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# Following you will find all the exercises available in the Ultimate Bundle+. Over 1890 exercise videos! Please note that the list might not be up to date as we release new exercise videos almost every week, making it difficult to keep it updated. You can find all the latest video releases on our e-shop by following the link-> https://www.exerciseanimatic.com/animated-fitness-videos-exercise-shop

# ABDOMINALS:

1. 3-4 Sit-up\_female
2. 45 degree bicycle twist knee to elbow
3. 45 degree Bicycle Twisting Crunch\_female
4. 45 Degree Bicycle Twisting\_female
5. 45 degree hyperextension arms to chest
6. 45 degree side bend
7. 45 Degree Side Bend\_female
8. 45 degree twisting hyperextension
9. 45 degree twisting hyperextension\_female
10. 90 degree heel touch
11. 90 Degree Heels Touch\_female
12. Ab Mat Sit-up\_female
13. Ab Tuck\_female
14. AB Wheel All The Way out
15. AB Wheel All The Way out\_Female
16. AB Wheel Halfway out
17. AB Wheel Halfway out\_Female
18. AB Wheel Left out
19. AB Wheel Left out\_Female
20. AB Wheel Pulses
21. AB Wheel Pulses\_Female
22. AB Wheel Right out
23. AB Wheel Right out\_Female
24. AB Wheel Take it or Leave It
25. AB Wheel Take it or Leave It\_Female
26. abdominal crunches machine
27. abdominal crunches with hold
28. abdominal crunches
29. Abs Snails
30. Abs Snails\_Female
31. Air Bike (VERSION 2)\_female
32. air bike crunch
33. air bike\_female
34. air twisting crunch
35. air twisting crunch\_female
36. alternate arm leg plank hold
37. alternate arm leg plank rest pause
38. Alternate Arm Leg Plank
39. Alternate heel touches
40. Alternate leg pull
41. Alternate Leg Pull\_female
42. Alternate leg raise from reverse plank position
43. Alternate Leg Raise from Reverse Plank Position\_female
44. Alternate leg raise with head up
45. Alternate Leg Raise with Head
46. Alternate leg raise
47. Alternate Leg Raise\_female
48. Alternate lying floor leg raise
49. Alternate Lying Floor Leg Raise\_female
50. Alternate oblique crunch
51. Alternate Oblique Crunch\_female
52. alternate single leg raises plank
53. Alternate toe tap leg lift
54. Alternate Toe Tap Leg Lift\_female
55. alternating leg lifts
56. alternating oblique sit ups
57. Alternating Plank Lunge
58. alternating toe tap
59. Arm rotation knee lift
60. Assisted sit ups
61. Assisted Sit-Up\_female
62. Ball Sit-up\_female
63. Band Bicycle Crunch
64. Band Bicycle Crunch\_female
65. Band Decline Sit up\_female
66. band kneeling crunch\_female
67. Band side bend\_female
68. Barbell Landmine Side Bend
69. Barbell Landmine Side Bend\_Female
70. Barbell rollout
71. barbell seated twist on exercise ball
72. Barbell seated twist
73. Barbell side bends
74. Barbell Situp
75. Barbell Situp\_Female
76. Barbell standing twist
77. bench decline ab sit-ups
78. bench knee tucks
79. Bent knee Lying Twist (On Stability Ball)
80. Bent knee Lying Twist
81. bicycle twisting crunch
82. bicycles crunches
83. bicycles
84. Bottoms-Up half rep
85. brazillian crunches
86. Bridge - Mountain Climber (Cross Body)
87. Cable Standing Crunch
88. Cable Standing Crunch\_Female
89. Cable twist (up-down)
90. Cable Twist
91. Captains chair leg raise
92. Captains Chair Straight Leg Raise
93. chest lift with rotation
94. Crab Twist Toe Touch
95. Criss Cross Leg Raises
96. Crunch (arms straight)
97. Crunch (hands overhead)
98. Crunch (legs on stability ball)
99. Crunch (on bosu ball)
100. Crunch (on stability ball)
101. Crunch (straight leg up)
102. Crunch Floor
103. Crunch Frog on Floor
104. Crunch leg raise
105. Crunch with Medicine Ball
106. dead bug
107. Dead Bug Extended Arms
108. Decline Bench Full Sit up
109. decline bench oblique crunches bodyweight
110. decline bench oblique crunches dumbbells
111. Decline Bent Leg Reverse Crunch
112. decline levitating sit ups bodyweight
113. decline sit up
114. decline sit ups dumbbells
115. diagonal chop cable
116. diagonal chop left
117. diagonal chop right
118. dumbbell ab crunch
119. Dumbbell Crunch Hold with Legs Off
120. Dumbbell Decline Overhead Sit-up
121. Dumbbell Decline Sit-up
122. dumbbell diagonal chop
123. Dumbbell Overhead Sit-up
124. Dumbbell Russian Twist with Legs Floor Off
125. Dumbbell Side Bend
126. Dumbbell Side Plank with Rear Fly
127. Dumbbell Single Arm Starfish Crunch
128. Dumbbell Starfish Crunch Alternating
129. Dumbbell Straight Arm Crunch
130. Dumbbell Straight Arm Twisting Sit-up
131. Dumbbell Straight Leg Russian Twist
132. Dumbbell V-up
133. Elbow Push Plank Up
134. Elbow-Up and Down Dynamic Plank
135. Exercise Ball Body Saw
136. exercise ball sit ups
137. flutter kicks
138. hanging knee raises
139. hanging oblique crunches
140. heel touches
141. high cable kneeling crunch
142. high knee twist
143. high resistance band kneeling crunch
144. hollow hold
145. jack knives
146. Kettlebell situp press
147. leg lift circles
148. Leg raises (straight legs)
149. long arm crunches
150. lying abs resistance band
151. lying leg raise
152. middle crunches
153. mountain climbers
154. oblique crunch
155. over head weight sit up
156. over weight ab crunch
157. plank cross knee drive
158. plank jack
159. Plank Knee Tucks
160. plank on elbows
161. plank reach through
162. raised leg crunch
163. Resistance Band Lying Bent Knee Raise
164. Reverse Ab Wheel Rollout
165. Reverse Ab Wheel Rollout\_Female
166. reverse crunch
167. reverse crunch with kick out
168. russian twist
169. russian twist weighted ball
170. scissors kick
171. Seated floor crunches
172. seated flutter kicks
173. seated v up
174. side plank oblique crunch
175. side plank
176. Situps
177. spider plank
178. Standing Ab Wheel Rollout
179. Standing Ab Wheel Rollout\_Female
180. standing cable oblique twist
181. standing oblique crunch
182. star crunches
183. Suspension Trainer with Grips Abdominal Fallout
184. Suspension Trainer with Grips Abdominal Fallout\_female
185. Suspension Trainer with Grips Hanging Knees to Elbows
186. Suspension Trainer with Grips Hanging Leg Hip Raise
187. Suspension Trainer with Grips Hanging Leg Hip Raise\_female
188. Suspension Trainer with Grips Hanging Straight Leg Hip Raise
189. Suspension Trainer with Grips Hanging Straight Leg Hip Raise\_female
190. Suspension Trainer with Grips Pull Through
191. Suspension Trainer with Grips Pull Through\_female
192. Suspension Trainer with Grips Reverse Ab Rollout
193. Suspension Trainer with Grips Reverse Ab Rollout\_female
194. Suspension Trainer with Grips Supine Crunch
195. Suspension Trainer with Grips Supine Crunch\_female
196. V crunches
197. v up
198. walkout
199. Wheels To Heaven
200. Wheels To Heaven\_Female
201. Wheels To Toes
202. Wheels To Toes\_Female
203. wind wipers

