions



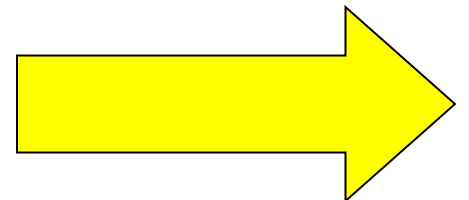
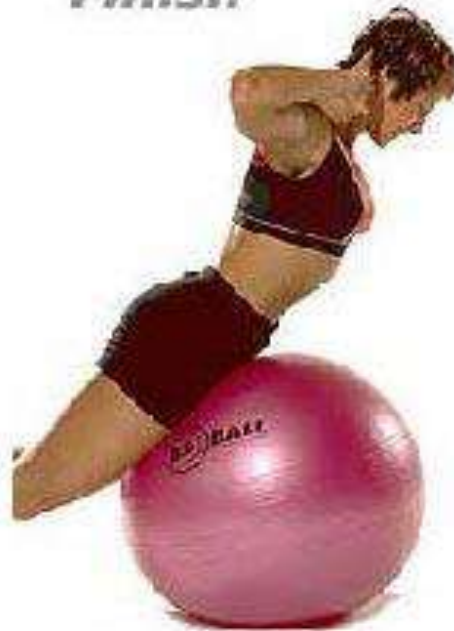
Back Extensions

