

Beta / Beta-Cardio Selection

BACK

Chest

Legs

Cardio

Wide-Grip Pullups

Pushups

Sissy Squats

Burpees

Underhand-Grip Pull-Ups

(Resistant Banded) Pushups

Air Squats

Jump Ropes

Kettlebell Shrugs

Dips

(No Weights) Lunges

Jumping Jacks

(Resistance Bands) Rows

(Resistance Bands) Flys

Step-Ups

Jump Squats

Chest Plate Squeeze

Wall Sits

Dancing

(Light) Dumbbell Press

Running the Stairs

Jogging in Place