

# Wide Arm Press Ups

# Press Ups

# Half Sits

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get active

# Squats

# Skipping

# Shuttle Runs

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# Tricep Dips

# Twist Sits

# Lunges

# Leg Raises

# Burpees

# Star Jumps

# Single Arm Snatch

# Lateral Bench Jump

# Lat Raise

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# Alternate Crunch

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# Squat Jumps