

Curl



Lateral Raise



Diagonal Curl



Squat



One Leg Squat



Split Squat



Bridge with Arm Tracking



One Leg Bridge with Arm Tracking



Back Extension



Bridge



Elbow Plank



Push-Up



Jump-Over



Push-Off



Body Crawl





Lateral Curl



Side Plank



One Arm Elbow Plank



Straith Leg Side Plank



Superman

