

Body Weighted Exercises
(Choose THREE of the following listed, either Modified or Advanced)

Push ups

- Modified: Wall push-ups, Knee push ups
- Advanced: Cross ankle, Single leg, Decline

Burpees

- Modified: (2 Separate movements) Knee or wall push up + air squat, Push up + jump squat
- Advanced: (Fluid into one another) Push up + jump squat

Squats

- Modified: Air squats, Swiss ball assisted squats, Sit to stand from a chair or bench
- Advanced: Jump squats, Sumo squats, Sumo squat jumps

Lunges

- Modified: Back lunges, Forward lunges, Side lunges, Lower to lift (balance)
- Advanced: Jump switch lunges, Lunge back + toe kick, Split lunge hop

Plank Variations:

Modified

- (Forearm) Knee plank, Side plank
- (Straight arm) Plank, Marches, Toe taps

Advanced

- (Forearm) Plank knee taps, Plank hip lift, Side planks, Side plank oblique dips
- (Straight arm) Mountain climbers, Jump jacks, Plank walk ups and down

Glutes/Hamstrings:

- Modified: Bridges, bridge pulses, elevated bridges and pulses
- Advanced: Single leg Bridges, Bridge heel walks, Swiss ball Bridges or Hamstring curls

Back:

- Modified: Supermans, Supermans with hands behind ears, Swiss ball hyperextensions
- Advanced: Lat pull supermans, reverse fly supermans, Swiss ball hyperextension rotations

Triceps/Shoulders:

- Modified: Chair dips bent knee, Shoulder presses arms press to ceiling, Knee pike push-ups
- Advanced: Chair dips straight legs, Plank shoulder taps, Pike push-up