# BACK:

1. 45 degree hyperextension (arms in front of chest)\_female
2. alternate superman
3. Alternating Superman\_female
4. Archer pull up
5. around the world superman hold
6. around the world superman hold\_female
7. assisted chin up normal width reverse grip
8. assisted chin up reverse close grip
9. assisted chin up reverse wide grip
10. Assisted Chin-up on a bench\_female
11. Assisted close grip underhand chin up
12. Assisted Close-grip Underhand Chin-up\_female
13. Assisted parallel close grip pull up
14. Assisted Parallel Close-Grip Pull-up\_female
15. assisted pull up close grip
16. assisted pull up normal grip
17. assisted pull up wide grip
18. Assisted pull up
19. Assisted Pull-up\_female
20. back extension machine
21. Back extension on exercise ball
22. Back Extension on Exercise Ball\_female
23. Back squeeze
24. Band Assisted Chin Up (From Knee)\_female
25. Band bent-over row
26. Band bent-over row\_female
27. Band Deadlift
28. Band Fixed Back Underhand Pulldown\_female
29. Band Hammer Grip Incline Bench Two Arm Row\_female
30. band kneeling lat pulldown\_female
31. Band Kneeling Single Arm High Row
32. Band Kneeling Single Arm High Row\_Female
33. Band Lying Reverse Grip Row\_female
34. Band Pull Up
35. Band Pull Up\_Female
36. Barbell bent over row pronated grip
37. Barbell bent over row supinated grip
38. Barbell Bent Over Row\_female
39. Barbell clean deadlift
40. Barbell Coan Deadlift
41. Barbell Coan Deadlift\_Female
42. Barbell deadlift 360 degrees
43. Barbell Deadlift High Pull
44. Barbell Deadlift High Pull\_Female
45. Barbell Good Morning
46. Barbell Long Landmine Row
47. Barbell Lying Row
48. Barbell Meadows Row
49. barbell one arm single deadlift
50. Barbell pendlay row
51. Barbell push bent over row
52. Barbell Reverse Deadlift
53. Barbell Reverse Deadlift\_Female
54. Barbell reverse grip bent over row
55. Barbell romanian deadlift
56. Barbell seated good morning
57. Barbell single leg deadlift
58. Barbell snatch deadlift close grip
59. Barbell snatch deadlift wide grip
60. barbell sumo deadlift
61. Barbell sumo deadlift
62. Barbell Supinated Pendlay Row
63. Barbell Underhand Bent over Row
64. Barbell Upright Row
65. Barbell wide grip Upright Row
66. Barbell Zercher Good Morning\_Female
67. behind neck lat pull down machine
68. Bench Pull-ups
69. bent over barbell row
70. bent over row resistance band
71. Bent-over Row with bar
72. Bodyweight Muscle-up
73. Cable Bar Lateral Pulldown
74. Cable Bent Over Reverse Grip Row
75. Cable Bent Over Row
76. Cable Close Grip Front Lat Pulldown
77. Cable Lat Prayer
78. Cable Lat Prayer\_Female
79. cable low seated row
80. cable lying extension pullover (with cables attachment)
81. Cable One Arm Bent over Row
82. Cable one arm lat pulldown
83. cable palm rotational row
84. Cable Pull In Kneeling
85. Cable Pull In Kneeling\_Female
86. Cable Pulldown (pro lat bar)
87. Cable Pulldown
88. Cable Pushdown (straight arm)
89. Cable rear Pulldown
90. cable reverse grip straight back seated high row
91. Cable Seated on Floor Row
92. Cable Seated One Arm Alternate Row
93. Cable seated row
94. Cable Seated Supine grip Row
95. Cable Silverback Shrug
96. Cable Silverback Shrug\_Female
97. Cable Straight Arm Pulldown
98. Cable Twin Handle Parallel Grip Lat Pulldown
99. Cable Twisting Pull
100. Cable Underhand Pulldown Wide Grips
101. chin up reverse close grip
102. chin up reverse normal grip
103. chin up reverse wide grip
104. chin up
105. Chin ups (narrow parallel grip)
106. Chin-up (isometric and negative)
107. Close-reverse Grip Chin-Up
108. Commando pull-up
109. Dumbbell Bent Arm Pullover
110. Dumbbell Bent-Over Reverse Row
111. Dumbbell Bent-Over Row
112. Dumbbell Hammer Grip Incline Bench Two Arm Row
113. Dumbbell Incline Row
114. Dumbbell One Arm Row (rack support)
115. Dumbbell Pullover (VERSION 2)
116. Dumbbell Pullover on floor
117. Dumbbell Pullover
118. Dumbbell Renegade Row
119. Dumbbell Romanian Deadlift
120. dumbbells bent over row pronated grip
121. dumbbells bent over row
122. dumbbells plank to alternating row
123. dumbbells single arm row
124. Elbow Lift Reverse Push Up
125. Exercise Ball Back Extension With Hands Behind Head
126. good morning resistance band
127. good mornings barbell
128. good mornings dumbbells
129. good mornings kettlebell
130. Hammer Strength Plate Loaded High Row Alternate Arms
131. Hammer Strength Plate Loaded High Row Alternate Arms\_Female
132. Hammer Strength Plate Loaded High Row Both Arms
133. Hammer Strength Plate Loaded High Row Both Arms\_Female
134. Hammer Strength Plate Loaded High Row Single Arm
135. Hammer Strength Plate Loaded High Row Single Arms\_Female
136. inverted rows on smith machine
137. Jump\_Rope row female white screen
138. Jump\_Rope row white screen
139. Kettlebell Sumo Deadlift
140. Kettlebells Sumo Deadlift with High Pull
141. Landmine row
142. lat pull down close grip
143. lat pull down normal grip
144. lat pull down wide grip
145. lying back extension
146. prone bench row barbell pronate grip
147. Prone bench row barbell reverse grip
148. prone bench row dumbbells pronated grip
149. prone bench row dumbbells supinated grip
150. prone bench row dumbbells
151. pull up normal grip
152. pull up wide grip
153. pull up wide grip front view
154. Push Pull Chair Over Head Pull
155. Push Pull Chair Over Head Pull\_Female
156. resistance band - cable row
157. Resistance Band Cross Body Single Straight Arm Supinated Pulldown
158. Resistance Band Cross Body Single Straight Arm Supinated Pulldown\_Female
159. Resistance Band Floor Hyperextension
160. Resistance Band Floor Hyperextension\_Female
161. Resistance Band Kneeling Cross Body Single Straight Arm Supinated Pulldown
162. Resistance Band Kneeling Cross Body Single Straight Arm Supinated Pulldown\_Female
163. Resistance Band Lying Hyperextension Abduction
164. Resistance Band Lying Hyperextension Abduction\_Female
165. reverse grip lat pull down
166. seated cable row V bar machine
167. seated normal grip row machine
168. seated resistance band - cable rows
169. single arm cable row left
170. single arm cable row right
171. single arm standing low cable row
172. Single Kettlebell Deadlift
173. standing lat cable pull over
174. straight bar cable pull down
175. straight bar cable row close grip
176. straight bar cable row normal grip
177. superman
178. superman pulls
179. superman pulls resistance band
180. Supine Push up
181. Suspension Trainer with Grips Bent Knee Inverted Row
182. Suspension Trainer with Grips Bent Knee Inverted Row\_female
183. Suspension Trainer with Grips Chin-up
184. Suspension Trainer with Grips Chin-up\_female
185. Suspension Trainer with Grips High Row
186. Suspension Trainer with Grips High Row\_female
187. Suspension Trainer with Grips Inverted Row Arm Twist
188. Suspension Trainer with Grips Inverted Row Arm Twist\_female
189. Suspension Trainer with Grips Inverted Row female
190. Suspension Trainer with Grips Inverted Row
191. Suspension Trainer with Grips Knee Tuck Row
192. Suspension Trainer with Grips Knee Tuck Row\_female
193. Suspension Trainer with Grips Pull-up
194. Suspension Trainer with Grips Pull-up\_female
195. Suspension Trainer with Grips Wide Grip Inverted Row on floor
196. Suspension Trainer with Grips Wide Grip Inverted Row on floor\_female
197. trap bar deadlift
198. v bar lat pull down

# BICEPS:

1. alternate bicep curl standing dumbbells
2. alternate biceps curl resistance band
3. alternate hammer curl seated dumbbells
4. alternate hammer curl standing dumbbells
5. alternating biceps curl seated dumbbells
6. alternating biceps hammer curls resistance band
7. alternating hammer curls seated dumbbells
8. Band Close-Grip Biceps Curl
9. Band Close-Grip Biceps Curl\_female
10. Band Concentration Curl\_female
11. Band Cross Chest Biceps Curl\_female
12. Band Incline Alternate Hammer Curl\_female
13. Band Incline Biceps Curl\_female
14. Band Incline Hammer Curl\_female
15. band kneeling preacher curl\_female
16. Band Prone Incline Curl\_female
17. Band Prone Incline Hammer Curl\_female
18. Band Reverse Spider Curl\_female
19. Barbell Alternate Biceps Curl\_female
20. barbell bicep curl close grip
21. barbell bicep curl normal grip
22. barbell bicep curl wide grip
23. barbell biceps curl
24. Barbell Curl\_female
25. barbell drag biceps curl
26. barbell drag curl
27. barbell lap curl
28. Barbell preacher curl
29. Barbell reverse biceps curl
30. Barbell reverse spider curl
31. Barbell seated concentration biceps curl
32. Barbell single arm biceps curl
33. Barbell standing close grip curl
34. Barbell standing concentration curl
35. Barbell standing wide grip biceps curls
36. barbell wide grip biceps curl
37. bicep curl low cable machine normal grip
38. biceps curl cable
39. biceps curl cable wide grip
40. biceps curl cable wide grip crossover machine
41. Biceps Curl Front Step
42. biceps curl resistance band
43. biceps curl to shoulder press resistance band
44. Biceps Leg Concentration Curl
45. Cable Biceps Curl (EZ-bar)
46. Cable Close Grip Curl
47. Cable One Arm Curl
48. Cable One Arm Inner Biceps Curl
49. Cable Overhead Curl
50. Cable Preacher Curl
51. cable reverse curl
52. Cable Twisting Biceps Curl
53. Cable Twisting Curl\_Female
54. concentration curls dumbbell
55. Doorway Biceps Curl
56. drag curl dumbbell
57. drag curl resistance band
58. Dumbbell Alternate Biceps Curl (VERSION 2)
59. Dumbbell Alternate Biceps Curl
60. Dumbbell Alternate Seated Hammer Curl
61. Dumbbell Biceps Curl with Overhead Extension on Stability Ball
62. Dumbbell Close-Grip Simultaneous Curl
63. Dumbbell Cross Body Hammer Curl (Version 2)
64. dumbbell curls alternating
65. dumbbell curls
66. Dumbbell Drag Over Shoulder Bicep Curl
67. Dumbbell Half Biceps Curl for 21s
68. Dumbbell Hammer Curl Simultaneous Arms
69. Dumbbell Hammer Curl
70. Dumbbell Hammer Preacher Curl Simultaneous Arms
71. Dumbbell Hammer Strict Curl
72. Dumbbell High Curl
73. Dumbbell Incline Alternate Bicep Curl
74. Dumbbell Incline Alternate Curl
75. Dumbbell Incline Alternate Hammer Curl
76. Dumbbell Incline Biceps Simultaneous Curl
77. Dumbbell Incline Hammer Simultaneous Curl
78. Dumbbell Incline Simultaneous Curl
79. Dumbbell Lying Supine Curl
80. Dumbbell One Arm Hammer Preacher Curl
81. Dumbbell One Arm Reverse Preacher Curl
82. Dumbbell One Arm Zottman Preacher Curl
83. Dumbbell Preacher Curl (Turned Torso)
84. Dumbbell Preacher Curl over Exercise Ball
85. Dumbbell Preacher Curl
86. Dumbbell Prone Incline Curl
87. Dumbbell Prone Incline Hammer Curl
88. Dumbbell Reverse grip Biceps Curl
89. Dumbbell Reverse Spider Curl
90. Dumbbell Seated Curl
91. Dumbbell Seated Hammer Curl
92. Dumbbell Seated Preacher Curl
93. Dumbbell Seated Reverse grip Concentration Curl
94. Dumbbell Simultaneous Biceps Curl
95. Dumbbell Standing Concentration Curl
96. Dumbbell Standing Hammer Drag Curl
97. Dumbbell Standing One Arm Concentration Curl
98. Dumbbell Standing One Arm Curl Over Incline Bench
99. Dumbbell Standing Preacher Curl
100. Dumbbell Standing Reverse Curl
101. Dumbbell Standing Simultaneous Biceps Curl
102. Dumbbell Standing Wide Simultaneous Biceps Curl
103. Dumbbell Waiter Biceps Curl
104. Dumbbell Zottman Curl
105. Dumbbell Zottman Preacher Curl
106. Ez bar biceps curl close grip
107. Ez bar biceps curl normal grip
108. Ez bar biceps curl wide grip
109. Ez bar cable curl wide grip
110. ez bar cable curl wide grip crossover machine
111. EZ Barbell Close grip Curl
112. EZ Barbell Curl
113. hammer curl resistance band simultaneous
114. Hammer Strength MTS Iso-Lateral Biceps Curl Alternate Arm\_Female
115. Hammer Strength MTS Iso-Lateral Biceps Curl Arm Alternating
116. Hammer Strength MTS Iso-Lateral Biceps Curl Both Arm
117. Hammer Strength MTS Iso-Lateral Biceps Curl Both Arm\_Female
118. Hammer Strength MTS Iso-Lateral Biceps Curl Single Arm
119. Hammer Strength MTS Iso-Lateral Biceps Curl Single Arm\_Female
120. incline dumbbell curl
121. low resistance band lying bicep curl half repetition
122. low resistance band lying bicep curl
123. preacher curl dumbbells simultaneous
124. preacher curl ez bar close grip
125. preacher curl ez bar wide grip
126. preacher curl ez bar
127. reverse grip resistance band simultaneous
128. Single Dumbbell Biceps Curls
129. spider curl barbell
130. spider curl dumbbells simultaneous
131. spider curl ez bar
132. zotman curls dumbbell simultaneous
133. zotman curls resistance band simultaneous

# CARDIO/FUNCTIONAL:

1. 180 Jump Turns\_Female
2. 180 Jump Turns\_Male
3. 4 Coners Side Step\_female
4. 4 Corners Curtsy\_female
5. 4 Punches Side Squat\_female
6. 45 degrees Step Out\_female
7. Air punches March
8. Air Swing Running
9. Air Swing Running\_Female
10. Air Swing Side To Side Swing Female
11. Air Swing Side To Side Swing
12. Air Swing Walking Female
13. Air Swing Walking
14. alternate front kick in place\_female
15. alternate punching
16. Alternate Punching\_female
17. Alternating hamstring curl with punch
18. Alternating Hamstring Curl with Punch\_female
19. Alternating Hamstring Curl
20. Ankle circles
21. ankle dorsal flexion
22. ankle plantar flexion
23. Arm crossover chest out
24. Arm crossover
25. Arm double crossover
26. arm pulses
27. arm pulses cross
28. arm pulses palms downwards
29. arm pulses palms upwards
30. Arms Lateral Raise And Rotation Up
31. Arms Lateral Raise And Rotation Up\_Female
32. Arms up and down
33. Assault AirBike Fast Speed
34. Assault AirBike Fast Speed\_Female
35. Assault AirBike Normal Speed
36. Assault AirBike Normal Speed\_Female
37. Assault AirBike Sprint Speed
38. Assault AirBike Sprint Speed\_Female
39. Back lever
40. Back lever\_female
41. Balance board lateral squat
42. Ball Slams
43. Ball Slams\_Female
44. Balloon Drill\_female
45. Band Squat Row
46. Band Squat Row\_Female
47. Barbell Jump Shrug\_Female
48. Barbell Jump Shrug\_Male
49. Basketball Shot Jump
50. Battle Rope Alternating Arm Waves
51. Battle Rope Alternating Arm Waves\_Female
52. Battle Rope Double Arm Slams
53. Battle Rope Double Arm Slams\_Female
54. Bear crawls
55. Bear crawls\_Female
56. Bent Over Twist
57. Body Slide
58. Body Throw
59. Bodyweight Front Slam
60. bodyweight full squat with overhead front raises
61. Bodyweight Knee Thrust
62. Bodyweight knee to hand tap
63. Bodyweight Muscle-up
64. Bodyweight Standing Triangle Fly
65. Bodyweight Windmill Cut
66. Bodyweight Windmill
67. Bouncing Circle Draw
68. Bouncing Inner Thigh Tap
69. boxing jab
70. Boxing Left Hook
71. Boxing left uppercut
72. Boxing right cross
73. Boxing right hook
74. Boxing Right Uppercut
75. Briskly Walking (360 degrees)
76. Briskly Walking
77. Burpee
78. Burpee
79. Butt Kick with Row
80. Butt kicks
81. Butt kicks slow
82. Butt Kicks
83. Cable twisting overhead press
84. Cardio Lunge
85. Celebratory Hip Thrust
86. Chest Fly Side Step
87. Chest Pull Back
88. Chest raise and rotate
89. Circle Elbow Arm
90. Clap Jack
91. Control Balance
92. Corner Touch
93. Criss Cross Arms Lift
94. Criss Cross Elbow To Knee
95. criss cross jack
96. criss cross jump
97. decline shoulder tap
98. Diagonal Opens
99. Diagonal Punch
100. Double Knee Drive
101. Double Punch Front Leg Lift
102. Downward Dog Sprint
103. Dumbbell Curl Press
104. Dumbbell Iron Cross
105. Dumbbell Low Windmill
106. Dumbbell Pullover Hip Extension on Exercise Ball
107. Dumbbell Single Arm Overhead Carry
108. Dumbell Burpee
109. Dynamic Leg Swing
110. Elbow-Extension
111. Fast feet
112. Gym Elliptical Machine Fast Speed
113. Gym Elliptical Machine Fast Speed\_Female
114. Gym Elliptical Machine Normal Speed
115. Gym Elliptical Machine Normal Speed\_Female
116. Gym Elliptical Machine Sprint Speed
117. Gym Elliptical Machine Sprint Speed\_Female
118. Gym Rowing Machine Fast Speed
119. Gym Rowing Machine Fast Speed\_female
120. Gym Rowing Machine Normal Speed
121. Gym Rowing Machine Normal Speed\_female
122. Gym Rowing Machine Sprint Speed
123. Gym Rowing Machine Sprint Speed\_female
124. Half burpees
125. high knees
126. Jogging
127. Jogging\_female
128. Jump\_Rope alternating foot female
129. Jump\_Rope alternating foot
130. Jump\_Rope basic jump female
131. Jump\_Rope basic jump
132. Jump\_Rope double bounce female
133. Jump\_Rope double bounce
134. jumping jack
135. Kettlebell Single Arm Clean and Press
136. Kettlebell Single Leg Glute Bridge Pullover
137. Kettlebell strict press
138. Kettlebell Sumo Deadlift with High Pull
139. Kettlebell Swing (Version 2)
140. Kettlebell Swing
141. Kettlebell Thruster
142. Lying On Side Arm Circle Warm Up
143. Lying On Side Arm Circle Warm Up\_Female
144. MAJOR GROUPS Muscle body male
145. plank lunges
146. plank shoulder taps
147. Rebounder High Knee Runs
148. Rebounder High Knee Runs\_Female
149. Rebounder In & Out From Ground
150. Rebounder In & Out From Ground\_Female
151. Rebounder In & Out Jacks
152. Rebounder In & Out Jacks\_Female
153. Rebounder Knee Jumps
154. Rebounder Knee Jumps\_Female
155. Rebounder Knee Pushes
156. Rebounder Knee Pushes\_Female
157. Rebounder Light Jumps
158. Rebounder Light Jumps\_Female
159. Resistance Band Pull Apart
160. Resistance Band Pull Apart\_Female
161. Resistance Band Shoulder Adduction
162. Resistance Band Shoulder Adduction\_Female
163. Resistance Band Standing External Rotation
164. Resistance Band Standing External Rotation\_Female
165. Resistance Band Standing Single Arm Shoulder Extension
166. Resistance Band Standing Single Arm Shoulder Extension\_Female
167. Resistance Band Standing Single Arm Shoulder Flexion
168. Resistance Band Standing Single Arm Shoulder Flexion\_Female
169. Running
170. Running\_female
171. Shadow Boxing
172. side to side punch
173. Ski Ergometer Cross Country Ski Alternating Arm Pull
174. Ski Ergometer Cross Country Ski Alternating Arm Pulls\_Female
175. Ski Ergometer Cross Country Ski Basic Pull
176. Ski Ergometer Cross Country Ski Basic Pull\_Female
177. Ski Ergometer Cross Country Ski Face Biceps Curl Pull
178. Ski Ergometer Cross Country Ski Face Biceps Curl Pull\_Female
179. Ski Ergometer Cross Country Ski Flyes
180. Ski Ergometer Cross Country Ski Flyes\_Female
181. Ski Ergometer Cross Country Ski Jump Squat pull
182. Ski Ergometer Cross Country Ski Jump Squat pull\_Female
183. Ski Ergometer Cross Country Ski Kneeling Reverse Fly Pull
184. Ski Ergometer Cross Country Ski Kneeling Reverse Fly Pull\_Female
185. Ski Ergometer Cross Country Ski pullover pull
186. Ski Ergometer Cross Country Ski pullover pull\_Female
187. Ski Ergometer Cross Country Ski Reverse Fly Pull
188. Ski Ergometer Cross Country Ski Reverse Fly Pull\_Female
189. Ski Ergometer Cross Country Ski Reverse Lunge pull
190. Ski Ergometer Cross Country Ski Reverse Lunge pull\_Female
191. Ski Ergometer Cross Country Ski reverse triceps extension pull
192. Ski Ergometer Cross Country Ski reverse triceps extension pull\_Female
193. Ski Ergometer Cross Country Ski Squat pull half circles
194. Ski Ergometer Cross Country Ski Squat pull half circles\_Female
195. Ski Ergometer Cross Country Ski Squat wide lat pull
196. Ski Ergometer Cross Country Ski Squat wide lat pull\_Female
197. Ski Ergometer Cross Country Ski Triceps extension pull
198. Ski Ergometer Cross Country Ski Triceps extension pull\_Female
199. skipping
200. standing toe touch
201. star jump
202. Stationary Exercise Bike
203. Stepmill machine Steps
204. Stepmill Machine Steps\_Female
205. Suspension Trainer with Grips Mountain Climber
206. Suspension Trainer with Grips Mountain Climber\_female
207. Suspension Trainer with Grips Pike
208. Suspension Trainer with Grips Pike\_female
209. Tennis Forehand Ground Stroke
210. Tennis Forehand Ground Stroke\_Female
211. Treadmill Jogging Female
212. Treadmill Jogging
213. Treadmill Running Female
214. Treadmill Running
215. Treadmill walk
216. Treadmill walk\_Female
217. Walking Fast
218. Walking Fast\_female
219. Walking
220. Walking\_female

