

# SQUATS WITH OVERHEAD PRESS WITH VARIATIONS



# LOUNGE TO BALANCE WITH TWIST

1



3



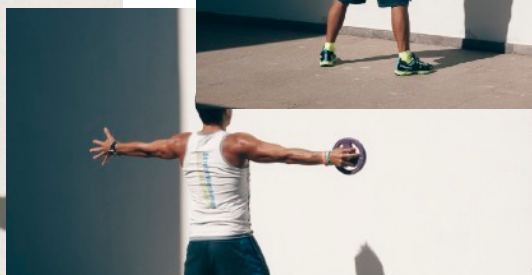
2



# STANDING PLANK POSE WEIGHT PLATE LIFT



# STRADDLE STANDING WEIGHT PLATE ALTERNATE



# STANDING PLANK WITH TWIST



# STANDING PLANK PENDULUM



# SQUAT VARIATIONS



# TOE LIFTS



# MOUNTAIN CLIMBERS WITH TWIST



# ONE ARM ONE LEG PLANK



# ONE ARM PLANK



# PUSH DOWN FLOW



# TRICEPS PRESS



# ONE ARM PLANK



# ONE ARM PLANK



# LOUNGE TWIST WITH WEIGHT PLATES



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# ONE ARM PLANK



# LOUNGE SQUAT TO BALANCE WITH TWIST



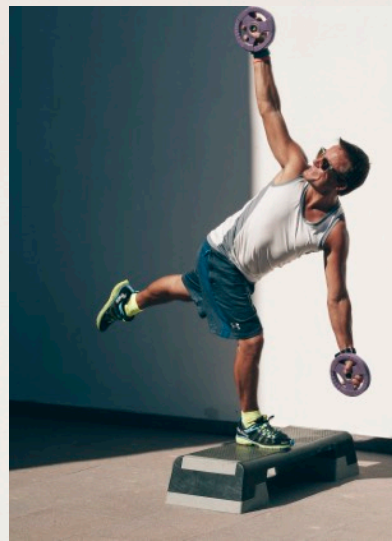
# PUSH DOWN FLOW



1



2



# ONE LEGGED BALANCE TO STANDING PLANK

1



