







1		<p>SQUATS</p> <p>This movement works all of the muscles in the lower body including the quads, glutes and hamstrings. It also provides an extra kick for the core as you need your deep abdominal muscles and back to keep your torso upright and perform this exercise correctly.</p>
2		<p>PUSH-UPS</p> <p>This is one of the best upper body exercises because it works everything -- your chest, your back, your arms and even your abs! Make sure your shoulders line up with your wrists and you tuck your elbows in toward your side (so don't flare your elbows out wide). Try to get your chest and hips as close to the floor as possible without touching</p>
3		<p>LYING HIP RAISES</p> <p>The lying hip raise (also called a bridge) will strengthen your glutes and hamstrings, while also working your abdominals, back and inner thighs. For a fun variation, lift your hips with your feet flat on the floor and slowly extend one leg up the sky.</p>
4		<p>LUNGES</p> <p>Start with your feet together and arms resting comfortably by your sides. Step forward with your right foot and lower your body until your front knee is at 90 degrees and your back knee is not touching the floor. Then, to complete the exercise, push off your front right foot while straightening your left leg. Return to standing.</p>
5		<p>PLANKS</p> <p>The plank has become one of the key go to exercises to define your core. If you are struggling to maintain the arms straight position try this exercise on your forearms. Be sure to align your elbows and shoulders and keep your hips, heels and shoulders at the same height.</p>
6		<p>CRAB WALK</p> <p>This exercise targets your triceps, core and glutes, as well as challenging your coordination. If you find that you have wrist discomfort, try turning your hands slightly to the side or take breaks to roll out your wrists. Make sure you keep your hips lifted off the floor for the duration of the exercise.</p>

7		<p>BICYCLE CRUNCHES</p> <p>Bicycles create fire in the core because they require deep abdominal stabilization and rotation. They have also been proven to activate more muscle fibers in the rectus abdominus and obliques than a standard crunch</p>
8		<p>SIDE LUNGES</p> <p>Most people only exercise in two planes: up and down or forward and back. That's what makes side lunges so effective -- they train you laterally. This lunge variation is a great addition to any conditioning plan because it will challenge your muscle fibers, tendons and ligaments in a different movement pattern.</p>
9		<p>MOUNTAIN CLIMBERS</p> <p>One of the best core exercises you'll find. This exercise combines the difficulty of a plank, deep core stabilization and alternating knee drives towards your chest. The knee drives also increases your heart rate, which is the perfect way to flatten your abs and burn calories. It's crucial that you maintain proper alignment throughout the exercise and keep your shoulders and wrists perfectly stacked.</p>
10		<p>FROG JUMPS</p> <p>This exercise adds an element of power in the lower body that will get your heart rate up for a cardiovascular benefit and define the muscles in your lower body. Start in an athletic squat position and swing your arms back behind your hips. Push off of your heels and jump forward, land, and immediately sink back down into a squat position and jump again.</p>