# CHEST:

1. Archer push up
2. Archer Push up\_female
3. Assisted weighted push up
4. Assisted Weighted Push-up\_female
5. Band Bench Press\_female
6. Band Chest Fly\_female
7. Band Cross Body One Arm Chest Press\_female
8. Band high fly\_female
9. Band Incline Bench Press\_female
10. Band Incline Fly\_female
11. Band Incline Hammer Press\_female
12. Band Incline Palms Back Press\_female
13. band low alternate chest press\_female
14. band low chest fly\_female
15. band low chest press\_female
16. Band Pallof Press
17. Band Palloff Press\_Female
18. Band Push-up\_female
19. Band Single Arm Pec Fly
20. Band Single Arm Pec Fly\_Female
21. barbell bench press
22. barbell bench press decline
23. barbell bench press incline
24. Barbell bench press
25. Barbell Bench Press\_female
26. Barbell close grip bench press
27. Barbell floor chest press
28. barbell floor chest press\_female
29. Barbell Hooklying Bench Press Close Elbows
30. Barbell Hooklying Bench Press\_Female
31. Barbell incline bench press
32. Barbell Inclined Bench Press\_female
33. Barbell JM bench press
34. Barbell landmine chest press
35. Barbell landmine chest press\_Female
36. Barbell Larsen Bench Press
37. Barbell Larsen Bench Press\_Female
38. Barbell Pause Incline Bench Press\_female
39. Barbell pullover to triceps extension
40. Barbell reverse close grip bench press
41. Barbell reverse grip bench press
42. Barbell Smith Chest Press\_Female
43. Barbell Spoto Press
44. Barbell Spoto Press\_Female
45. Barbell Wide Bench Press
46. Bodyweight Standing Fly
47. Bodyweight Svend Press
48. Cable Bench Fly Press
49. Cable Core Palloff Press
50. Cable Core Palloff Press\_Female
51. Cable low fly
52. cable lying fly
53. cable machine high to low
54. cable machine low to high
55. Cable Middle Fly
56. Cable One Arm Chest Fly Bent
57. Cable Standing Up Straight Crossovers
58. Cable Upper Chest Crossover
59. Chest Bench Press Correct stance
60. Chest Dip (on dip station)
61. chest dip machine
62. Chest Dip on Bench
63. chest dip weighted
64. chest dip weighted slow
65. chest dip with pause bodyweight
66. chest dip
67. chest fly high to low resistance band
68. chest fly low to high resistance band
69. chest press front resistance band
70. chest press high to low cable resistance band
71. chest press low to high resistance band
72. Chest Press Machine
73. Chest Press Machine\_Female
74. Chest Tap Push up
75. clap push ups
76. Climber a padded stool Supported
77. Clock push ups
78. Close Grip Push up
79. Decline Kneeling Push Up on Box
80. Decline kneeling push up
81. Decline Push Up against Wall
82. decline push up
83. Deep Push-Up
84. Dumbbell Alternate Bench Press (high start)
85. Dumbbell Around Pullover
86. Dumbbell Bench Press
87. dumbbell chest press decline
88. dumbbell chest press flat
89. dumbbell chest press incline bench
90. dumbbell chest pull over
91. Dumbbell Decline Alternate Bench Press
92. Dumbbell Decline Bench Press
93. Dumbbell Decline Fly
94. Dumbbell Decline Hammer Press
95. Dumbbell Decline One Arm Hammer Press
96. Dumbbell Decline Twist Fly
97. Dumbbell floor Fly
98. dumbbell fly flat bench slow
99. dumbbell fly flat bench
100. dumbbell fly incline bench
101. Dumbbell Incline Alternate Press
102. Dumbbell Incline Bench Press
103. Dumbbell Incline Fly on Exercise Ball
104. Dumbbell Incline Fly
105. Dumbbell Incline One Arm Press
106. Dumbbell Incline Palms-back Press
107. Dumbbell Incline Squeeze Press
108. Dumbbell Incline Svend Close grip Press
109. Dumbbell Incline Twisted Fly
110. Dumbbell One Arm Floor Fly
111. Dumbbell One Arm Floor Press
112. Dumbbell One Arm Wide Grip Bench Press
113. Dumbbell Single Arm Floor Press From Close Elbow
114. Dumbbell Single Arm Floor Press
115. Dumbbell Standing Single Arm Cross Raise
116. Dumbbell Svend Press
117. Elevated Push Up
118. Explosive push ups
119. flat bench cable fly
120. floor cable resistance band press
121. Full planche push up
122. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Alternate Arms
123. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Alternating Arms\_Female
124. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Both Arm\_Female
125. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Both Arms
126. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Single Arm
127. HAMMER STRENGTH MTS ISO-LATERAL DECLINE PRESS Single Arm\_Female
128. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest - Chest Press Alternate Arm\_Female
129. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest - Chest Press Single Arm\_Female
130. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest - Chest Press
131. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest - Chest Press\_Alternating arms
132. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest - Chest Press\_Single arm
133. HAMMER STRENGTH Plate-Loaded Combination Iso-Lateral Chest Chest Press\_Female
134. incline bench cable fly
135. Incline Push-Up (on box)
136. landmine chest press
137. lying pull over with resistance band cable
138. machine chest press decline
139. machine chest press incline
140. machine fly
141. Normal Push-up
142. pec deck fly machine
143. Push Pull Front Handle Push
144. Push Pull Front Handle Push\_Female
145. push up and rotation
146. Push up plus
147. push ups bodyweight
148. Resistance Band Assisted Push-up
149. Resistance Band Assisted Push-up\_Female
150. Side push up
151. Side to side push up
152. smith machine press decline
153. smith machine press flat
154. smith machine press incline
155. Suspension Trainer with Grips Chest Fly
156. Suspension Trainer with Grips Chest Fly\_female
157. Suspension Trainer with Grips Decline Push-up
158. Suspension Trainer with Grips Push-up to Side Plank
159. Suspension Trainer with Grips Push-up to Side Plank\_female
160. Suspension Trainer with Grips Reverse Push-up
161. Suspension Trainer with Grips Reverse Push-up\_female
162. svend press flat bench
163. svend press decline bench
164. svend press incline bench
165. wide push ups bodyweight

# FOREARMS:

1. Band Wrist Curl\_female
2. barbell palm down wrist curl over a bench\_female
3. Barbell standing back wrist curl
4. barbell wrist curl on knees
5. barbell wrist curl wide legs
6. Barbell wrist extension on knees
7. Cable Wrist Curl
8. Cable Wrist Extension
9. Cable Wrist Extension\_Female
10. Dumbbell Lying Pronation Rotation on Floor
11. Dumbbell One arm Reverse Wrist Curl
12. Dumbbell One Arm Seated Neutral Wrist Curl
13. Dumbbell One arm Wrist Curl
14. Dumbbell Over Bench Reverse Wrist Curl
15. Dumbbell Over Bench Wrist Curl
16. Dumbbell Reverse Wrist Curl
17. Dumbbell Seated Neutral Wrist Curl
18. Dumbbell Standing Wrist Curl
19. EZ Bar Seated Wrist Curl
20. wrist curl barbell
21. wrist curl dumbbell
22. wrist extension barbell
23. Wrist extension barbell
24. wrist extension dumbbell

