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| Air Bike | Air Bike Crunch | Bird Dog | Butterfly sit-ups |
| Calf Raise | Calf Raise Hold | Chair Tucked L-Sit | Chin-up |
| Close Grip Push-up | Crunch | Dead Hang | Finger Wall Push-up |
| Flex Hang | Floor L-Sit Back and Forth | Floor L-Sit Heels Support | Floor L-Sit Position |
| Floor L-Sit tuck | Floor L-Sit tuck to one leg | Flutter Kicks | Front Leg Raise |
| Heel taps | Jump Squat | Mountain Climber | Negative Pull-up |
| One Leg L-Sit | Parallettes L-Sit Tuck | Pike Push-up | Pull-up |
| Push-up | Raised Leg Crunch | Raised Leg Push-up | Seated L-Sit Raise Legs |
| Side Leg Raise | Sit-up | Squat | Squat hold |
| Stair Climbing | Sumo Squat | Tricep Knees Push-up | Tricep Push-up |
| Tricep Wall Push-up | Up and Down Plank | Wall/floor L-Sit Position | Wide Grip Push-up |