

### PUSHUPS



Beginner: 25 Reps

Advanced: 50 Reps

### ELASTIC BAND ROW



Beginner: 30 Reps

Advanced: 50 Reps

### DIPS BETWEEN CHAIRS



Beginner: 20 Reps

Advanced: 50 Reps

### SIT UPS



Beginner: 30 Reps

Advanced: 100 Reps

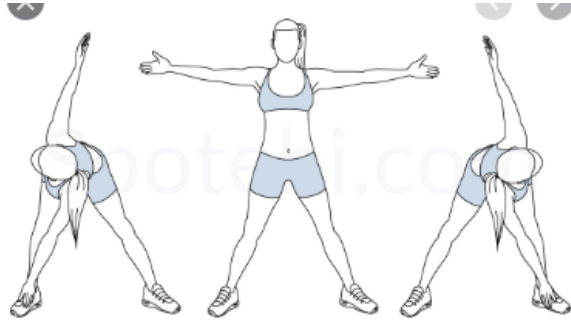
### BENT-LEG RAISES CRUNCH



Beginner: 25 Reps

Advanced: 50 Reps

### BENT-OVER TWISTS



Beginner: 25 Reps

Advanced: 50 Reps

### KNEE BENDS (SQUATS)



Beginner: 25 Reps

Advanced: 50 to 70 Reps

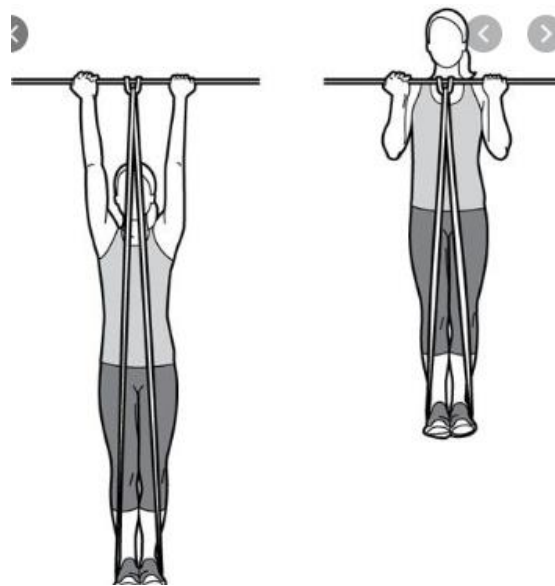
### CALF RAISES



Beginner: 25 Reps

Advanced: 50 Reps

### CHIN UPS



Beginner: 10 Reps

Advanced: 30 Reps