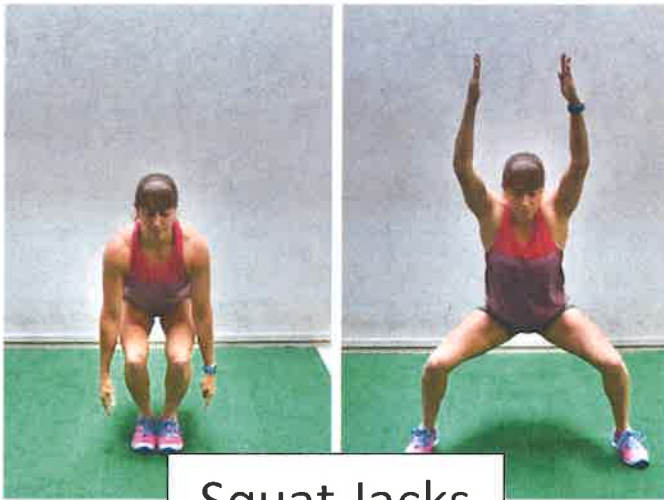


Jumping Jacks



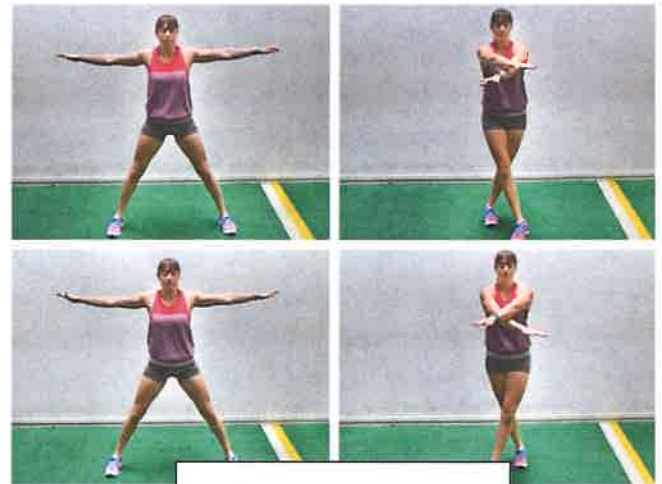
Squat Jacks



Star Jacks



Touch Jacks



Cross Jacks



Wacky Jacks



Power Press Jacks

Sit-ups (and Ab variations)

- V-legs
- Frog-legs
- Russian twist
- Flutter kicks
- Scissor legs
- Bicycle legs
- Pike reach

Squats

- Pulse
- Jump
- Side-step
- Split
- Plie (wide stance, feet @ 45°)
- Chair (yoga)
- Donkey kick

UPGRADE YOUR PLANK

@susanniebergallfitness

ADD A REACH



CHANGE HEIGHT



ADD A LEG LIFT



ADD LENGTH



ADD A SLIDE



ON YOUR SIDE





RED CARDS

CROSS FIT STYLE:

BURPEES

Simple Style:

Shoulder Touches

Cardio Funk Style:

Jump Rope

Hulk Hogan Style:

Push Ups



YELLOW CARDS

CROSS FIT STYLE:

CLAP PUSH UPS

Simple Style:

Butterfly Sit Ups

Cardio Funk Style:

Plank Jacks

Hulk Hogan Style:

Overhead Weighted Lunges



BLUE CARDS

CROSS FIT STYLE:

HANDSTANDS

Simple Style:

Air Squats

Cardio Funk Style:

Mountain Climbers

Hulk Hogan Style:

Med Ball Squats



GREEN CARDS

CROSS FIT STYLE:

BOX JUMPS

Simple Style:

Jumping Jacks

Cardio Funk Style:

Jogging Shuttles

Hulk Hogan Style:

Med Ball Sit Ups