

MAIN EXERCISE	ALTERNATIVE EXERCISE	MUSCLES TARGETED	REPETITIONS AND SETS
BULGARIAN SPLIT SQUAT 	BACKWARDS LUNGE 	Hamstrings, Glutes, Hip Flexors, Quadriceps Great lower body stability exercises	10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE
PLANK TURNOUTS 	PLANK 	Abdominals, Glutes, Hip Flexors Core stability exercises	10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE
PRESS UP FULL 	PRESS UP CROSSED LEGS 	Chest (Pectoral Major), Triceps, Abdominals Progression exercises – great arm and core builder!	10 REPS/ X1 SET Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE
MOUNTAIN CLIMBERS 	HIGH KNEES 	Core, All Leg Muscles, Heart, Shoulders	10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE
BEAR CRAWLS 	HOT HANDS 	Abdominal Muscles, Shoulders (anterior and posterior/ front and back deltoids)	10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE

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<p>STEP UPS (WITH LEG RAISE)</p> 	<p>SIDESTEP LUNGE</p> 	<p>All leg muscles including inside (adductor) and outside (abductor) of leg</p> <p>Great core mobility exercises</p>	<p>10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE</p>
<p>LEG RAISES</p> 	<p>WALKOUTS</p> 	<p>Core based exercise – slow contractions – control the movements</p> <p>Great for hip mobility</p>	<p>10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE</p>
<p>AIR SQUATS WITH JUMP</p> 	<p>AIR SQUATS</p> 	<p>All leg muscles – mainly glutes!</p> <p>Core stability exercise</p>	<p>10 REPS/ X1 SET Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE</p>
<p>BURPEES</p> 	<p>TUC JUMPS</p> 	<p>Cardio based exercise</p> <p>Lower body exercises</p>	<p>10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE</p>
<p>SIDE PLANK PULSES</p> 	<p>HEEL TOUCHES</p> 	<p>Oblique exercise – great for side to side movement and strength in hips</p>	<p>10 REPS/ X3 SETS Or TIMED EXERCISE: 1 MIN FOR EACH EXERCISE</p>