

# Shoulder Press to Squats



Standing on one leg with a ring, shoulder press up while keeping the other hand on the chest. Lower the arm and then perform a single leg squat. Repeat.

Duration: 1 min. each side

Target: Shoulders, triceps, core, quads and butt.

# Bow & Arrow Lunges

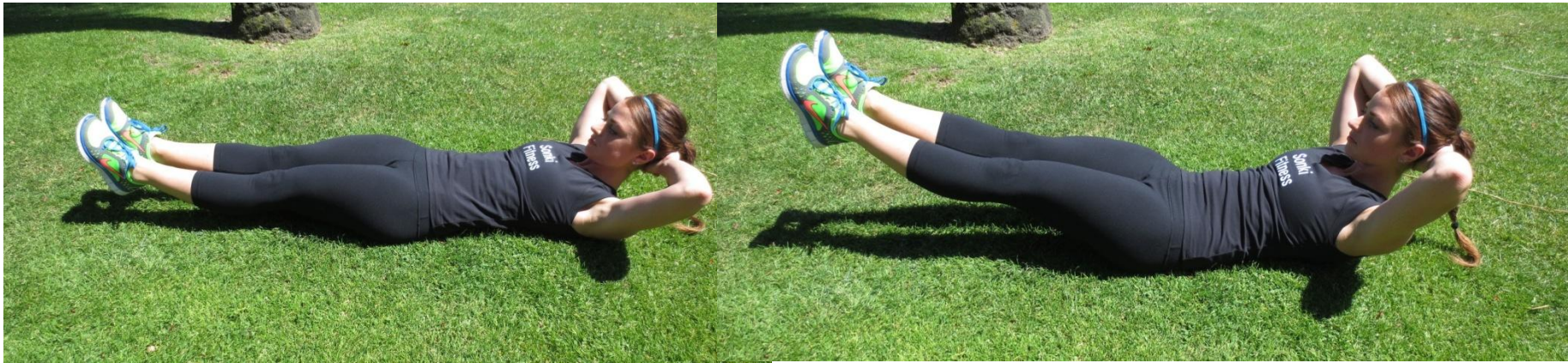


Standing in a lunge position with one arm straight and the other back, squat down while pulling the arm back.  
Repeat.

Duration: 1 min. each side

Target: Back, biceps, core, quads, butt, and hamstrings.

# Super Elongated Crunches



With your legs about a foot off the ground, raise them up a foot while crunching at the same time.

Duration: 60 – 80 sec.

Target: Abs.

# Lawnmower on One Leg



Standing on one leg squatted position while grabbing the ring with opposite hand, lift the arm up. Repeat.

Duration: 1 min. each side

Target: Back, biceps, core, quads, and butt.

# Jabs with Ring

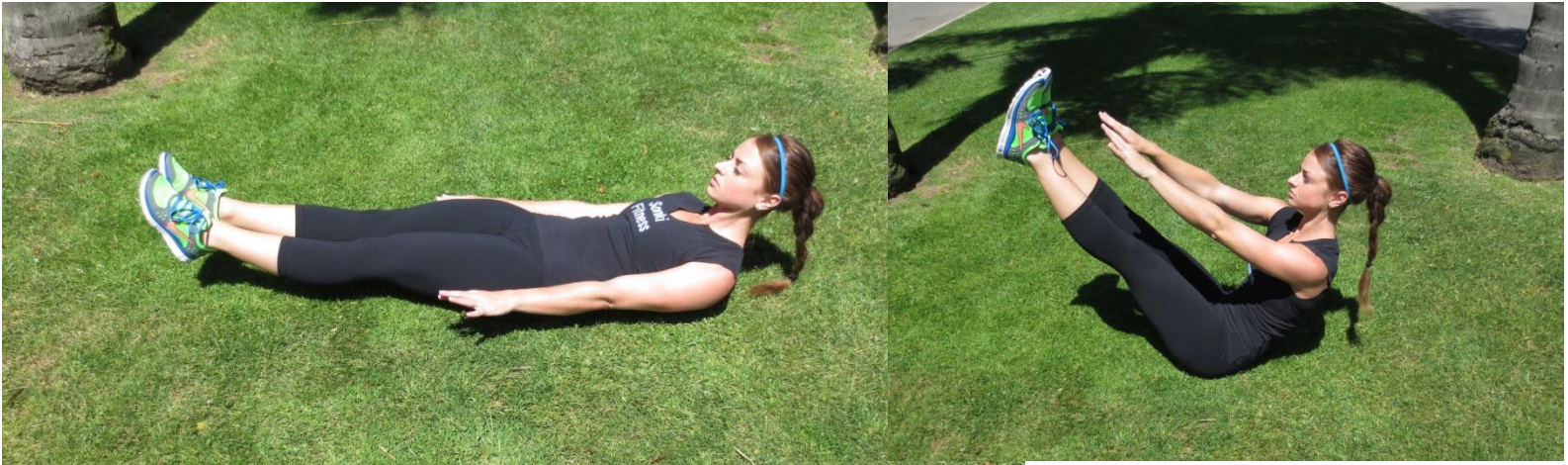


Standing in a fighting stance, punch with one arm while keeping the other arm back. Repeat.

Duration: 1 min. each side

Target: Shoulders and triceps.

# V-ups



Starting in a flat position, raise your upper body and legs at the same time to bring your body to a V stance.

Repeat.

Duration: 60 – 80 sec.

Target: Abs.

# Arm Curls & Triceps Extension



With one hand facing up and the other facing down, squat down while curling with one arm and straightening the other. Repeat.

Duration: 1 min. each side

Target: Triceps, biceps, quads, butt, and hamstrings.

# Punches with Ring



Standing in a squat position with legs slightly bent, punch rapidly by pushing and pulling with each arm.

Duration: 1 min.

Target: Triceps, biceps, chest, shoulders, back, and core.



# Superplank Raises



In superplank position (balancing on forearms and toes), alternate raising legs 3 – 5 seconds at a time.

Duration: 60 – 80 sec.

Target: Core, shoulders, quads.

# Runner's Lunge



With one leg out in front, rest your upper body on top of the leg with hands in line with your foot. Raise your butt up in the air and then back down.

Duration: 1 min each side.

Target: Hamstrings, quads.

# Bowler's Lunge



From a standing position, squat down to squatted position as if you're bowling.

Duration: 1 min each side.

Target: Core, shoulders, quads.

# Duckwalk



In squat position, walk side ways for 1 min and then switch.

Duration: 1 min each way.

Target: Butt, quads, inner and outer thighs.