



#fitnessgoals

- () Glute Bridge: 20 reps
- () Body Weight Triceps Dip: 20 reps
- () Push-ups: 10 to 20 reps
- () Wall Push-ups: 20 to 40 reps
- () Arm Circles: 10 to 20 reps or more if you can
- () Abdominal Crunch: 20 reps
- () Bird Dog Crunch: 20 reps
- () Forearm Plank: 10 to 60 seconds
- () Leg Lift: 20 reps
- () Bicep Curls: 20 reps