

Upper Body Workouts



Punches



Press



Chest Fly



Triceps Kickback



Triceps Extension



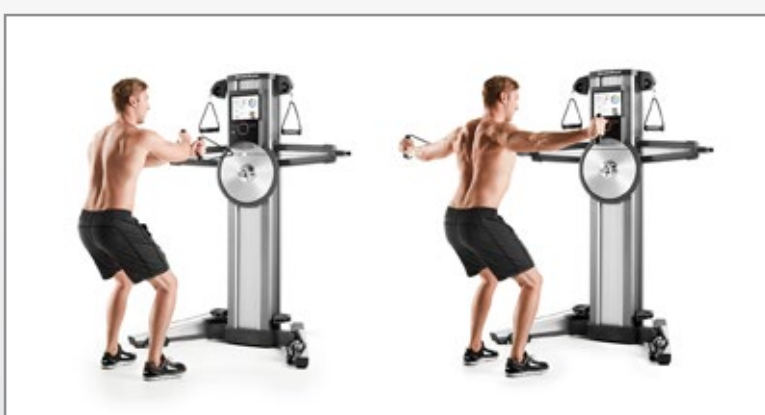
Pull



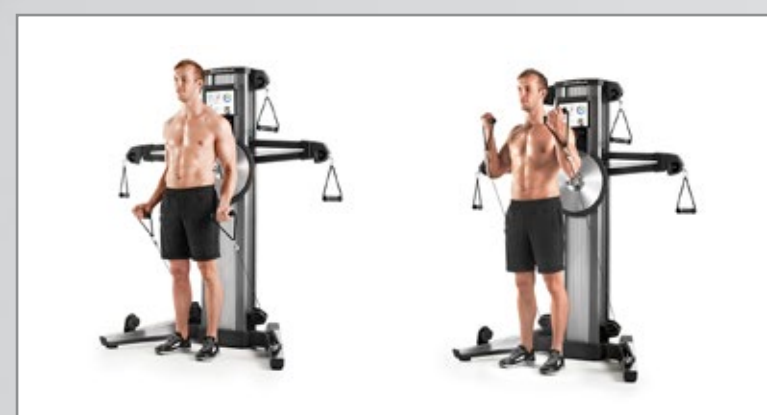
Lat Pull Through



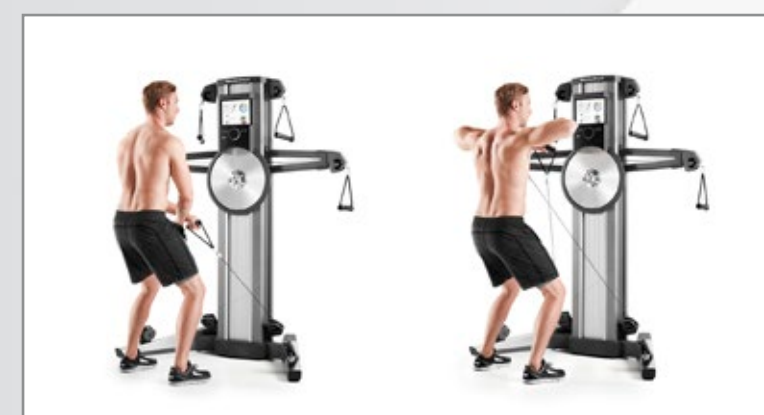
High Cross Row



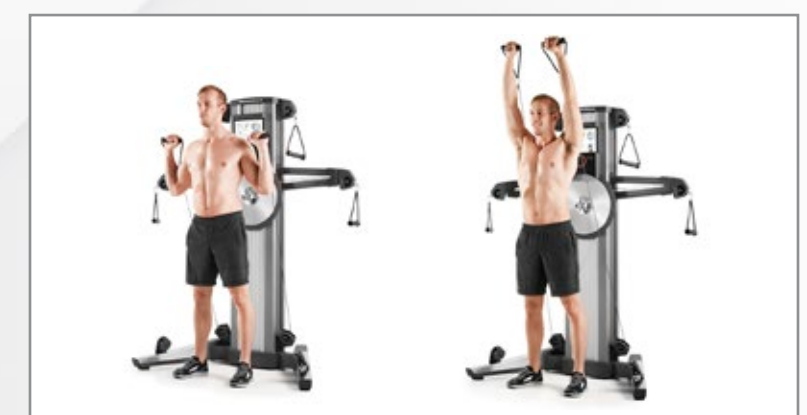
Reverse Fly



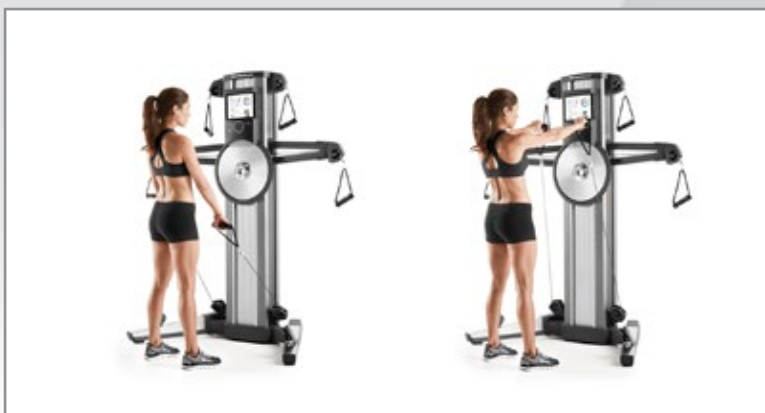
