



EXERCISE REFERENCE SHEET

INCLINE PUSH-UP



LADIES/MODIFIED PUSH-UP



INTERMEDIATE PUSH UP



ADVANCED PUSH-UP



DIPS



ADVANCED DIPS



SQUATS



FLUTTER KICKS



CRUNCHES



BACK EXTENSIONS



ISOMETRIC CRUNCH-



REVERSE CRUNCHES



LUNGES



HALF LUNGE



FULL LUNGE



BICEPS CURL



TRICEPS KICKBACK



BENT OVER ROW



FRONT RAISES



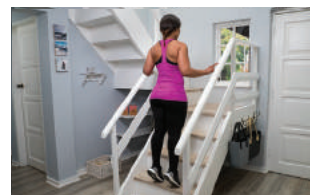
LATERAL RAISES



SHOULDER PRESS



CALF RAISES



SINGLE CALF RAISES



STEP UPS



BRIDGE



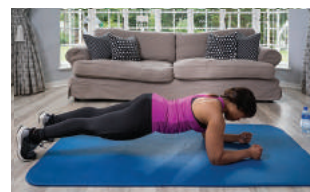
ADVANCE BRIDGE



BEGINNER'S PLANK



FULL PLANK



ADVANCE PLANK



SIDE PLANK



FULL SIDE PLANK

