

Exercise List

Cardio

March/Jog in Place	Burpees
High Knees	Grapevine
Jumping Jacks	Step or Hop Side-to-Side
Tuck Jumps	Butt Kickers
Step Ups or Stairs	Skaters
Quick Feet	Squat Jumps
Bear Crawls	Invisible Jump Rope
Mountain Climbers	

Arms

Arm Circles	Lateral Raises
Push Ups	Back Rows
Tricep Dips	Overhead Press
Front Raises	Lying Tricep Extensions
Shoulder Presses	Tricep Kickbacks
Bicep Curls	Hammer Curls

Legs

Squats	Plié Squats
Lunges	Reverse Lunges
Wall Sits	Dead Lifts
Fire Hydrant Leg Lifts	Lateral Squats
Kneeling Leg Lifts	Hamstring Ball Curls
Glute Bridges	Toe Raises

Abs

V-Ups	Reverse Crunch
Bicycle Crunches	Plank
Russian Twist	Abdominal Crunch
Leg Lifts	Side Plank Dips
Side Crunches	Scissor/Flutter Kicks