|  |  |
| --- | --- |
| **Lower Body Exercises** | **Upper Body Exercises** |
| 1: | 9: |
| 2: | 10: |
| 3: | 11: |
| 4: | 12: |
|  |  |
| **Core Exercises** | **Cardio Exercises** |
| 5: | 13: |
| 6: | 14: |
| 7: | 15: |
| 8: | 16: |