

Legend: SA=Single Arm / SL=Single Leg / RB=Resistance Band
UB=Upper Body / LB=Lower Body

List A

Upper Body

Lateral Raise
Front Raise
Overhead Press
Bicep Curl
Hammer Bicep Curl
Overhead Tricep Extension
SA Row
SA Tricep Kickback
RB Pull Apart
RB Shoulder Rotation

UB Floor

Chest Press
Skull Crusher
Straight Arm Pullover
Chest Fly
Cobra Pushup
Knee Pushups
Prone Reverse Snow Angel
Prone Overhead Reach
Prone Y Raise

UB Gym Machines

Lat Pull Down
Seated Row
Chest Press
Chest Fly
Tricep Extension
Shoulder Press

List B

Lower Body Standing

SL Reverse Lunge
SL Forward Lunge
SL Curtsy Lunge
SL RDL
SL Side Lunge
SL Calf Raise
SL RB March
BW Squat
Goblet Squat
Toes In Calf Raise
Toes Out Calf Raise

LB Floor

SL Glute Raise
SL Clam
SL Reverse Clam
SL RB March
SL RB Leg Lift
SL RB abduction
Glute Raises
Hamstring Glute Raise

LB Gym Machines

Leg Extension
Hamstring Curl Seated
Hamstring Curl Prone
Leg Press
Seated Abduction
Seated Adduction

List C

Balance

Side By Side
Stacked Foot
Single Leg
Tight Rope Walking

List D

Core

Plank
Mountain Climber
Crunches
Leg Lifts
Ab Side Bend
Bird Dog
Dead Bug