ARM-LEG RAISE STABILIZATION KNEELING

BENT OVER REVERSE FLYS TS

DIAGONAL LUNGE WITH ROTATION
DYNAMIC SINGLE LEG PUSH UP

ELEVATED SINGLE LEG BRIDGING
MAGIC Fit Exercises

FLUTTER KICKS

FORWARD LUNGE WITH OVERHEAD PRESS

GLUTE BRIDGE MARCHING

INCHWORM
PLANK WITH ELBOW TOUCHES

REVERSE LUNGE

REVERSE INCHWORM
MAGIC Fit Exercises

SEATED RUSSIAN TWIST

SINGLE LEG BALANCE WITH TOUCH

SUPINE BICYCLES
SIDE PLANK

SIDE PLANK WITH TOP HIP FLEXION

SPINE ROTATION - HALF KNEELING

ELEVATED ELEVATED PUSH UP
BODY WEIGHT TO JUMP

FROGGERS

PUSH UPS
CHAIR DIP

FRONT PLANK

JUMPING JACKS
HIGH PLANK WITH FLOOR TOUCHES

MED BALL CHOP
MAGIC Fit Exercises

SINGLE LEG BOX BLAST

SKATERS
SPLIT JUMP SQUATS

STAR PLANKS

WALL SIT