BACK
BUTT
LEGS

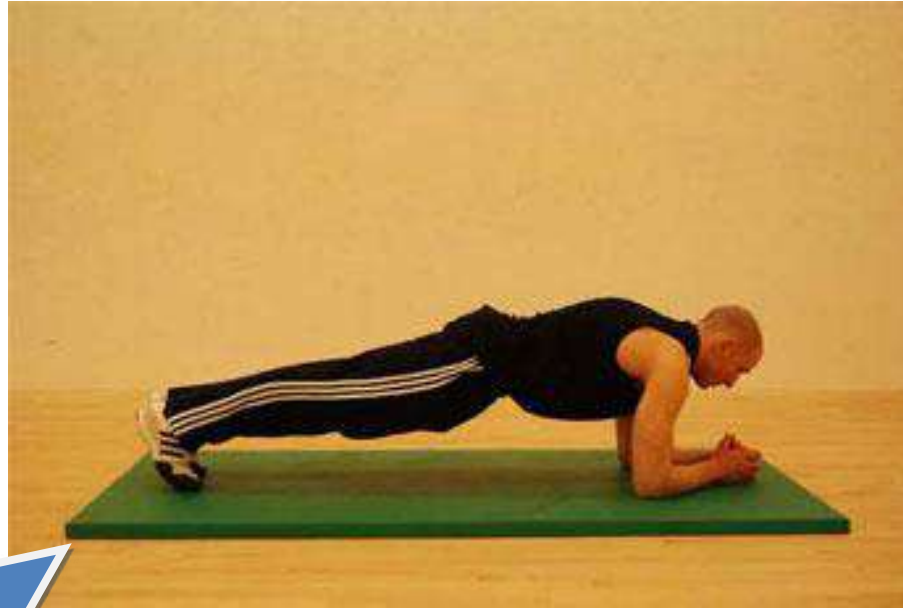
Start



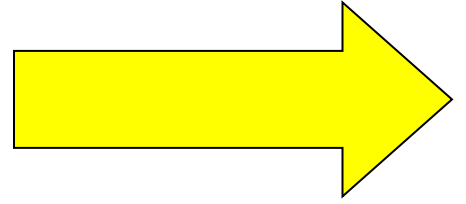
Finish



Plank



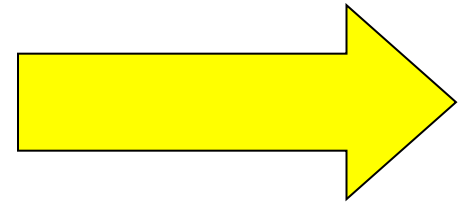
CORE
&
WHOLE
BODY



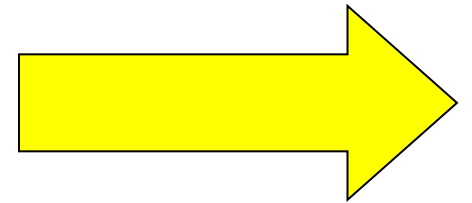
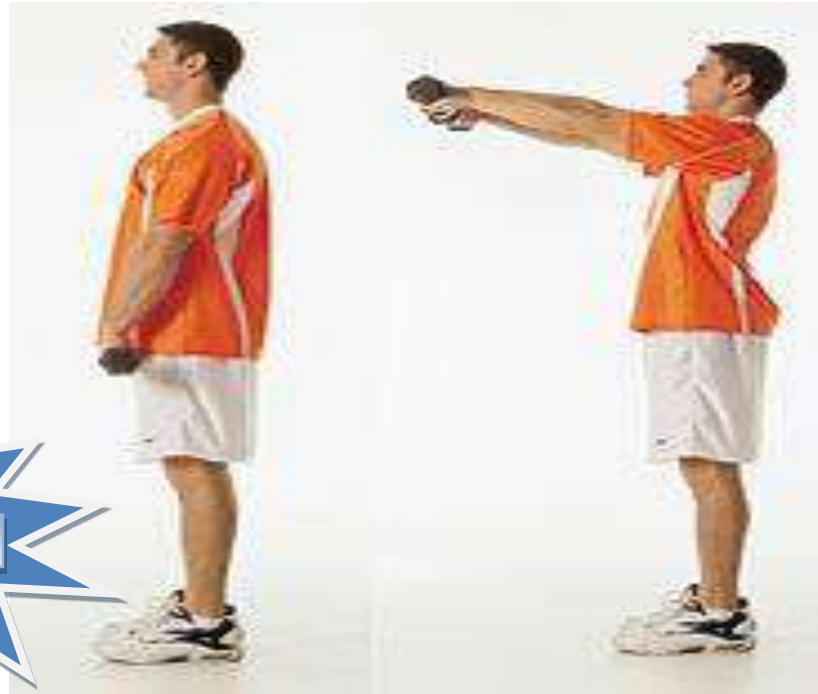
D u m b b e l l R o w



