



abs



quads



glutes



triceps



biceps



back



chest



sit-ups



lunges



squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



bicycle crunches



turning kicks



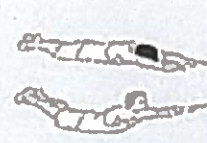
bridges



tricep extensions



doorframe rows



superman



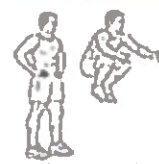
chest squeezes



flutter kicks



climbers



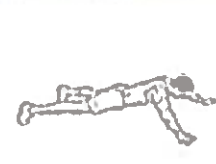
jump knee tucks



get-ups



body rows



star plank



shoulder press



leg raises



plank jump-ins



lly steps



punches



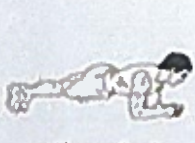
sitting pull-ups



eli arm/leg plank



shoulder taps



elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups