

Strength and Conditioning Exercises

Upper Body

- Standard push-up
- Diamond push-up
- Wide push-up
- Medicine Ball push-up
- T push-up
- Triceps dips

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Core/Torso

- The Plank
- The Side Plank
- In and out's
- Flutter Kick
- Mason/Russian Twist
- Reverse Crunch
- Leg Climber
- Bicycle Crunch
- Superman

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Legs/Lower Body

- Squat
- Seated Squat
- Squat with Medicine Ball
- Forward Lunge
- Forward Lunge with Medicine Ball – above head and twist
- Backward Lunges
- Marching Twists
- Mountain Climbers
- Burpees
- Inchworms
- The Wood Chop
- Fire Hydrants

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