

GYM EXERCISES





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GYM EXERCISES

ALPHABETICAL



2 Foot Long Jumps



Air Squats



Arm & Leg Raises



Bench Dips



Bench Jumps Plyos



Bench Press



Bench Pull



Bench Push Ups



Bench Seat Crunch



Bicep Curl





Box Jumps



Burpee



Chin-Up



Clean and Press



Cross Knee Raises



Crunches



Deadlift



Diagonal Knee Lifts



Dips



Double Leg Raise





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



2 Foot Long Jumps



Air Squats



Bench Seat Crunch



Bench Dips



Bench Jumps Plyos



Bench Push Ups



Box Jumps



Burpee



Chin-Up



Crunches





Dips



Double Leg Raise



Elbow 2 Knee



Mountain Climbers



Plank/Prone Hold



Push Up



Squat



Squat Jumps



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



Dumbbell Press



Bench Dips



Dips



Bench Press



Bench Pull



Bench Push Ups



Dumbbell Bench Pull



Bicep Curl



Chin-Up



Clean and Press





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



Squat Jumps

