

Pass 1



Abdominal twist



Bench dip



Twisting windmill



Swimmers stretch



Superman



Steam engine



Standing knee raise



Ski squat (no weights)



Single-leg squat



Side jumps



Side bridge

Pass 2



Russian twist



Side crunch



Rotational pushup



Raised leg crunch



Pushup



Pulse up



Prone cobra



Prisoner squat



Kneeling plank



Plank



Modified v-sit



Oblique v-up

Pass 3



Iron mikes



Mountain climbers



Flutter kicks



External rotation (no weights)



Incline pushup



Incline plank



Glute kickback



Decline twisting ab crunch



Decline pushup



Elevated-feet plank



Dirty dog



Diamond pushup

Pass 4



Dragon flag



Dive-bomber pushup



Crunch twist



Clam



Chair dip (no weights)



Bridge crunch



Box jump



Bicycle kick



Bent over row (no weights)



Bench side bridge

Pass 1



Deadlift

3 sets - 8 repetitioner



Back raise

3 sets - 10 repetitioner



Barbell lunge

3 sets - 10 repetitioner



Push press

3 sets - 8 repetitioner



Neutral-grip pullup

3 sets - 8 repetitioner



Superman

3 sets - 12 repetitioner



Front squat

3 sets - 8 repetitioner



Romanian deadlift

3 sets - 8 repetitioner

Pass 2



Deadlift

5 sets - 5 repetitioner



Good morning

3 sets - 6 repetitioner



Shrug

2 sets - 10 repetitioner



Push press

5 sets - 5 repetitioner



Front plate raise

3 sets - 8 repetitioner



Dumbbell incline bench press

3 sets - 7 repetitioner



Bulgarian split squat

3 sets - 6 repetitioner

Pass 3



Power clean

5 sets - 3 repetitioner



Dumbbell lunge

3 sets - 12 repetitioner



Shrug

3 sets - 8 repetitioner



Bulgarian split squat

3 sets - 8 repetitioner



Shrug

3 sets - 10 repetitioner



Swiss-ball split squat



Bosu lunge



Bosu jump squat



Bosu crossover lunge



Swiss-ball leg curl



Swiss-ball glute bridge



Box jump

3 sets - 15 repetitioner



Dumbbell pull-over

3 sets - 8 repetitioner