

**SUMO SQUAT**

LEGS / BUTTOCKS

MEDIUM

**ONE-LEG STAND**

LEG ABDUCTED TO THE SIDE

LEGS

HARD

**ONE-LEG STAND**

LEG ABDUCTED TO THE SIDE

LEGS

HARD

**FORWARD LUNGE**

LEGS / BUTTOCKS

HARD

**FORWARD LUNGE**

LEGS / BUTTOCKS

HARD

**BODY ROTATION**

ABS

MEDIUM

**BACK LIFT**

CORE

MEDIUM

**BACK STRECH**

CORE

HARD

**LATERAL LUNGE**

LEGS / BUTTOCKS

MEDIUM

**LATERAL LUNGE**

LEGS / BUTTOCKS

MEDIUM

### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

### LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

### KNEE PRESS



CHEST

MEDIUM

### KNEE-CROSS CRUNCHES



ABS

HARD

### KNEE-CROSS CRUNCHES



ABS

HARD

### LEG RAISE



LEGS

HARD

### LEG RAISE



LEGS

HARD

### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### ONE-LEG STAND



LEGS / ABS

HARD

### ONE-LEG STAND



LEGS / ABS

HARD

### KNEE PRESS



CHEST

MEDIUM

### KICK BACK



LOWER BACK

MEDIUM

### KNEE-CROSS CRUNCHES



ABS

HARD

### KNEE-CROSS CRUNCHES



ABS

HARD

### BICEPS



ARMS

MEDIUM

### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### KNEE TO ELBOW



ABS

HARD

### KNEE TO ELBOW



ABS

HARD

### CRUNCHES



ABS

EASY

### LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

### LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

### KNEE-CROSS CRUNCHES



ABS

HARD

### KNEE-CROSS CRUNCHES



ABS

HARD



### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### ONE-LEG STAND

LEG ABDUCTED TO THE SIDE



LEGS

HARD

### ONE-LEG STAND

LEG ABDUCTED TO THE SIDE



LEGS

HARD

### ROTATIONS



ABS

EASY

### ROTATIONS



ABS

EASY

### CRUNCHES



ABS

EASY

### SIDE CRUNCHES



ABS

EASY

### SIDE CRUNCHES



ABS

EASY

### KNEE-CROSS CRUNCHES



ABS

HARD

### KNEE-CROSS CRUNCHES



ABS

HARD

**SUMO SQUAT**

LEGS / BUTTOCKS

MEDIUM

**TRICEPS**

ARMS

EASY

**ROW**

BACK

MEDIUM

**LATERAL PULL**

UPPER BACK

MEDIUM

**TISCHHALTE**

LOWER BACK

MEDIUM

**BACK ARCH**

LOWER BACK

EASY

**BICEPS**

ARMS

EASY

**SHOULDER ROTATION**

UPPER BACK

MEDIUM

**SHOULDER PRESS**

UPPER BACK

MEDIUM

**SUMO SQUAT**

LEGS / BUTTOCKS

MEDIUM

SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

CHEST PRESS



CHEST

MEDIUM

LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

LATERAL LUNGE



LEGS / BUTTOCKS

MEDIUM

KNEE PRESS



CHEST

MEDIUM

BACK ARCH



LOWER BACK

EASY

BICEPS



ARMS

EASY

TRICEPS



ARMS

EASY

ROTATIONS



ABS

EASY

ROTATIONS



ABS

EASY

### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### FORWARD LUNGE



LEGS / BUTTOCKS

HARD

### HIP UP



LEGS / BUTTOCKS

MEDIUM

### HIP UP



LEGS / BUTTOCKS

MEDIUM

### LEG SIDE RAISE



LEGS / BUTTOCKS

HARD

### LEG SIDE RAISE



LEGS / BUTTOCKS

HARD

### LEG BACK RAISE



LEGS / BUTTOCKS

MEDIUM

### LEG BACK RAISE



LEGS / BUTTOCKS

MEDIUM

### CRUNCHES



ABS

HARD



### SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

### KNEE-CROSS CRUNCHES



ABS

HARD

### KNEE-CROSS CRUNCHES



ABS

HARD

### CRUNCHES



ABS

MEDIUM

### LEG LIFT



LEGS / ABS

HARD

### CRUNCHES



ABS

HARD

### PLANK



ABS / CORE

HARD

### ONE ARM PLANK



ABS / CORE

HARD

### CRUNCHES



ABS

EASY

### ROTATIONS



ABS

EASY

SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

FORWARD LUNGE



LEGS / BUTTOCKS

HARD

FORWARD LUNGE



LEGS / BUTTOCKS

HARD

PLANK



ABS / CORE

HARD

PLANK



ABS / CORE

HARD

ONE ARM PLANK



ABS / CORE

HARD

KNEE-CROSS CRUNCHES



ABS

HARD

KNEE-CROSS CRUNCHES



ABS

HARD

CRUNCHES



ABS

HARD

PUSH-UPS



UPPER BODY

HARD

SUMO SQUAT



LEGS / BUTTOCKS

MEDIUM

FORWARD LUNGE



LEGS / BUTTOCKS

HARD

FORWARD LUNGE



LEGS / BUTTOCKS

HARD

LEG RAISE



LEGS / BUTTOCKS

MEDIUM

LEG RAISE



LEGS / BUTTOCKS

MEDIUM

KNEE PRESS



CHEST

MEDIUM

SQUAT



LEGS / BUTTOCKS

HARD

PLANK



ABS / CORE

HARD

LEG BACK RAISE



LEGS / BUTTOCKS

MEDIUM

LEG BACK RAISE



LEGS / BUTTOCKS

MEDIUM