

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