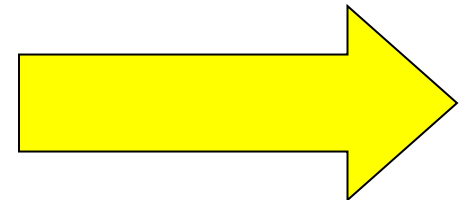
BACK
SHOULDERS
ARMS



Front Shoulder Raises

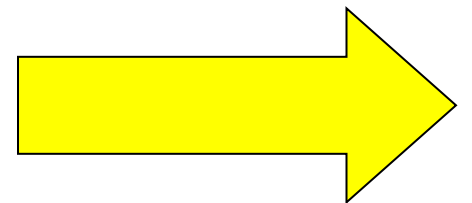


Lateral Jumps



Kettlebell Swing

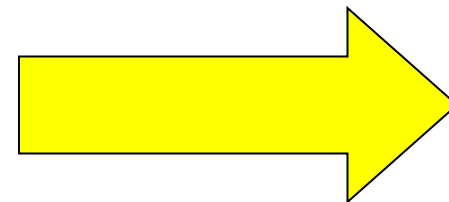
WHOLE
BODY



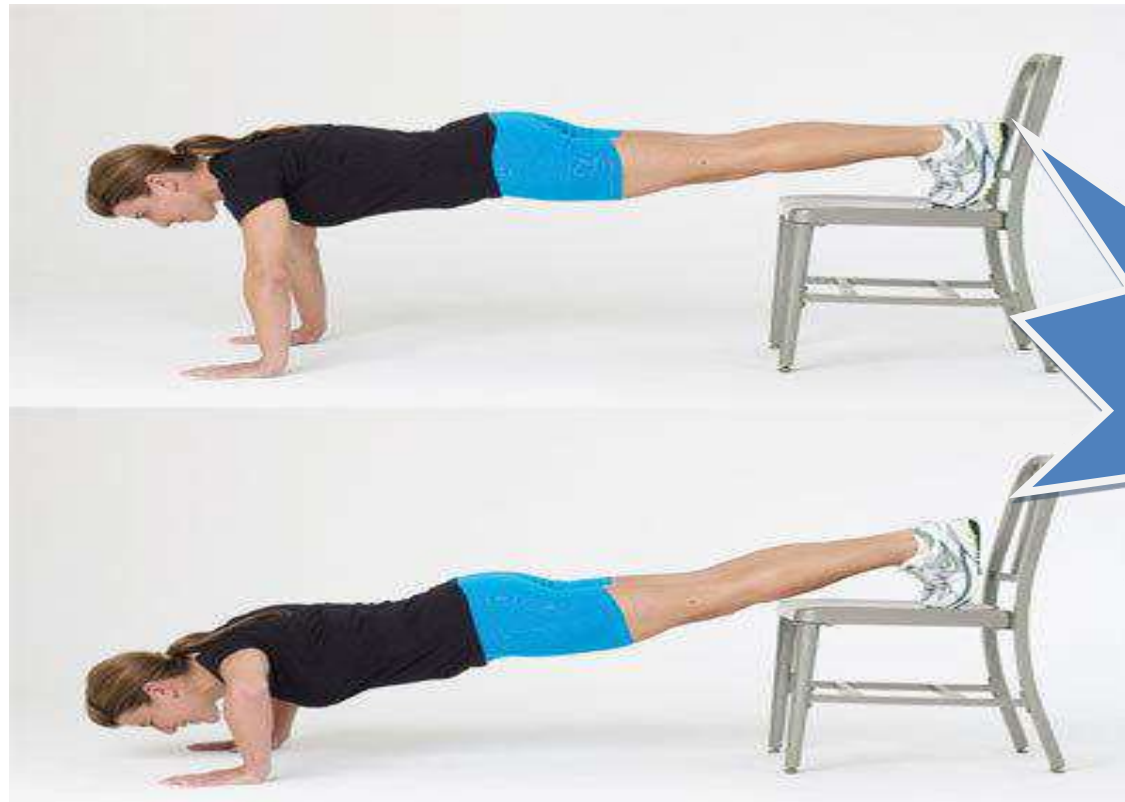
Jump Ups

LOWER
BODY
&
CORE

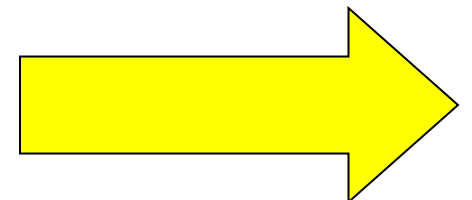




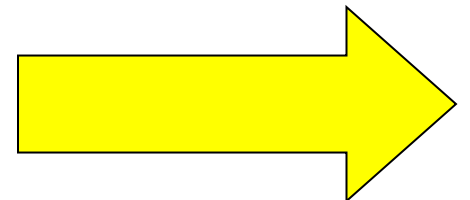
Elevated Push Ups



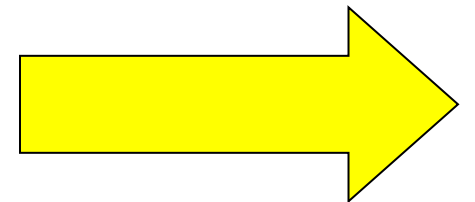
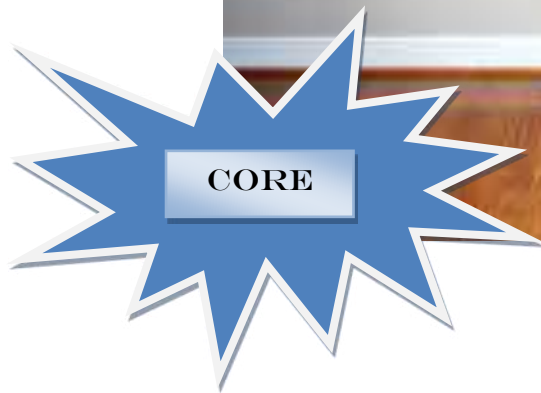
**CHEST
SHOULDERS
BACK
CORE**



