**Arm Workouts**

Arm Circles

Bicep Curls

Chair Dips

Isometric Bicep Hold

Plank Shoulder Taps

Reverse Plank

Walking Plank

Push-Ups

Diamond Push-Ups

Decline Push-Ups

Incline Push-Ups

Plank to Push-Ups

Wall Push-Ups

**Back Workouts**

Bird Dogs

Cat Camel Stretch

Cobra Pose

Dive Bombers

Prone T Raises

Prone W Raises

Prone Y Raises

Reverse Snow Angels

Seated Forward Folds

Supermans

Swimmers

**Core Workouts**

Boat pose

Crunches

Variation: Bicycle Crunches

Variation: Reverse Crunches

Variation: Standing Oblique Crunches

Flutter Kicks

Lying Leg Raises

Mountain Climbers

Planks

Variation: Side Planks

Russian Twists

Scissor Kicks

Seated Knee Tucks

Sit-ups

Toe Touches

V-ups

**Glutes Workout**

Bridge

Bulgarian Split Squats

Clamshells

Donkey Kicks

Fire Hydrants

Hip Thrusts

Lateral Lunges

Lunges

Plie Squats

Quadruped Hip Extensions

Quadruped Leg Raise

Reverse Lunges

Side Leg Raises

Single-Leg Glute Bridges

Squats

Standing Kickbacks

Sumo Squats

Walking Lunges

Wall Sit

Wall Sit with Leg Lifts

**Leg Workouts**

Butt Kicks

Flutter Kicks

Half Squat Walk

High Kicks

Jumping Jack

Knee Side Leg Lifts

Lateral Hops

Lying Leg Circles

Marching Hip Raises

Pulsing Side Lying Leg Raises

Rainbow Leg Lifts

Standing Knee Raises

Side Lying Leg Lifts

Single Leg V-Ups

Walking High Knees