2



# SQUAT TO BALANCE WITH KNEE LIFT

1



2



# SQUAT WITH ASYMMETRIC LEVER



1



2



# SQUAT TO SEATED WITH OVERHEAD PRESS

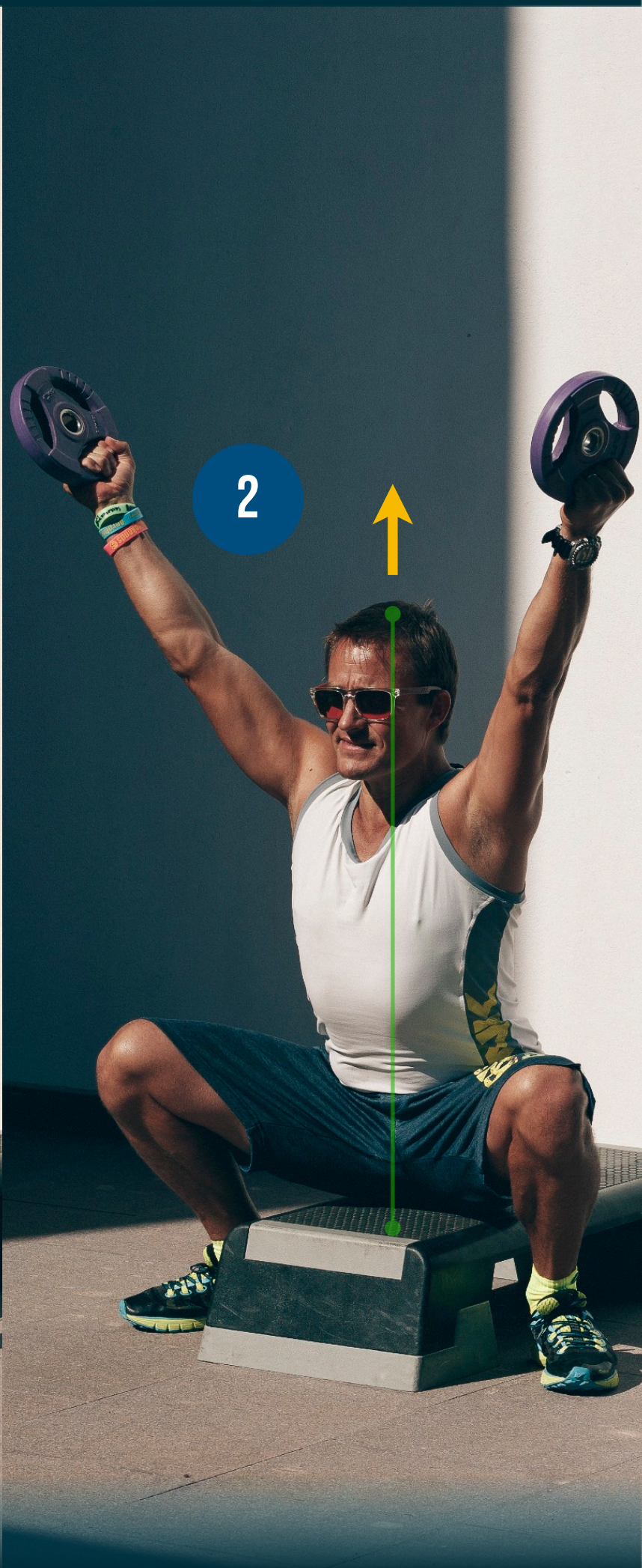
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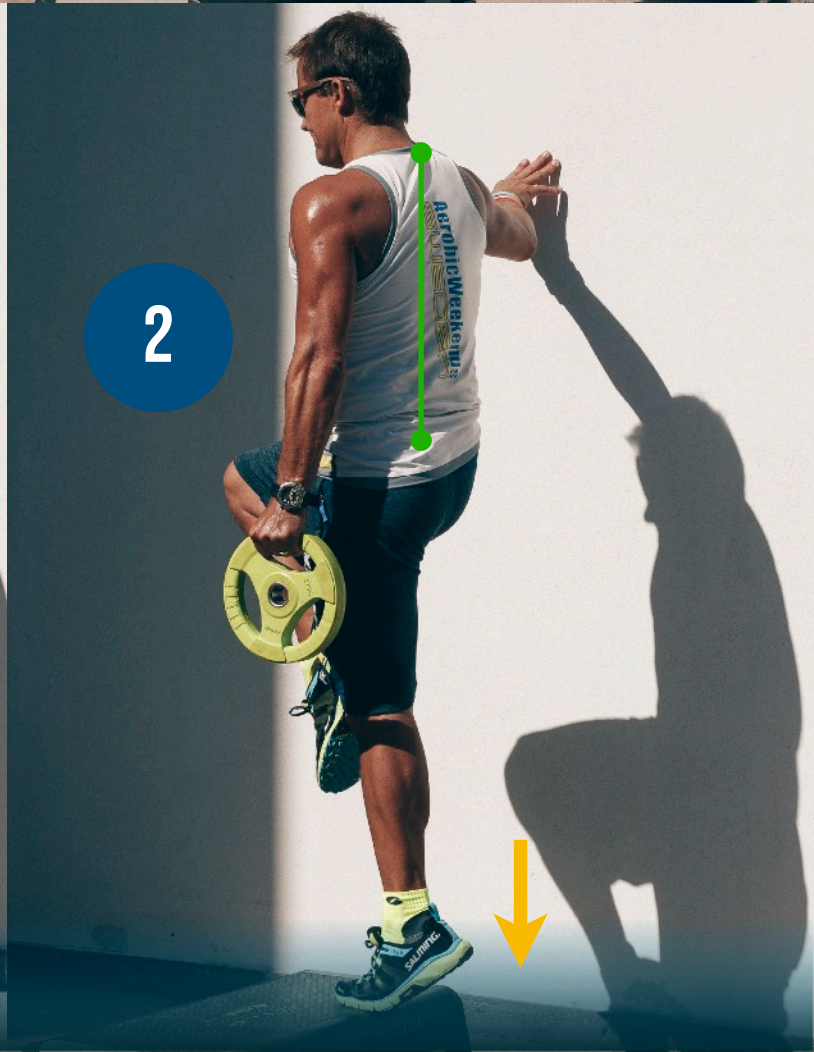
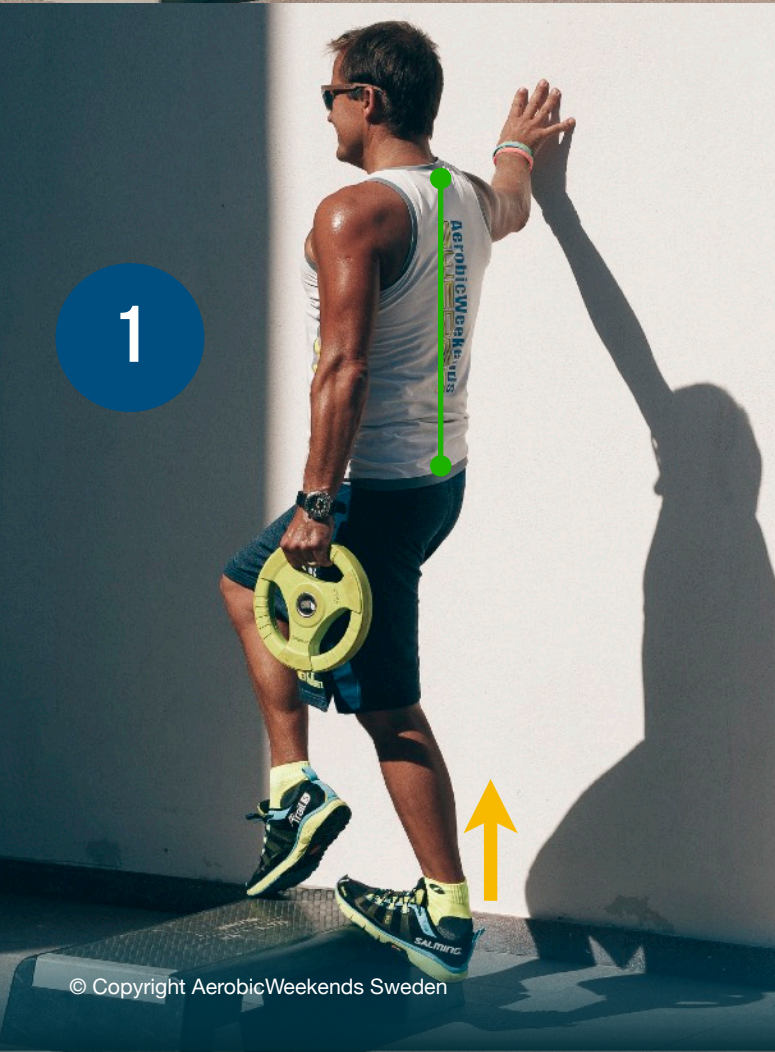
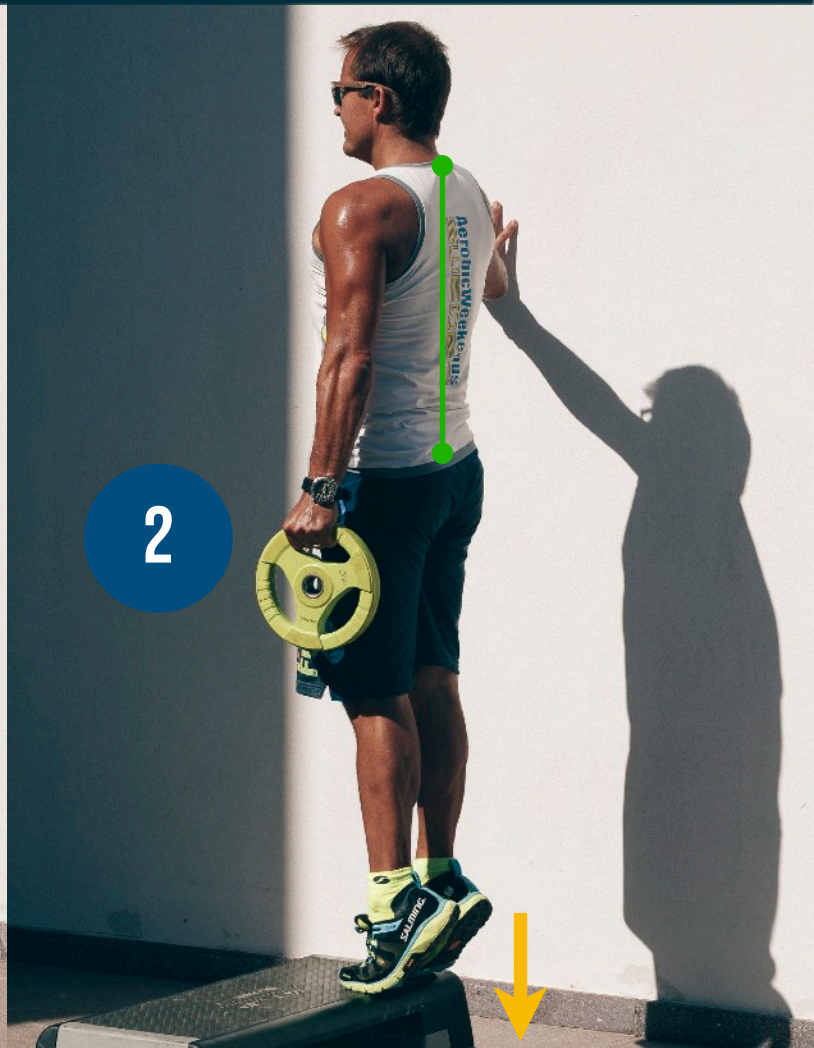
2



