GYM EXERCISES







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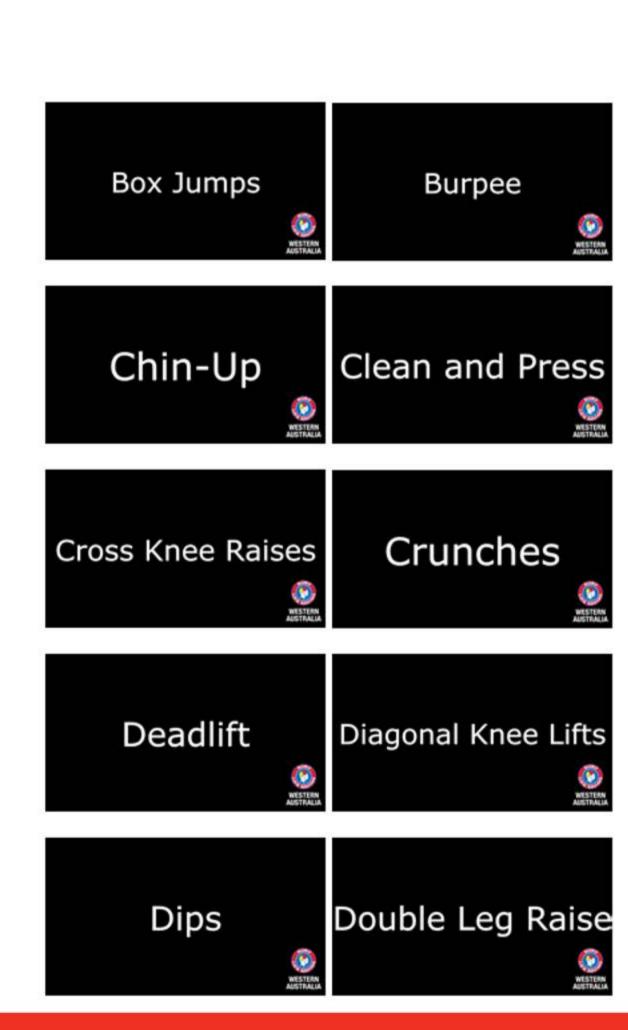
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GYM EXERCISES ALPHABETICAL



Air Squats 2 Foot Long Jumps Arm & Leg Raises Bench Dips Bench Jumps Plyos **Bench Press** Bench Pull Bench Push Ups Bicep Curl Bench Seat Crunch







