BEGINNER: Choose (1) exercise from each body group (7) exercises total. Do 30 seconds of exercise with 10 seconds of rest. Complete 3 rounds.

INTERMEDIATE: Choose (1) exercise from each body group (7) exercises total. Do 30 seconds of exercise with 10 seconds of rest. Complete 4-8 rounds.

ADVANCED: Choose (1) exercise from each body group (7) exercises total. Do 45 seconds of exercise with 20 seconds of rest. Complete 4-8 rounds.

**ABS**
- SIT-UPS
- BICYCLE CRUNCHES
- REVERSE CRUNCHES
- FLUTTER KICKS

**QUADS**
- LUNGES
- MOUNTAIN CLIMBERS
- HIGH KNEES
- PLANK JUMP-INS

**GLUTES**
- SQUATS
- DONKEY KICKS
- BRIDGES
- SIDE KICKS
AT HOME WORKOUT

BACK
- ALT ARM/LEG PLANKS
- SCAPULAR SHRUGS
- SUPERMANS
- SWIMMERS

BICEPS
- SCAPULAR SHRUGS
- SUPERMANS
- SWIMMERS
- SEUDO PLANCHES
- DOOR FRAME ROWS
- BACK FISTS
- PLANKS

TRICEPS
- TRICEP DIPS
- DIAMOND PUSH-UPS
- TRICEP EXTENSIONS
- GET-UPS

CHEST
- PUSH-UPS
- SHOULDER TAPS
- PIKE PUSH-UPS
- SPIDERMAN PUSH-UPS