# SQUAT TO SEATED WITH OVER HEAD PRESS



# DOUBLE AND SINGLE TOE LIFT

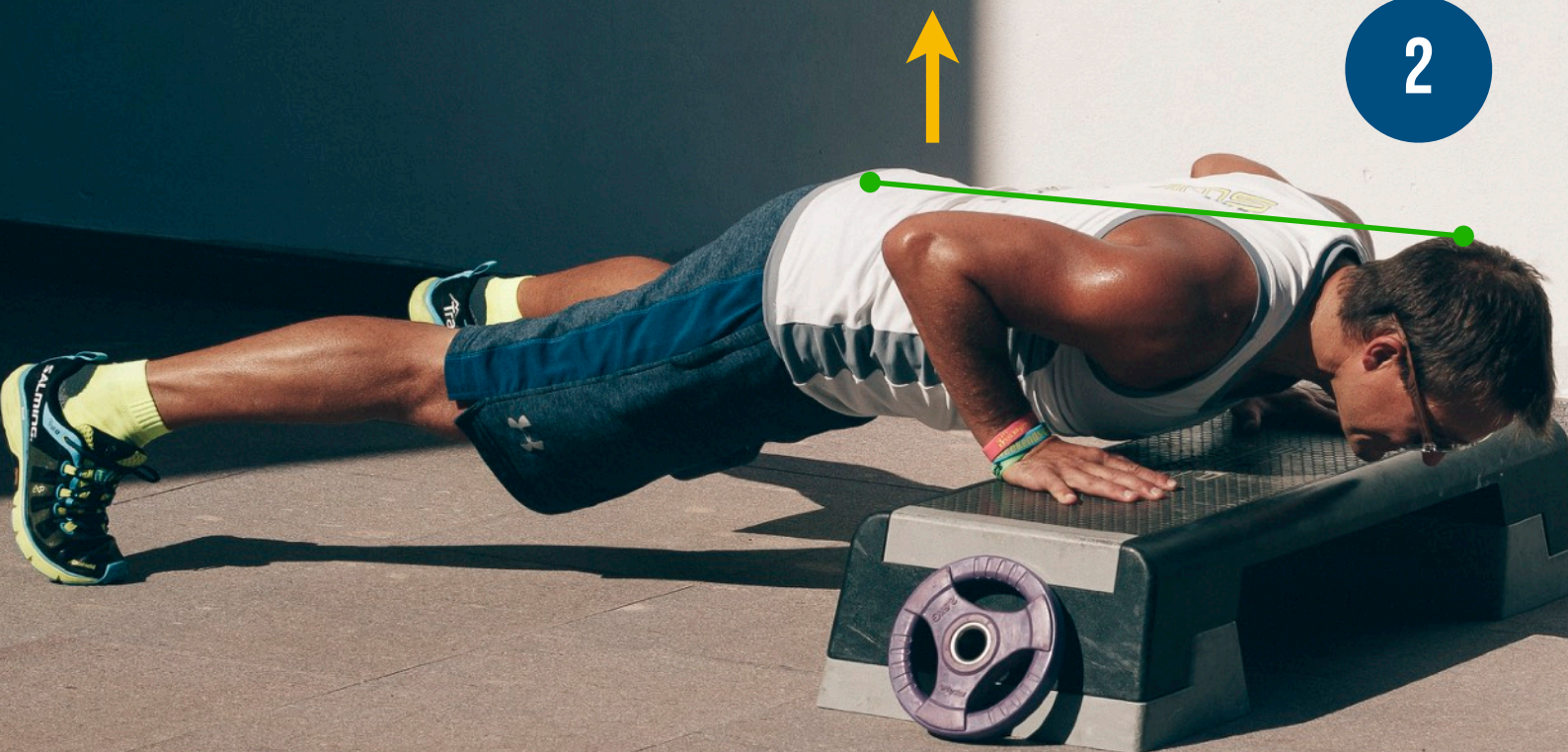


# PUSH UPS WITH THE STEP

1



2



# ONE LEGGED HIGH PLANK WITH STRAIGHT KNEE PULL



# ONE LEGGED HIGH PLANK WITH PARALLEL KNEE PULL



# ONE LEGGED HIGH PLANK WITH TWIST



# ONE LEGGED PUSH UP WITH TWIST



# ONE LEGGED PUSH UP



# HIGH PLANK WITH TWIST

1



2



3



# HIGH PLANK WITH TWIST WITH A WEIGHT



# ONE ARM HIGH PLANK WITH A WEIGHT



# ONE ARM ONE LEG HIGH PLANK



# LOW PLANK WITH TWIST

















1



2





1



2



3



4



5























