

UPPER BODY



Floor Press



Shoulder Press



Side Raise



Push Press



Tricep Press



Bicep Curl



Halos



Bent Over Rows

LOWER BODY



Squat



Goblet Squat



Sumo Squat



Farmer's Walk



Lunge



Side Lunge



Step-Ups



Single Leg Deadlift

CORE



Sit Ups to Press



Flutter Kicks



Overhead Sit-Up



Russian Twist

FULL BODY



Arm Swing



Thrusters



Turkish Get-Up



Snatch



Clean and Press