

- 1.1. Prisoner squats (Up to a calf raise, last 5 up to a jump)
- 1.2. Single leg squats (Up to a calf raise)
- 1.3. Mountain climbers (single or double leg)
- 1.4. Double leg eagles
- 1.5. Low level twists
- 1.6. Hip Bridges (2 knees bent & 1 knee bent, 1 knee straight)
- 1.7. Big 10 (Indian crunch)

