

Sit-up	Plank	Squat	<u>Pull-up</u>	Burpee
Sit-up	Plank	Squat St; past	Pull-up Pull-up	Burpee
Sit-up Variation	Triceps extension from plank	Walking Lunge		Burpee Variation
(Sit-up 1)	(Plank 1)	(Squat 1)		(Burpee 1)
Sit-up Variation (Sit-up 2)	Reverse Bridge (Plank 2, static + dynamic)	Single Leg Squat (Squat 2)	Jumping Pull-up (Pull-up 2)	Burpee Variation (Burpee 2)
Sit-up 2	PEink 2 static	Squar 2	Pull-up 2	Burpey 2
Russian Twist (Sit-up 3)	Push-up (Plank 3)	Squat Jump (Squat 3)		Burpee Variation (Burpee 3)
Sit-up 3	Plank 3	5 quait 3		Burpee 3
V-Sit	Push-up Variation	Squat Variation	Bicep Pull-up	
(Sit-up 4)	(Plank 4)	(Squat 4)	(Pull-up 4)	
	Plank Variation	Deadlift (Squat 5)	Walking Pull-up (Pull-up 5)	
	(Plank 5)	Squat 5	Poll-up 5	
	Jump Push-up (Plank 6)	Squat Variation (Squat 6)		
	Push-up Variation (Plank 7)	Oblique Squat (Squat 7)		