# LEGS:

1. 4 Reverse Lunge and 4 Side Taps\_female
2. alternate heel touch side kick squat
3. Alternate Single Leg Raise Plank\_female
4. Alternating step out
5. Alternating Step Out\_female
6. Ankle - Dorsal Flexion\_female
7. Ankle - Plantar Flexion\_female
8. Ankle Circles\_female
9. Assisted Bulgarian Split Squat
10. Assisted Bulgarian Split Squat\_Female
11. Assisted Pistol Squats
12. Assisted Pistol Squats\_Female
13. Back and forward leg swings
14. Back Forward Leg Swings\_female
15. Balance Board (VERSION 2)\_female
16. Ball Headlock Squat
17. Ball Headlock Squat\_Female
18. Band Bent-over Hip Extension\_female
19. Band Cross Abduction
20. Band Cross Abduction\_female
21. Band Deadlift\_female
22. Band Hip Adduction
23. Band Hip Adduction\_Female
24. band kneeling rear kick\_female
25. Band Leg Press
26. Band Leg Press\_Female
27. Band Pullthrough
28. Band Pullthrough\_Female
29. Band single leg split squat\_female
30. Band Spanish Split Squat
31. Band Spanish Split Squat\_Female\_Female
32. Band Standing Leg Curl\_female
33. Band Two Legs Calf Raise - (Band under both legs) VERSION 2\_female
34. Banded feet elevated hip thrusters
35. Banded feet elevated hip thrusters\_Female
36. Barbell Bench Lateral Step-up\_female
37. Barbell Bench Squat\_female
38. Barbell bench squats
39. Barbell box squat
40. Barbell Box Squat\_female
41. Barbell bulgarian split squat left front-back view
42. barbell bulgarian split squat left side view
43. Barbell bulgarian split squat
44. Barbell bulgarian split squat\_female
45. Barbell Calf Jump
46. Barbell Calf Jump\_Female
47. Barbell Clean-grip Front Squat\_female
48. Barbell Curtsy Lunge\_female
49. Barbell curtsy lunges
50. Barbell Feet Elevated Figure Four Glute Bridge\_Female
51. Barbell Feet Elevated Figure Four Glute Bridge\_Male
52. Barbell Feet Elevated Glute Bridge\_Female
53. Barbell Feet Elevated Glute Bridge\_Male
54. Barbell Feet Elevated Single Leg Glute Bridge\_Female
55. Barbell Feet Elevated Single Leg Glute Bridge\_Male
56. Barbell Feet Elevated Staggered Glute Bridge\_Female
57. Barbell Feet Elevated Staggered Glute Bridge\_Male
58. barbell front bench squat\_female
59. barbell front chest bench squat
60. barbell front chest lunges
61. Barbell front chest squat
62. barbell front chest squat\_female
63. Barbell front lunges with small pause
64. barbell front rack lunge\_female
65. barbell front squat\_female
66. Barbell front squats
67. barbell full squat side pov
68. Barbell Full Squat Side POV\_female
69. barbell full squat wide\_female
70. barbell full squat(back)\_female
71. barbell full squat(with rack)\_female
72. Barbell Full Squat\_female
73. Barbell full zercher squat
74. Barbell full Zercher Squat\_female
75. Barbell Glute Bridge (hands on bar)\_female
76. Barbell glute bridge
77. Barbell Hip Thrust
78. Barbell jefferson split squat
79. Barbell jefferson squat
80. Barbell Jefferson Squat\_female
81. Barbell jump squat
82. Barbell Jump Squat\_female
83. Barbell KAS glute bridge
84. Barbell KAS Glute Bridge\_female
85. barbell kneeling squat
86. Barbell Lateral Lunge\_female
87. Barbell lateral lunges
88. Barbell low bar squat
89. Barbell Low Bar Squat\_female
90. Barbell Lunge\_female
91. barbell lunges on the spot
92. Barbell lunges
93. Barbell narrow stance squat
94. barbell one leg hip thrust
95. barbell overhead lunge\_female
96. Barbell overhead lunges
97. Barbell overhead squat
98. barbell overhead squat\_female
99. Barbell Pause Lunge\_female
100. Barbell quarter squat
101. Barbell rear lunge on box
102. Barbell rear lunges
103. barbell seated on knee calve raises
104. Barbell side split squat
105. Barbell Side Step Up
106. Barbell Side Step Up\_Female
107. Barbell single leg split squat
108. Barbell split squat
109. Barbell squat back POV
110. Barbell squat to grass
111. barbell squat with 2 sec hold
112. Barbell Staggered Deadlift
113. Barbell Staggered Deadlift\_Female
114. Barbell standing leg calf raise
115. Barbell standing leg calf raises
116. Barbell Step Up Balance On Box
117. Barbell Step Up Balance On Box\_Female
118. Barbell step up on bench
119. Barbell stiff leg deadlift
120. Barbell straight leg deadlift
121. Barbell sumo romanian deadlift
122. bench alternating step ups
123. Bench Bulgarian Split Squats left
124. Bench Bulgarian Split Squats Right
125. Bent Knee Back to Side Kick
126. Bent Leg Side Kick (kneeling)
127. bodyweight calf raises
128. Bodyweight Feet Elevated Figure Four Glute Bridge
129. Bodyweight Feet Elevated Figure Four Glute Bridge\_Female
130. Bodyweight Feet Elevated Staggered Glute Bridge
131. Bodyweight Feet Elevated Staggered Glute Bridge\_Female
132. Bodyweight Forward Lunge
133. bodyweight full squat with overhead front raise
134. Bodyweight full squat with overhead press
135. Bodyweight Hip Thrust
136. Bodyweight Hip Thrust\_Female
137. Bodyweight kneeling hold to stand
138. Bodyweight kneeling sissy squat
139. bodyweight lying leg curl
140. Bodyweight Overhead Squat
141. Bodyweight Pulse Forward Lunge
142. Bodyweight Pulse Squat arms to chest
143. Bodyweight Pulse Squat
144. Bodyweight Rear Lunge front raise
145. Bodyweight Rear Lunge
146. Bodyweight Single Leg Deadlift
147. Bodyweight Squat to Front Leg
148. Bodyweight Squat to Side Leg
149. Bodyweight Squat to Side to Front Leg
150. Bodyweight Squat
151. bodyweight squats
152. bodyweight squats hold
153. Bodyweight Standing Calf Raise
154. Bodyweight Step-up on Step box
155. Bodyweight Wall Squat
156. box jump
157. box jump squats
158. bulgarian split squat bodyweight left
159. bulgarian split squat bodyweight right
160. bulgarian split squat cable resistance band
161. bulgarian split squat left bodyweight side view
162. bulgarian split squat right bodyweight side view
163. Bulgarian Split Squat
164. Burpee Squat
165. Cable Assisted Inverse Leg Curl
166. Cable Calve Raise
167. Cable Calve Raise\_Female
168. Cable Goblet Squat
169. Cable Goblet Squat\_Female
170. Cable Hamstring Curl
171. Cable Hamstring Curl\_Female
172. Cable individual glute kickbacks
173. Cable individual glute kickbacks\_Female
174. Cable Narrow Chair Stand-Up
175. cable pull through
176. Cable Pull Through\_Female
177. Cable Single Leg Deadlift
178. Cable Single Leg Deadlift\_Female
179. Cable Split Squat
180. Cable Split Squat\_Female
181. Cable Standing Leg Extension\_Female
182. Calf Raise Clap
183. Calf Raise from Deficit with Chair Supported
184. Calf raise leg press machine
185. Calf raise leg press machine\_Female
186. Calf raise on hack squat machine
187. Calf raise on hack squat machine
188. Calf raise on hack squat machine\_Female
189. Calf Raise with Wall Support
190. chair back lunge left resistance band
191. chair back lunge right resistance band
192. Chair Bulgarian Split Squats bodyweight left
193. chair Bulgarian Split Squats bodyweight right
194. Chair Elevated Single Leg Glute Bridge
195. chair Feet Elevated Glute Bridge
196. chair Frog Feet Elevated Glute Bridge bodyweight
197. Clamshell
198. Clamshell\_Female
199. Clap Curtsy Squat
200. Cossack Squat
201. Counterbalanced Skater Squat
202. Crossed Arms Front Leg Kick
203. curtsy lunge bodyweight
204. Curtsy Lunge Slide with Towel
205. Curtsy lunges resistance band
206. Curtsy Squat
207. Diagonal Lunge
208. Donkey Calf Raise
209. Donkey kicks bodyweight
210. Double Jump Squat
211. Dumbbell Bar Grip Sumo Squat
212. Dumbbell Bench Squat
213. dumbbell bulgarian box split squat
214. Dumbbell Bulgarian Split Squat
215. Dumbbell close Legs Deadlift
216. Dumbbell Cossack Squats (VERSION 2)
217. Dumbbell Curtsy Lunge
218. dumbbell farmer walks
219. Dumbbell Front Rack Lunge
220. Dumbbell Front Squat
221. Dumbbell Glute Bridge
222. Dumbbell Goblet 2 sec Hold Squat
