

Exercise Guide

Jumping Jacks



Squat to Knee Touch



Plank Jacks



Right Leg Reverse Lunge



Left Leg Reverse Lunge



High Knees



Exercise Guide

Squat Hold



Mountain Climbers



Plank Shoulder Taps



Pulse Squats



Left Leg V Up



Right Leg V Up



Exercise Guide

Push Ups



Side Leg Squat



Plank



Superman Up Down



Left Glut Kick Back



Right Glut Kick Back



Exercise Guide

Glut Bridge



Tricep Dips



Squat Taps



Squats



Russian Twist



Leg Lift



Exercise Guide

Scissor Kicks



Side Plank Left



Side Plank Right



Crunches