Dumbbell Bench Pull Dumbbell Press

Dumbbell Rotations Dumbbell Swings



Dumbbell Twist



Elbow 2 Knee



Fit Ball Crunch



Fit Ball Leg Raise



Hamstring Raises



Incline Med-Ball Crunch





Lat Pull Downs Leg Raises and Lift



Med-Ball Knee Twist Med-ball on Fit Ball



Med-Ball Partner Toss



Med-Ball Partner Toss 2



Med-Ball Rotations



Med-Ball Slams



Med-Ball Throw for Distance



Med-Ball Throw for Height





Med-Ball Twists

Med-Ball Wall Throw

Military Press



Mountain Climbers



Oblique Lifts



Plank on Fit Ball



Plank/Prone Hold



Push Up



Reverse Leg Lift



Seated Row





Shoulder Press

Squat Jumps



Squat



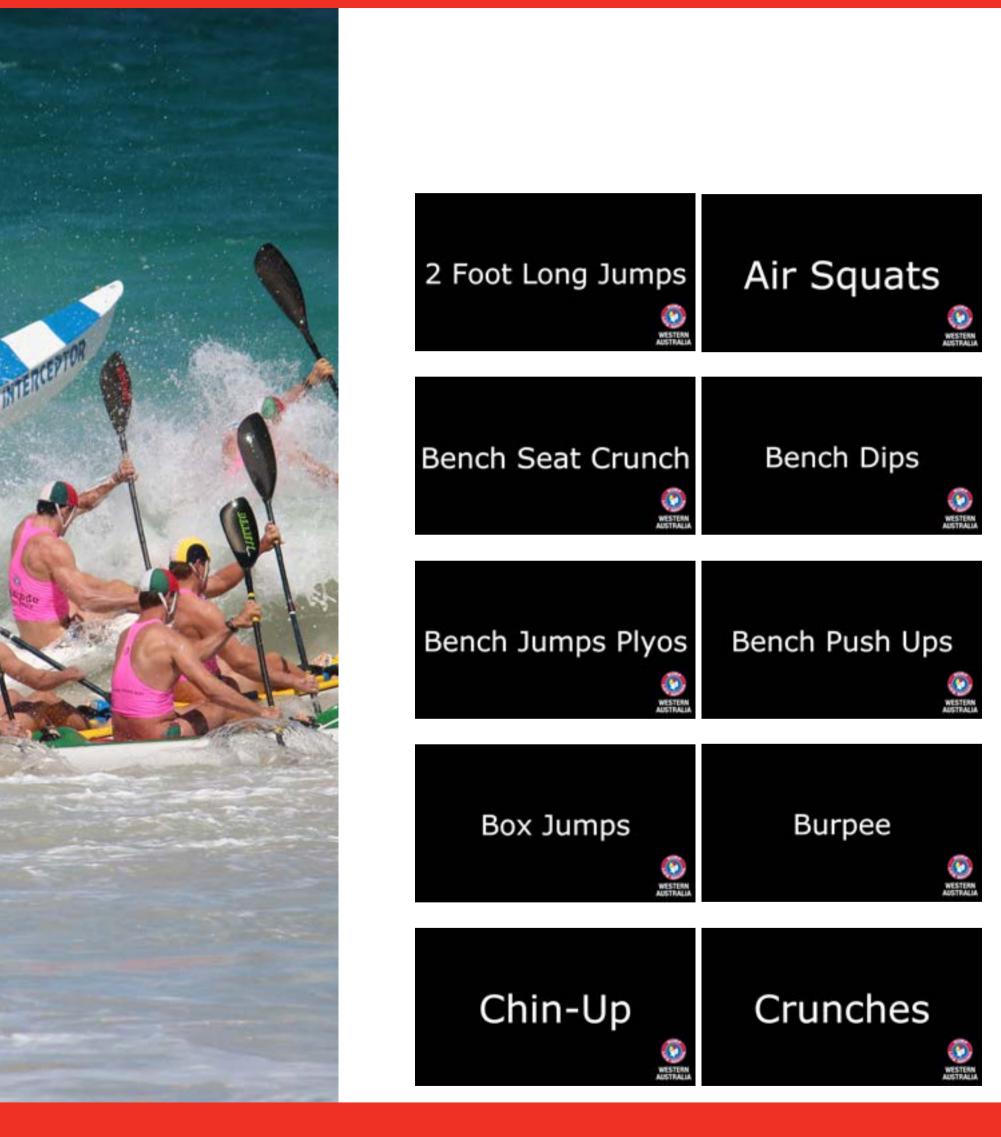
Torso Rotations



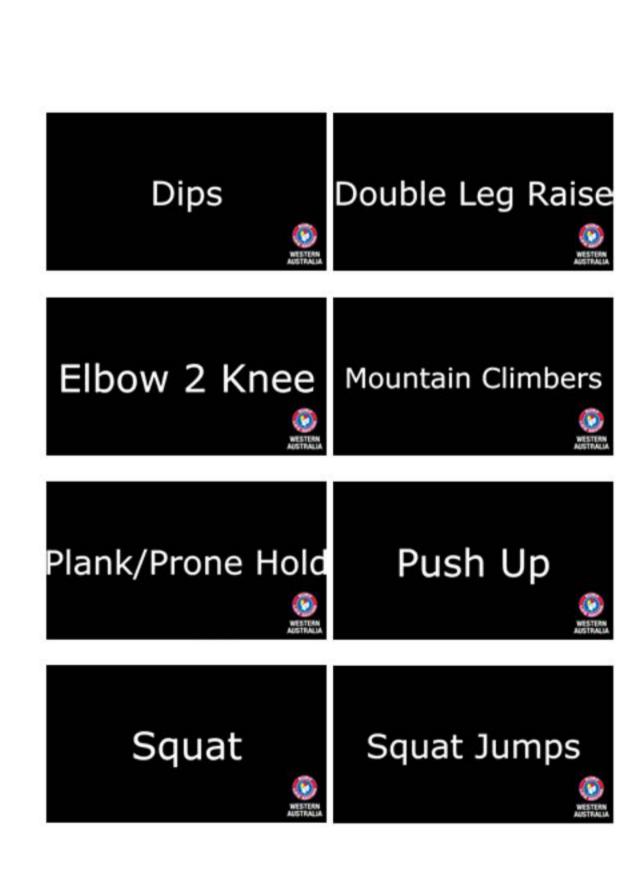
Wrist Extension



GYM EXERCISES OUTDOOR/BODYWEIGHT







GYM EXERCISES CORE



Med-Ball Twists

Dumbbell Twist

Bench Seat Crunch

Mountain Climbers

Oblique Lifts



Plank on Fit Ball



Plank/Prone Hold Elbow 2 Knee