223. Dumbbell Goblet Curtsy Lunge
224. Dumbbell Goblet Split Squat Front Foot Elevanted
225. Dumbbell Goblet Split Squat
226. Dumbbell Goblet Squat
227. Dumbbell Hip Thrust (VERSION 2)
228. Dumbbell Hip Thrust
229. Dumbbell Jumping Squat
230. Dumbbell Kneeling Hold to Stand Clean grip
231. Dumbbell Kneeling Squat
232. Dumbbell Lunge Alternating on the spot
233. Dumbbell Lunge Pulse
234. Dumbbell Lunge to Overhead Press
235. Dumbbell narrow stance squats
236. Dumbbell Overhead Lunge
237. Dumbbell Plyo Squat
238. Dumbbell Press Squat
239. Dumbbell Rear Lunge from Step
240. Dumbbell Rear Lunge
241. Dumbbell Reverse Lunge on the spot
242. Dumbbell reverse lunges pulses
243. Dumbbell Seated Calf Raise
244. Dumbbell Seated One Leg Calf Raise Hammer Grip
245. Dumbbell Side Lunge Alternating
246. dumbbell side lunge left n right
247. Dumbbell Side Lunge Single Leg
248. Dumbbell Side Squat Side to Side
249. Dumbbell Single Arm Overhead Lunge
250. Dumbbell Single Leg Calf Raise Wall Support
251. Dumbbell Single Leg Deadlift
252. Dumbbell Single Leg Split Squat
253. Dumbbell Single Leg Squat with Support (pistol)
254. Dumbbell Single Leg Squat
255. Dumbbell Single Leg Step-Up
256. Dumbbell Split Squat
257. Dumbbell Squats
258. Dumbbell Squats to Shoulder Press
259. Dumbbell Standing Calf Raise on Step
260. dumbbell standing calf raise
261. Dumbbell Standing Single Leg Calf Raise
262. Dumbbell Static Lunge
263. Dumbbell Step up on Bench
264. Dumbbell Step-up with Knee Raise
265. Dumbbell Stiff Leg Deadlift
266. Dumbbell Straight Leg Deadlift
267. Dumbbell Suitcase Carry
268. Dumbbell Sumo Squat Off Benches
269. Dumbbell Supported Sissy Squat
270. Elevated Standing Calf Raise
271. Exercise Ball Leg Curl
272. Exercise Ball One Legged Diagonal Kick Hamstring Curl
273. Exercise Ball Wall Squat
274. Feet Together barbell Squats
275. fire hydrant bodyweight
276. fire hydrant circle bodyweight
277. front squats dumbbell low
278. front squats dumbbell over shoulders
279. front squats kettlebell over shoulders
280. Glute Bridge with Abduction bodyweight
281. goblet kettlebell squats
282. Hack Squat Machine Squat
283. Hack Squat Machine\_Female
284. HAMMER STRENGTH ISO-LATERAL LEG CURL Alternating Legs\_Female
285. HAMMER STRENGTH ISO-LATERAL LEG CURL Single Leg\_Female
286. HAMMER STRENGTH ISO-LATERAL LEG CURL\_Alternate Legs
287. HAMMER STRENGTH ISO-LATERAL LEG CURL\_Both Leg
288. HAMMER STRENGTH ISO-LATERAL LEG CURL\_Both Leg\_Female
289. HAMMER STRENGTH ISO-LATERAL LEG CURL\_Single Leg
290. in and out squats jump bodyweight
291. in and out squats jump bodyweight (2)
292. Jump Squats bodyweight
293. kettlebell bulgarian split squat right
294. kettlebell bulgarian split squat right side view
295. Kettlebell Split squat
296. kettlebell squats
297. Kettlebell Step-up
298. Kettlebell Suitcase Squat
299. Kettlebell Sumo Squat (VERSION 2)
300. Kettlebell Sumo Squat off Stepbox
301. Kettlebell Sumo Squat
302. kneeling leg curl machine
303. Kneeling Squat Jumps bodyweight
304. leg press machine close stance
305. leg press machine normal stance
306. Leg press machine normal stance
307. Leg press machine normal stance\_Female
308. leg press wide high stance
309. leg press wide high stance behind view
310. Lever Leg Extension
311. Lever Leg Extension\_Female
312. lunge front kick
313. lunge pulses bodyweight
314. lunge reverse with resistance band
315. lunge rotation left and right bodyweight
316. Lunge to Knee Drive left bodyweight
317. Lunge to Knee Drive right bodyweight
318. lunges alternate leg with pause bodyweight
319. lunges same leg side view bodyweight
320. lying leg curl machine
321. MTS ISO-LATERAL KNEELING LEG CURL
322. MTS ISO-LATERAL KNEELING LEG CURL\_Female
323. Multi Hip Abduction
324. Multi Hip Abduction\_Female
325. Multi Hip Adduction
326. Multi Hip Adduction\_Female
327. Multi Hip Glute Extension
328. Multi Hip Glute Extension\_Female
329. Resistance Band Bent Leg Kickback (Kneeling)
330. Resistance Band Bent Leg Kickback (Kneeling)\_Female
331. Resistance Band Calf Press Sitting on Chair
332. Resistance Band Calf Press Sitting on Chair\_Female
333. Resistance Band Clam
334. Resistance Band Clam\_Female
335. Resistance Band Hip Thrust (VERSION 2)
336. Resistance Band Hip Thrust (VERSION 2)\_Female
337. Resistance Band Hip Thrusts on Knees
338. Resistance Band Hip Thrusts on Knees\_Female
339. Resistance Band Kneeling Leg Half Circle on bench
340. Resistance Band Kneeling Leg Half Circle on bench\_Female
341. Resistance Band Kneeling Leg Half Circle
342. Resistance Band Leg Curl
343. Resistance Band Leg Curl\_Female
344. Resistance Band Leg Kickback
345. Resistance Band Leg Kickback\_Female
346. Resistance Band Lying Abduction
347. Resistance Band Lying Abduction\_Female
348. Resistance Band Lying Bent Knee Hip Abduction
349. Resistance Band Lying Leg Raise
350. Resistance Band Lying Leg Raise\_Female
351. Resistance Band One Leg Glute Bridge
352. Resistance Band One Leg Glute Bridge\_Female
353. Resistance Band One Leg Kickback (Bent Position)
354. Resistance Band One Leg Kickback (Bent Position)\_Female
355. Resistance Band Reverse Hyper with Stability Ball on Flat Bench
356. Resistance Band Reverse Hyper with Stability Ball on Flat Bench\_Female
357. Resistance Band Seated Bent Knee Abduction
358. Resistance Band Seated Bent Knee Abduction\_Female
359. Resistance Band Seated Hip Abduction
360. Resistance Band Seated Hip Abduction\_Female
361. Resistance Band Side Plank Glute Raise
362. Resistance Band Side Plank Glute Raise\_Female
363. Resistance Band Squat Jump
364. Resistance Band Squat Jump\_Female
365. Resistance Band Squat
366. Resistance Band Squat\_Female
367. Resistance Band Standing Balance Glute Kickback (VERSION 2)
368. Resistance Band Standing Balance Glute Kickback (VERSION 2)\_Female
369. Resistance Band Standing Balance Glute Kickback
370. Resistance Band Standing Balance Glute Kickback\_Female
371. Resistance Band Standing Balance Hip Abduction
372. Resistance Band Standing Balance Hip Abduction\_Female
373. Resistance Band Standing Hip Abduction
374. Resistance Band Standing Hip Abduction\_Female
375. reverse lunge left resistance band
376. seated calf machine
377. Seated calf raises dumbbell on knee
378. seated hip abductor machine
379. Seated leg curl machine
380. Seated leg extension single leg
381. Seated leg extension single leg\_Female
382. Seated leg extension\_alternate legs
383. Seated leg extension\_alternate legs\_Female
384. Seated leg extension\_both legs
385. Seated leg extension\_both legs\_Female
386. seated machine hip adductor
387. side lunges bodyweight
388. side lying leg lift left
389. side lying leg lift right
390. single leg calf raise leg press machine
391. single leg incline 45 degree leg press machine
392. single leg romanian deadlift dumbbell
393. single leg romanian deadlifts right cable resistance band
394. smith machine bulgarian split squat
395. smith machine calf raise
396. standing calf raise resistance band
397. standing calf raises smith machine
398. Standing Side leg raises
399. step up on chair bodyweight
400. sumo squat in between legs resistance band
401. Sumo squat over shoulder resistance band
402. Suspension Trainer with Grips Hip Bridge
403. Suspension Trainer with Grips Hip Bridge\_female
404. Suspension Trainer with Grips Leg Curl female
405. Suspension Trainer with Grips Leg Curl
406. Suspension Trainer with Grips Side Squat
407. Suspension Trainer with Grips Split Squat
408. Suspension Trainer with Grips Split Squat\_female
409. Suspension Trainer with Grips Straight Hip Leg Curl
410. Suspension Trainer with Grips Straight Hip Leg Curl\_female
411. wall sit bodyweight
412. wall squat bodyweight
413. wall squat with pause bodyweight

