|  |  |
| --- | --- |
| **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: |