Reverse Leg Lift



Crunches





Med-ball on Fit Ball Leg Raises and Lift

Med-Ball Knee Twist Dumbbell Rotations





Med-Ball Partner Toss



Med-Ball Partner Toss 2



Med-Ball Rotations



Med-Ball Slams



Hamstring Raises



Incline Med-Ball Crunch





Cross Knee Raises

Crunches



Double Leg Raise



Fit Ball Leg Raise



Diagonal Knee Lifts



Fit Ball Crunch



Crunches



Bench Seat Crunch

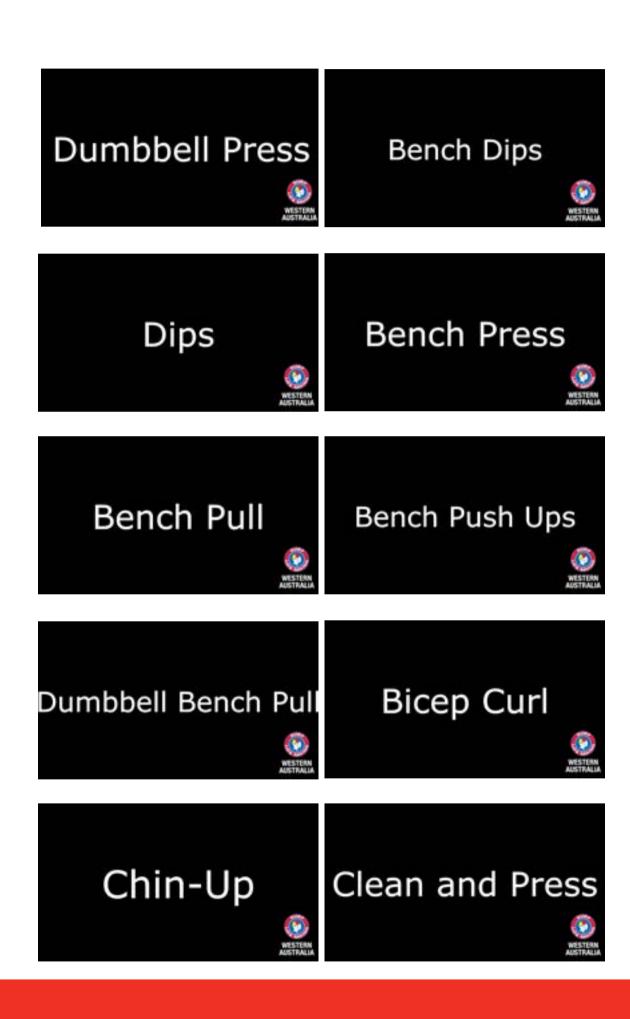


Arm & Leg Raises



GYM EXERCISES ARMS







Lat Pull Downs

Seated Row



Med-Ball Wall Throw



Military Press



Med-Ball Partner Toss



Med-Ball Partner Toss 2



Shoulder Press



Med-Ball Slams



Med-Ball Throw for Distance



Med-Ball Throw for Height



GYM EXERCISES LEGS



2 Foot Long Jumps

Air Squats



Box Jumps



Hamstring Raises



Bench Jumps Plyos Clean and Press





Med-Ball Throw for Distance



Squat



Deadlift



Med-Ball Throw for Height





Reverse Leg Lift

Mountain Climbers