# POWERLIFTING:

1. Barbell clean and jerk split squat
2. Barbell Clean and Jerk\_female
3. Barbell clean and press
4. Barbell Clean Deadlift\_female
5. Barbell clean grip front squat
6. Barbell clean pull
7. Barbell Clean Pull\_female
8. Barbell Deadlift (front POV)\_female
9. Barbell Deadlift (side POV)\_female
10. Barbell Deadlift\_female
11. Barbell full clean
12. barbell full clean\_female
13. Barbell full squat
14. Barbell Hang Clean
15. Barbell Hang Clean\_Female
16. Barbell muscle clean
17. barbell muscle clean\_female
18. barbell narrow stance full squat\_female
19. Barbell power clean from blocks
20. Barbell power clean
21. Barbell power jerk
22. Barbell power snatch
23. Barbell Press Under
24. Barbell Press Under\_Female
25. Barbell rack pull
26. Barbell snatch balance
27. Barbell snatch from blocks
28. Barbell snatch pull
29. Barbell snatch
30. Barbell split clean
31. Barbell split jerk
32. Barbell Thruster
33. cluster
34. Dumbbell Hang Power Clean
35. Dumbbell One Arm Snatch

# SHOULDERS/TRAPS:

1. across chest shoulder stretch
2. arm behind back shoulder flexor stretch
3. arm circle
4. arm circle
5. Arm circles backward
6. arm swing side to side
7. Arm Tuck Side Bend\_female
8. arnold press cable resistance band standing
9. arnold press dumbbell
10. Backhand raise
11. Backhand Raise\_female
12. Band Behind Neck Shoulder Press\_female
13. Band Close Grip Row\_female
14. Band Face Pull\_female
15. Band front Face Pull\_female
16. Band front raise\_female
17. Band Horizontal Shrug
18. Band Horizontal Shrug\_Female
19. Band Incline Row\_female
20. Band Incline T Raise\_female
21. Band Incline Y Raise\_female
22. Band Reverse Fly\_female
23. Band Seated Lateral Raise\_female
24. Band Seated Neutral Grip Shoulders Press\_female
25. Band Seated Shoulder Press\_female
26. Band Single Arm Overhead Press
27. Band Single Arm Overhead Press\_Female
28. Band standing rear delt row\_female
29. Band Y Raise\_female
30. Barbell Back Wide Shrug\_female
31. Barbell back wide shrugs
32. Barbell behind neck push press
33. Barbell Behind the Back Push Press Single Arm Balance\_female
34. Barbell Bent Over Reverse Raise (skier)\_female
35. Barbell Decline Shrug\_female
36. Barbell front raise
37. Barbell Incline Shoulders Press (inside squat cage)\_female
38. Barbell Incline Shoulders Press\_female
39. Barbell overhead shrug
40. Barbell rear delt raise
41. Barbell seated behind neck military press
42. Barbell seated military press
43. Barbell seated overhead press
44. barbell shrugs
45. Barbell Silverback Shrug
46. Barbell Silverback Shrug\_Female
47. Barbell standing close grip military press
48. Barbell Standing Military Press
49. Barbell standing shoulder press
50. Barbell standing wide grip military press
51. Barbell Wide Shrug
52. Barbell Z Press
53. Barbell Z Press\_Female
54. behind neck press resistance band cable
55. bent over rear delt fly dumbbell
56. bent over rear deltoid fly resistance band
57. bodyweight bent over rear delt fly
58. Bodyweight Standing Around World Wall Supported
59. Bodyweight Standing Military Press Wall Supported
60. Bodyweight Standing Military Press
61. Bodyweight Standing Shrug
62. Cable 30 Degree Shrug
63. Cable 30 Degree Shrug\_Female
64. Cable Bent Over One Arm Lateral Raise
65. cable front raises straight bar
66. cable lateral raises
67. cable leaning lateral raise
68. Cable One Arm Front Raise
69. cable rear delt fly
70. Cable rear drive bent arm
71. cable reverse fly on crossover
72. Cable Seated rear lateral raise
73. Cable Single Arm Reverse Fly\_Female
74. cable upright row with EZ bar
75. cable upright row with straight bar
76. Cable Y raise
77. cross over shoulder stretch
78. Dumbbell Alternate Shoulder Press
79. Dumbbell Alternate Side Press
80. dumbbell armpit row
81. Dumbbell Arnold Press (version 2)
82. Dumbbell Arnold Press Seated
83. Dumbbell Around The World
84. Dumbbell Bench Seated Press
85. dumbbell bent arm lateral raise
86. Dumbbell Bent Over Face Pull
87. dumbbell bicep curl to shoulder press
88. Dumbbell Chest Supported Lateral Raises
89. dumbbell close grip shoulder press sit up
90. Dumbbell Cuban Press (version 2)
91. Dumbbell Decline Shrug
92. dumbbell external rotatio
93. Dumbbell External Rotation
94. dumbbell face down lying shoulder pres
95. Dumbbell Face Down Lying Shoulder Press
96. Dumbbell Front Raise (version 2)
97. Dumbbell Front Raise
98. dumbbell half kneeling military press
99. Dumbbell Incline Breeding
100. Dumbbell Incline Front Raise
101. Dumbbell Incline Hammer Shoulder Press
102. Dumbbell Incline Lying Front Raise
103. Dumbbell Incline One Arm Lateral Raise
104. Dumbbell Incline Rear Lateral Raise
105. Dumbbell Incline Shrug
106. Dumbbell Kneeling Arnold Press
107. Dumbbell Lateral to Front Raise
108. Dumbbell Leaning Fly
109. dumbbell lying external shoulder rotation
110. Dumbbell Lying One Arm Rear Lateral Raise
111. Dumbbell Lying Rear Delt Row
112. Dumbbell Lying Rear Lateral Raise
113. Dumbbell One Arm Front Raise
114. Dumbbell One Arm Lateral Raise
115. Dumbbell One Arm Low Fly
116. Dumbbell One Arm Shoulder Press (VERSION 2)
117. Dumbbell Push Press
118. Dumbbell Rear Delt Row
119. Dumbbell Rear Full Shrugs
120. Dumbbell Rear Lateral Raise
121. Dumbbell Reverse Fly
122. Dumbbell Scott Press (360 degrees)
123. Dumbbell Scott Press
124. Dumbbell Seated Alternate Front Raise
125. Dumbbell Seated Alternate Press
126. Dumbbell Seated Alternate Shoulder Press
127. Dumbbell Seated Front Raise
128. Dumbbell Seated Lateral Raise
129. dumbbell seated on exercise ball shoulder press
130. Dumbbell Seated Reverse Close Grip Press
131. dumbbell seated shoulder press parallel grip
132. Dumbbell Seated Shoulder Press
133. dumbbell shrugs
134. Dumbbell Side Lying One Hand Raise
135. Dumbbell Single Arm Underhand Front Raise
136. Dumbbell Standing Alternate Overhead Press
137. Dumbbell Standing Alternate Raise
138. Dumbbell Standing Alternate Vertical Front Raises
139. Dumbbell Standing Behind Back Shoulders Press
140. Dumbbell Standing Curl Arnold Press
141. Dumbbell Standing Front Raise Above Head
142. Dumbbell Standing Overhead Press
143. Dumbbell Standing Palms In Press
144. dumbbell upright shoulder external rotatio
145. Dumbbell Upright Shoulder External Rotation
146. dumbbell w press
147. ez bar seated close grip shoulder press
148. EZ Bar Standing Front Raise
149. EZ Barbell Anti Gravity Press
150. front raise resistance bands
151. front raises barbell
152. handstand push on chair
153. incline lateral raises dumbbell
154. Iso Lateral Shoulder Press Alternate Arms
155. Iso Lateral Shoulder Press Alternate Arms\_Female
156. Iso Lateral Shoulder Press Both Arm\_Female
157. Iso Lateral Shoulder Press Both Arms
158. Iso Lateral Shoulder Press Single Arm
159. Iso Lateral Shoulder Press Single Arm\_Female
160. Jump\_Rope face pull female white screen
161. Jump\_Rope face pull white screen
162. kettlebell half kneeling shoulder press
163. kettlebell kneeling one arm shoulder press
164. Kettlebell Seesaw Press
165. Kettlebell Standing Bottoms-up One Arm Shoulder Press
166. lateral raise bodyweight
167. lateral raise to shoulder press resistance band cable
168. Lateral raises dumbbell seated with swing
169. Lateral Raises Dumbbell
170. lateral raises on cable machine
171. Leaning dumbbell lateral raise
172. Low Cable Overhead Flyes
173. lying bench external shoulder rotation
174. lying bench internal rotation stretch
175. lying lateral raises bodyweight
176. machine lateral raise
177. military press bodyweight
178. one arm reverse dumbbell fly
179. overhand clap
180. palm up palm down rotation
181. plank reverse fly with bottle
182. plate front raise
183. prone front raises barbell on bench
184. prone front raises dumbbell on bench
185. pull apart cable resistance band
186. reaching up shoulder stretch
187. rear deltoid fly cable resistance band
188. Resistance band face pull
189. resistance bands facepull
190. reverse machine fly
191. reverse shoulder stretch
192. seated dumbbell one arm shoulder press
193. seated dumbbell rear delt fly
194. seated elbow in alternating dumbbell overhead pres
195. seated shoulder flexor depressor retractor stretch
196. seated shoulder press barbell
197. shoulder abduction
198. shoulder circle
199. shoulder extension
200. side lateral raise resistance band
201. smith machine shoulder press
202. standing arnold press dumbbell
203. standing dumbbell alternate shoulder press
204. standing front raise dumbbell
205. standing overhand shoulder stretch
206. standing reverse shoulder stretch
207. Standing shoulder press dumbbell
208. standing swimmer
209. standing y raise
210. Suspension Trainer with Grips Face Pull
211. Suspension Trainer with Grips Face Pull\_female
212. Suspension Trainer with Grips Front Raise
213. Suspension Trainer with Grips Front Raise\_female
214. Suspension Trainer with Grips Rear Delt Row
215. Suspension Trainer with Grips Rear Delt Row\_female
216. Suspension Trainer with Grips Single Arm Rear Delt Row
217. Suspension Trainer with Grips Single Arm Rear Delt Row\_female
218. Suspension Trainer with Grips Split Fly
219. Suspension Trainer with Grips Split Fly\_female
220. trap bar shrug
221. upright row barbell
222. upright row cable resistance band
223. upright row dumbbell
224. upright row ez bar
225. upward rotation extend arms
226. weighted standing shoulder press with plate

