

Upper Body Exercises

- Push-Up Variations (easiest to hardest)
 - Plank Hold
 - Plank Variations (single leg, single arm, alternating arms/legs, side planks, high/low planks, etc.)
 - Hand-Release Push-Ups
 - Regular Push-Ups
 - Wide Arm Push-Ups
 - Diamond Push-Ups
- Triceps Variations (easiest to hardest)
 - Reverse Plank Hold
 - Triceps Dips on Floor
 - Triceps Dips with Chair

Lower Body Exercises

- Lunges (Stationary, Forward, Reverse)
- Mountain Climbers
- Squats Variations (easiest to hardest)
 - Regular Squats
 - Squat Jumps
 - Single-Leg Squats
- Burpees*
- Star Jumps*
- Jump Up Variations (easiest to hardest)
 - Step Ups
 - Jump Ups
 - Jump Overs

Core Exercises

- Crunches/Curl-Ups
- V-Sit Variations
 - Regular V-Sit
 - In-and-Out Abs (aka Crunchy Frogs)
 - Mason Twists
- Six Inch Variations
 - Regular Six Inch Hold
 - Flutter Kicks
 - Bicycle Crunches

Cardio Exercises

- Jumping Jacks
- Jump Rope
- Fast Feet
- Speed Skaters
- Burpees*
- Star Jumps*

Stretches/Yoga Poses

- Cobra Pose (*core*)
- Downward Dog (*upper/lower body*)
- Tree Pose left/right (*lower body*)
- Warrior II (*lower body*)
- Arm Circles (*upper body*)
- Butterfly Stretch (*lower body*)
- Alternating Leg Stretch seated (*lower body*)
- Arms Behind Chest Stretch (*upper body*)