Upper Body Strength

PUSH-UPS

FEET RAISED UP PUSH-UPS

PIKED HANDSTAND PUSH-UPS

SRAIGHT BODY CHIN

PARALLEL BAR DIPS

PULL-UPS

PULL-UPS

REVERSE GRIP

REGULAR GRIP

BICEP CURLS

UPRIGHT ROWING

CAST PULLS
Lower Body Strength

ANKLE REBOUNDS (2 LEGGED)

SQUAT JUMPS

CALF RAISES

SINGLE LEG CALF RAISES

SIDE TO SIDE JUMPS

LATERAL STEP-UPS

ROLL AND JUMP
Abdominal Strength

- Forward Crunches
- Butt-Ups
- Partial Sit-Ups with Legs on Block
- Leg Lifts
- Bicycle
- Cross-Knee Abdominal Crunches
- Uphill Sit-Ups