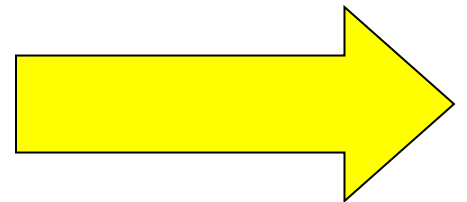
Agility Ladder



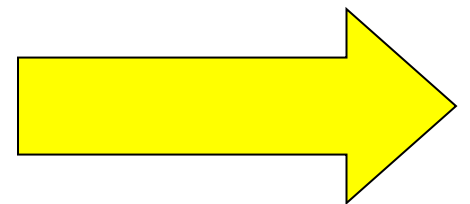
Warrior



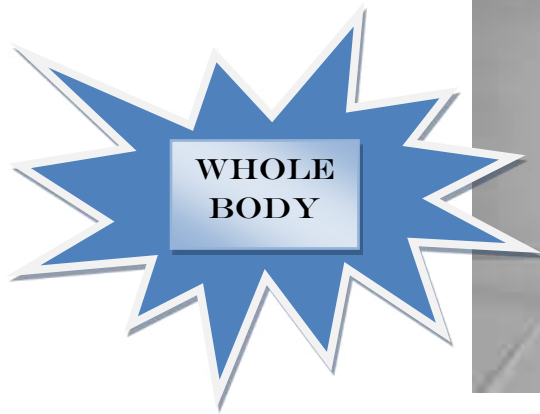
Camel

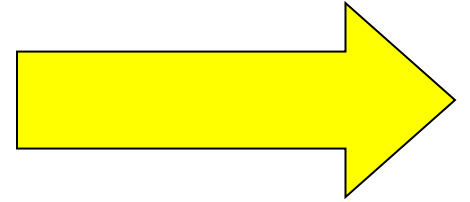


Tree Pose



Attitude

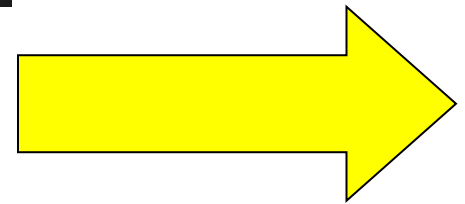




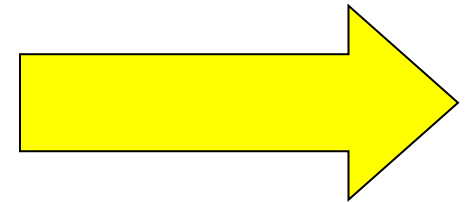
Throw Downs



CORE
&
WHOLE
