

Station 1.

Bicep Curl

Equipment Required:

- A. 2 x Resistance Bands

Station 2.

Leg Scissors



Equipment Required:

- A. 2 x Mats

Station 3.



Dynamic Bridge

Equipment Required:

- A. 2 x Mats
- B. 2 x Steps

Station 4.

Tricep Curl

Equipment Required:

- A. 2 x Bands

Station 5.



Russian Twist

Equipment Required:

- A. 2 x Disk Weights
- B. 2 x Mats

Station 6.

Side Scissors

Equipment Required:

- A. 2 x Mats

Station 7.



Rotational Pressup

Equipment Required:

- A. 2 x Mats

Station 8.

Plank

Equipment Required:

A. 2 x Mats

Station 9.



Kick-up

Equipment Required:

A. 2 x Mats

Station 10.

Tera Band Curves

Equipment Required:

A. 2 x Bands

Station 11.



Side Plank

Equipment Required:

- A. 2 x Mats

Station 12.

Squat with Med Ball

Equipment Required:

- A. 2 x Medicine Balls

Station 13.



Step -up

Equipment Required:

- A. 1 x medium step
- B. 4 x 4kg weights