# Stretching:

1. 5 Sec Fist Against Chin\_female
2. 90 to 90 Stretch\_female
3. Abdominal Stretch ( Version2 )\_female
4. Abdominal stretch
5. Abdominal Stretch\_female
6. Above head chest stretch
7. Above Head Chest Stretch\_female
8. Across chest shoulder stretch
9. Adductor dynamic stretch
10. Adductor stretch side standing
11. Adductor stretch
12. adductor stretch\_female
13. All fours quad stretch
14. ALL FOURS QUAD STRETCH\_female
15. Armless Prayer Stretch\_female
16. Arms Behind Back Chest Stretch
17. Arms Behind Back Chest Stretch\_Female
18. Arms Wide Chest Stretch
19. Arms Wide Chest Stretch\_Female
20. back and shoulder stretch
21. Back and Shoulders Stretch\_female
22. back pec stretch
23. Back slaps wrap around stretch
24. Back Slaps Wrap Arround Stretch\_female
25. back stretch dynamic
26. back stretch standing with bench
27. Backward abdominal stretch
28. Backward Forward Turn to Side Neck Stretch
29. Backward Forward Turn to Side Neck Stretch\_female
30. Band Warm up Shoulder Stretch\_female
31. Bent Arm Chest Stretch
32. biceps stretch behind the back
33. Boat Stretch
34. Bodyweight Standing Back Stretch
35. Both Arms Behind On Wall Biceps Stretch
36. Both Arms Behind On Wall Biceps Stretch\_Female
37. Bulgarian Split Squat Stretch
38. Bulgarian Split Squat Stretch\_Female
39. Butterfly Yoga Flaps
40. Calf Push Stretch With Hands Against Wall
41. Calf Stretch With Hands Against Wall
42. Calf Stretch with Rope
43. Calve Stretch Foot On Wall
44. Calve Stretch Foot On Wall\_Female
45. Calve Stretch From Wall To Floor
46. Calve Stretch From Wall To Floor\_Female
47. Calves stretch on stairs
48. Calves Stretch On Step
49. Calves Stretch On Step\_Female
50. Ceiling Look Stretch
51. chest out hands behind (hold)
52. chest stretch with exercise ball
53. circles knee stretch
54. Cobra Stretch
55. Cobra Stretch\_Female
56. cocoons
57. Corner Wall Chest Stretch
58. Crossover Kneeling Hip Flexor Stretch
59. Crouching Heel Back Calf Stretch
60. dead hang stretch
61. dumbbell rdl stretch isometric
62. Dynamic Back Stretch
63. elbow back stretch
64. Elbow Extension And Supination Pronation Forearm Stretch
65. Elbow Flexor Stretch
66. Elbows Back Stretch
67. exercise ball back stretch
68. exercise ball hip flexor stretch
69. exercise ball lat stretch
70. exercise ball lower back dynamic stretch
71. exercise ball lower back prone stretch
72. Exercise Ball Lying Side Lat Stretch V.2
73. exercise ball lying side lat stretch
74. exercise ball seated hamstring stretch
75. exercise ball seated quad stretch
76. Extension And Inclination Neck Stretch
77. Extension Of Arms In Vertical Stretch
78. fixed bar stretch
79. front shoulder stretch with bar
80. hamstring lying curl up stretch
81. hamstring lying straight leg stretch
82. intermediate hip flexor and quad stretch
83. iron cross stretch
84. knee to chest stretch
85. kneeling hip flexor stretch
86. kneeling lat floor stretch
87. kneeling wrist flexor stretch
88. Leg extended stretch on bench
89. Legs hand reach spine stretch
90. lunging straight leg calf stretch
91. lying (prone) abdomen stretch
92. lying (prone) abdominal stretch
93. lying crossover stretch
94. lying glute stretch
95. lying hip flexor stretch
96. lying quadriceps stretch
97. lying side quadriceps stretch
98. middle back rotation stretch
99. overhead triceps stretch side angle
100. plyo side lunge stretch
101. pretzel stretch
102. rear deltoid stretch
103. Resistance Band Assisted Front Rack Stretch
104. Resistance Band Assisted Front Rack Stretch\_Female
105. runner stretch
106. seated calf stretch
107. seated single leg hamstring stretch
108. seated straight leg calf stretch
109. Side Chest Stretch On Wall
110. Side Chest Stretch On Wall\_Female
111. side lying floor stretch
112. side wrist pull stretch
113. Single Arm Extended Pull Downwards Biceps Stretch
114. Single Arm Extended Pull Downwards Biceps Stretch\_Female
115. Single Arm On Wall Side Biceps Stretch
116. Single Arm On Wall Side Biceps Stretch\_Female
117. Single Arm Palm Down On Wall Biceps Stretch
118. Single Arm Palm Down On Wall Biceps Stretch\_Female
119. standing adductor stretch
120. standing bow hamstring stretch
121. standing gastrocnemius stretch
122. standing hamstring calf stretch with resistance band
123. standing lateral stretch
124. standing leg elevated hamstring stretch
125. standing one arm chest stretch
126. Standing quadriceps stretch side angle
127. standing quadriceps stretch
128. standing side slope stretch
129. triceps light stretch
130. upper back stretch

# TRICEPS:

1. Band Bent over One Arm Kickback\_female
2. Band Incline Triceps Extension\_female
3. Band Lying Press Down\_female
4. Band Skullcrusher
5. Band Triceps Pushdown Single Arm
6. Band Triceps Pushdown Single Arm\_Female
7. Barbell close grip press
8. Barbell Lying extension\_female
9. Barbell lying triceps extension
10. barbell lying triceps skull crusher\_female
11. Barbell lying triceps skull crushers
12. barbell seated overhead triceps press
13. Barbell standing overhead triceps extension
14. Bench Dip (knees bent)
15. Bench dip on floor
16. bench triceps dip leg curls
17. bench triceps dip straight legs
18. Body-Up
19. Bodyweight kneeling triceps extension
20. Bodyweight Overhead Triceps Extension
21. bodyweight triceps extension
22. Cable Alternate Triceps Extension
23. Cable Cross Pushdown
24. Cable Cross Pushdown\_Female
25. cable lying triceps extension (LOW)
26. cable lying triceps extension
27. Cable Neutral Grip Kickback
28. cable overhead extension rope
29. Cable Pushdown
30. Cable Rear Drive
31. cable reverse grip pushdown
32. Cable reverse grip triceps push down straight bar on crossover
33. Cable Reverse Grip Triceps Pushdown (EZ-bar)
34. cable reverse grip triceps pushdown back side pov
35. cable triceps overhead extension (ez bar)
36. cable triceps push down elbow out (v bar)
37. cable triceps push down ez bar
38. cable triceps push down ez bar close grip
39. cable triceps push down ez bar wide grip
40. cable triceps push down straight bar
41. cable triceps push down v bar
42. chair triceps dips
43. close grip barbell bench press
44. Close grip barbell bench press
45. decline chair push up diamond
46. Decline diamond pike push-up
47. diamond push up
48. Diamond Push-up (on knees)
49. Diamond Push-up
50. Dip Leg Raise on couch
51. Dip on Floor with Chair
52. Dips between Chairs
53. Dumbbell Decline triceps pull-over extension
54. Dumbbell Incline Triceps Extension
55. Dumbbell Incline Two Arm Extension
56. Dumbbell Kickback
57. Dumbbell Lying One Arm Supinated Triceps Extension
58. Dumbbell Lying Triceps Extension on Floor
59. Dumbbell Lying Triceps Extension
60. Dumbbell One Arm Kickback
61. Dumbbell One Arm Triceps Extension (on bench)
62. dumbbell overhead extension seated
63. Dumbbell overhead extension standing
64. Dumbbell Pronate-grip Triceps Extension
65. Dumbbell Seated Bench Extension
66. Dumbbell Seated Kickback
67. Dumbbell Standing Both Arms Kickback
68. Dumbbell Standing One Arm Extension
69. Dumbbell Standing Triceps Extension
70. Dumbbell Tate Press
71. Dumbbell triceps kick back single arm
72. dumbbells triceps kick back both arms
73. ez bar overhead extensions standing
74. incline diamond push up On Bench
75. incline push ups on chair
76. Overhand tricep stretching single arm
77. overhead extension resistance band both arms
78. Pike push up
79. single arm overhead extension resistance band
80. Suspension Trainer with Grips triceps extension
81. Suspension Trainer with Grips Triceps Extension\_female
82. tricep cable kickback on crossover machine
83. tricep extension machine
84. tricep rope extension on crossover machine
85. triceps dip machine

# YOGA:

1. 3 Leg Chatarunga Pose\_female
2. 3 Leg Dog Pose\_female
3. Ab Wheel Plank
4. Ab Wheel Plank\_Female
5. Alternate sprinter lunge
6. Alternate Sprinter Lunge\_female
7. Alternating leg downward dog
8. Alternating Leg Downward Dog\_female
9. Alternating Lunge with Rotation
10. Archer step back
11. Archer Stepback\_female
12. Basic Toe Touch
13. Bench Reverse Plank Hold
14. Bicycle air legs
15. Bird Dog (VERSION 2)
16. bird dog
17. Bird Dog
18. Body Saw Plank
19. Bodyweight Kneeling Push-Up Row
20. Bow Pose
21. Bow Pose\_Female
22. Bridge Hip Abduction
23. bridge pose setu bandhasana
24. Bridge with Alternating Leg Raise
25. Butterfly Yoga Pose
26. Cat Pose
27. Cat Pose\_Female
28. Cat Stretch
29. Chair Pose
30. Chair Pose\_Female
31. Child Pose Arms Extended Left Right
32. Child Pose Arms Extended Left Right\_Female
33. Child Pose Arms On Side
34. Child Pose Arms On Side\_Female
35. Child Pose Elbows On Block
36. Child Pose Elbows On Block\_Female
37. child pose up
38. Child pose
39. Cobra Full Push up
40. cobra push up
41. Cobra Side Ab Stretch
42. cobra yoga pose hold
43. Crab Pose
44. Dead Bug
45. Dumbbell Single Leg Glute Bridge
46. Extended Side Angle
47. High plank
48. Modified Hindu Push up
49. Resistance Band Glute Bridge Abduction
50. Resistance Band Glute Bridge Abduction\_Female
51. Resistance Band Glute Bridge\_Female
52. Resistance Band Glute Bridge\_Version2
53. Resistance Band Glute Bridge\_Version2\_Female
54. Resistance Band Upper Body Dead Bug
55. Resistance Band Upper Body Dead Bug\_Female
56. Scapula push up
57. seated cross leg glute stretch
58. seated side stretch
59. Side plank with hip lift
60. superman holds