Biceps Curl



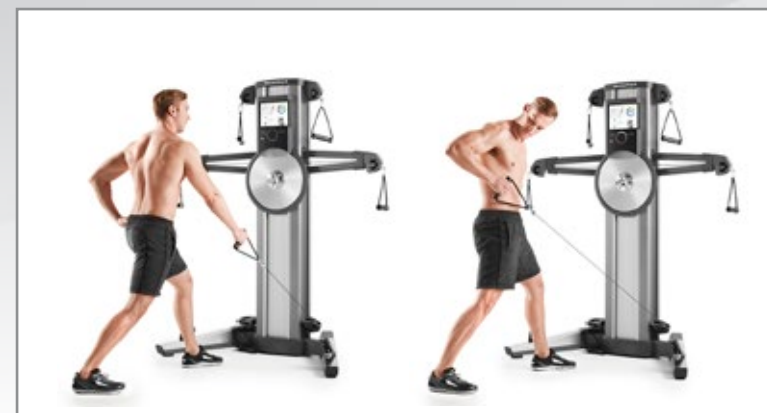
Upright Row



Military Press



Front Raise

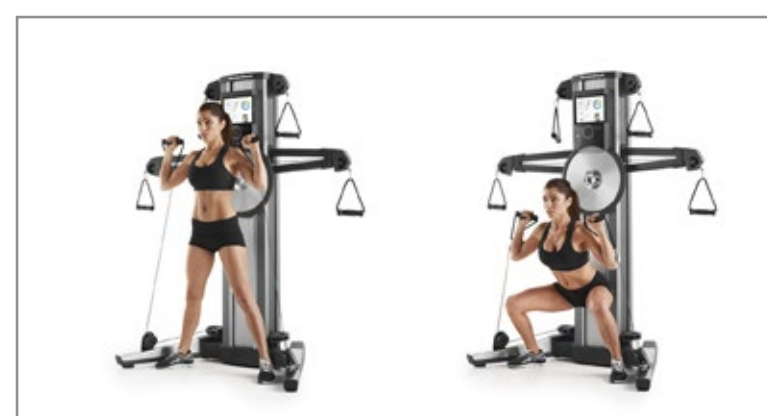


Lawnmower

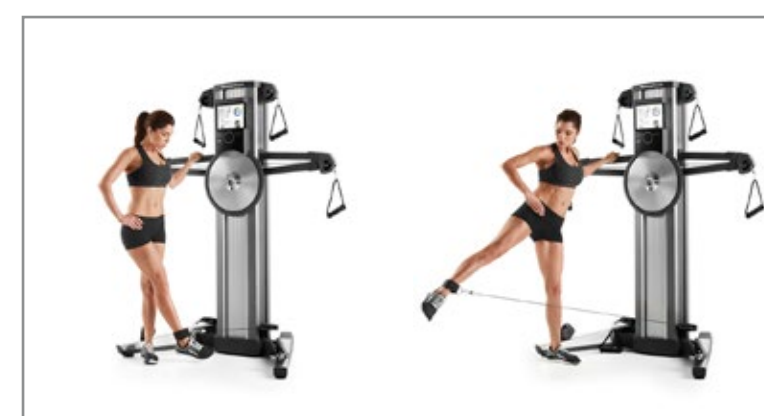
Lower Body Workouts



Squat



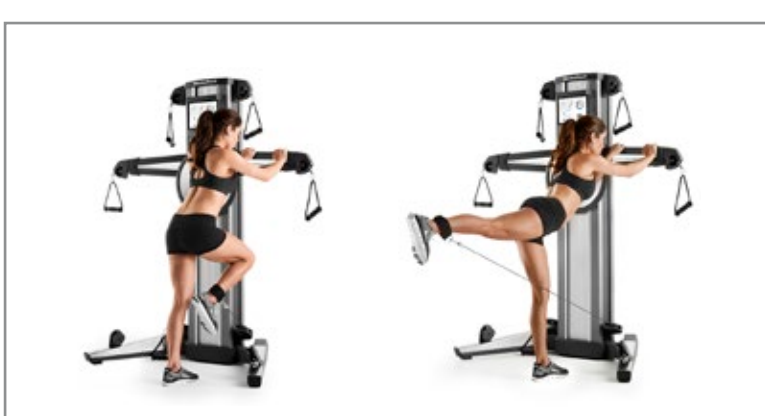
Sumo Squat



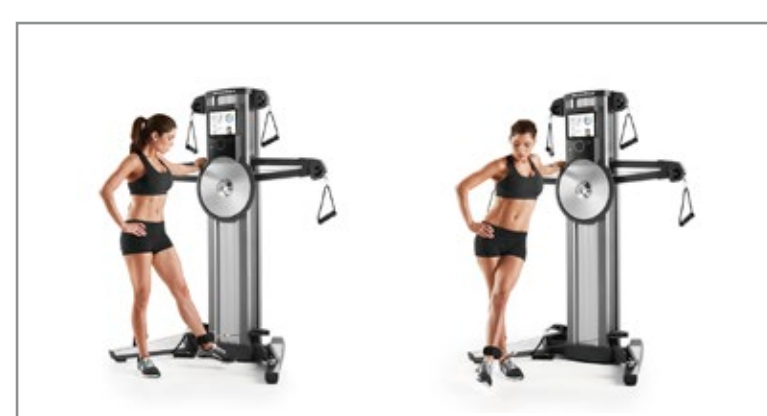