BODY



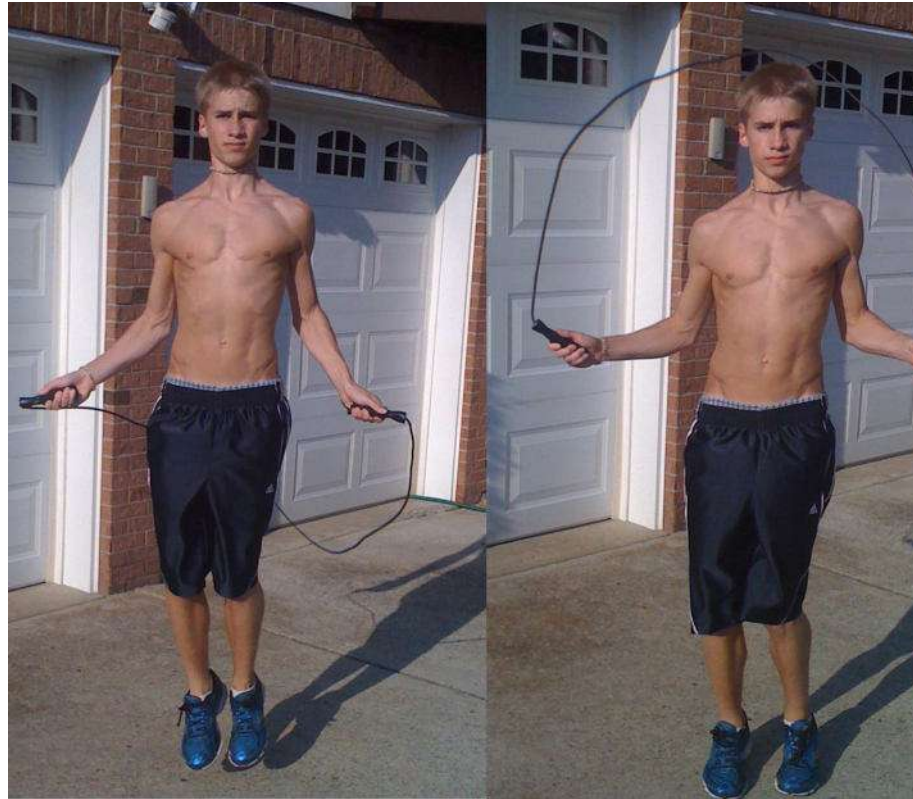
Balance Discs



Jump Rope

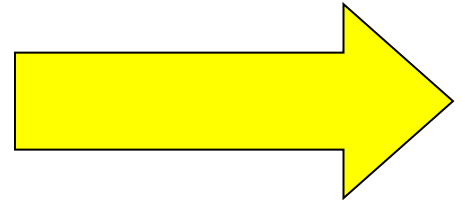


WHOLE
BODY



Go To Tricep Extensions

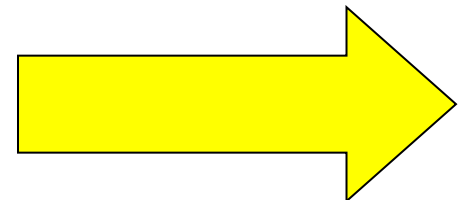
Ab Wheel



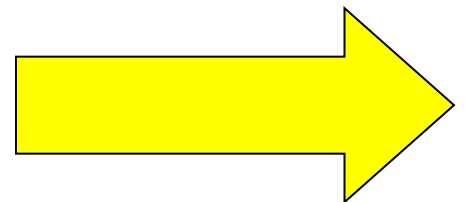
Over / Under



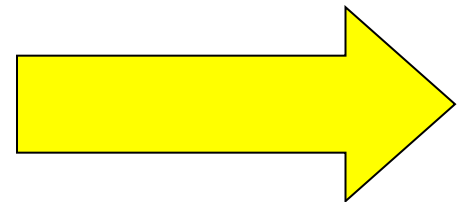
WHOLE
BODY



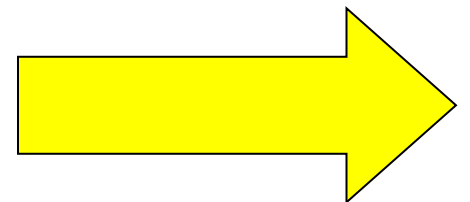
