

iwbf excercises keys

- 0001 - Suriya namaskar - **steps available**
- 0002 - High Knees - **steps available**
- 0003 - Jumping Jacks - **steps available**
- 0004 - Mountain Climbers - **steps available**
- 0005 - Straight Hand Crunches - **steps available**
- 0006 - Leg Raise - **steps available**
- 0007 - Scissors Vertical
- 0008 - Scissors Horizontal
- 0009 - Bicycle Crunches - **steps available**
- 0010 - L sit Stretch Left
- 0011 - L Sit Stretch Right
- 0012 - Bridge - **steps available**
- 0013 - Bent Leg Twist - **steps available**
- 0014 - Cobra - **steps available**
- 0015 - Sit Ups - **steps available**
- 0016 - Planks - **steps available**
- 0017 - Side Planks - **steps available**
- 0018 - Cross Hanf Crunches - **steps available**
- 0019 - High Heels
- 0020 - Reverse Crunches - **steps available**
- 0021 - Toe Touch - **steps available**
- 0022 - Side Plank Crunches - **steps available**
- 0023 - Bent Knees - **steps available**
- 0024 - Leg Rotation - **steps available**
- 0025 - Russian Twists - **steps available**
- 0026 - Butt Lift - **steps available**
- 0027 - Steps - **steps available**
- 0028 - X-Man Crunches

0029 - Heel Touches - **steps available**

0030 - Raised Leg Crunches - **steps available**

0031 - Clapping Crunches

0032 - Cross Knee Planks

0033 - Cobra Stretch - **steps available**