Abduction



Explosive Skip



Donkey Kick



Adduction



Explosive Squat

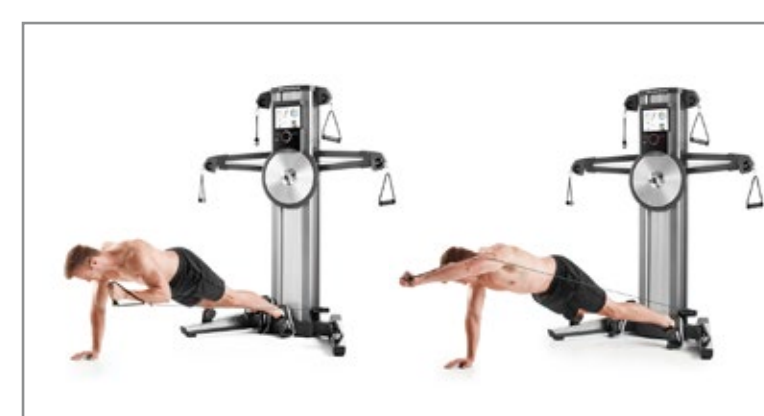
Core Workouts



Mid Rotation



Supine Tuck



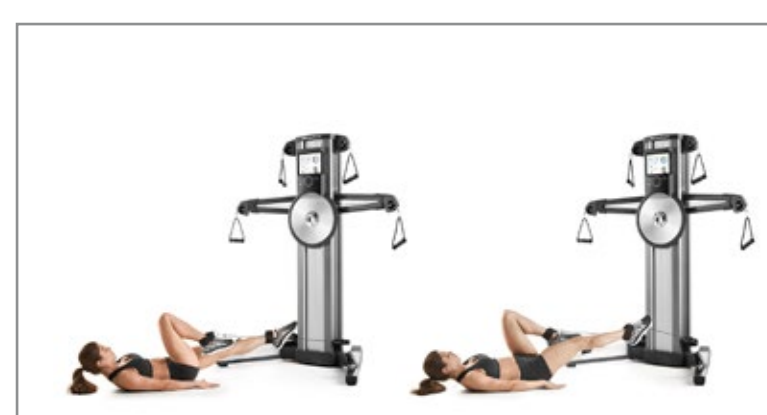
Plank Press



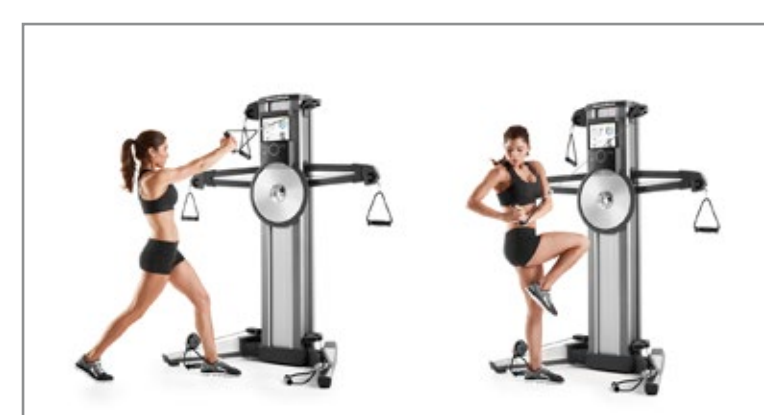
Mountain Climber



Low to High Rotation



Supine Mountain Climber



Muay Thai Knees