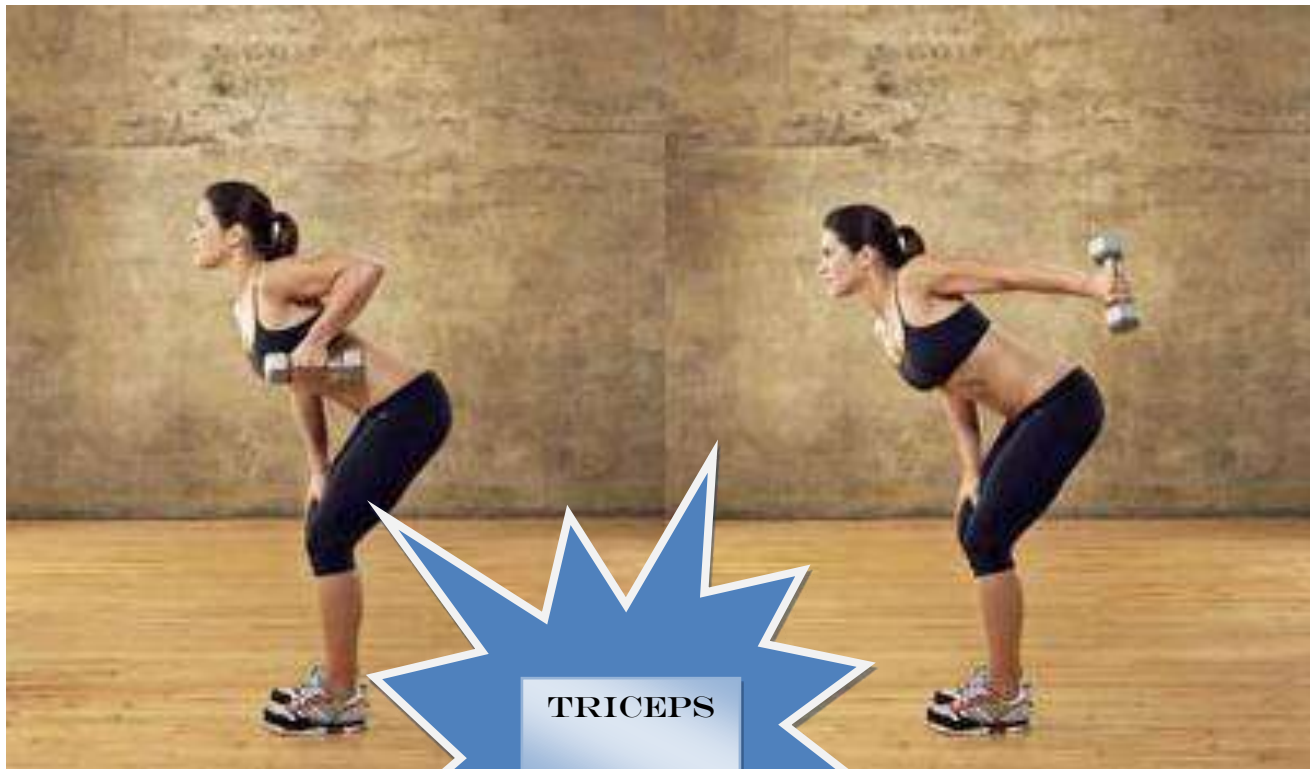
Push Ups



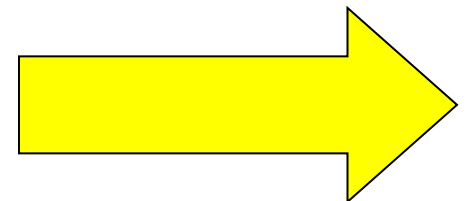
Step Ups



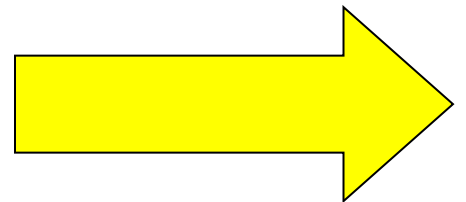
Tricep Kickbacks



Lunge and Bicep Curls



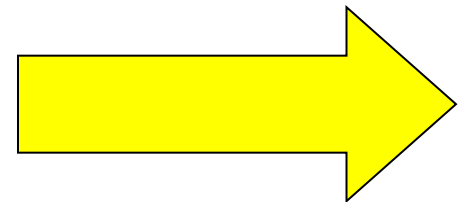
Plank Jacks



Military Press



SHOULDERS
BACK
CORE



Duck and Punch

WHOLE
BODY

A



B

