

EXERCISES- Pronounce correctly!

1. Push up



2. Lunges



3. Punch



4. Squat



5. High-knees



6. Jump squats



Instructor: Karol Vanessa Florez Torres- lic.karolflorez@gmail.com

7. Burpees



8. Cross Crunches



9. Leg raise



10. Plank arm raises



11. Bridges



12. Flutter kicks



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13. Tricep dips



14. Scissors



15. Elbow plank- Plank



16. Jumping Jack



17. Sit-ups



18. Squat hold punches



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19. Mountain climbers



22. Side elbow plank



20. Squat sidekicks



23. Leg skip



21. Broad Jump



24. Side plank



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25. Butt kicks



26. Windshield wipers



27. Walkout



28. Wall walk



29. Bear Crawl



30. Squat hold



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