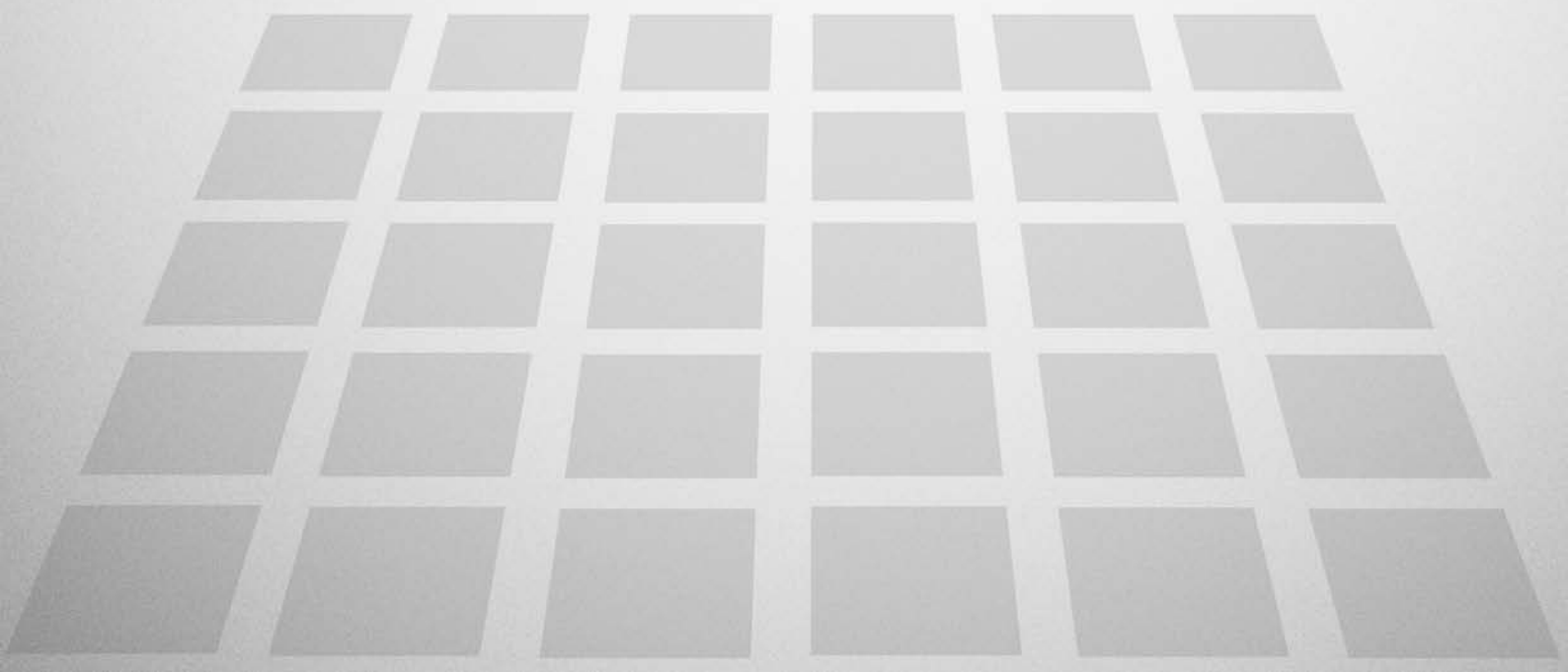


# EXERCISE CARDS

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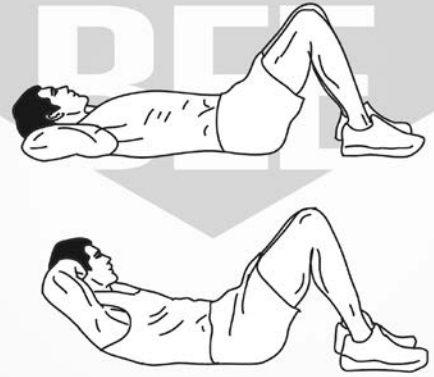
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BEE



**cross crunches**

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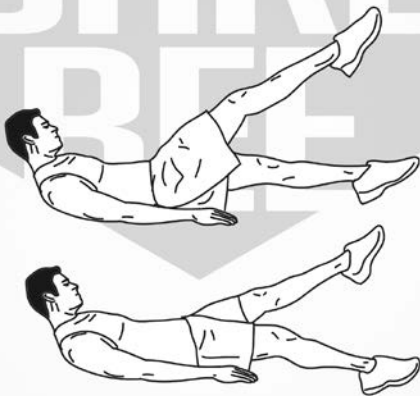
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**crunches**

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**flutter kicks**

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**hollow hold**

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**knee crunches**

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**knee-to-elbow crunches**

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**leg raises**

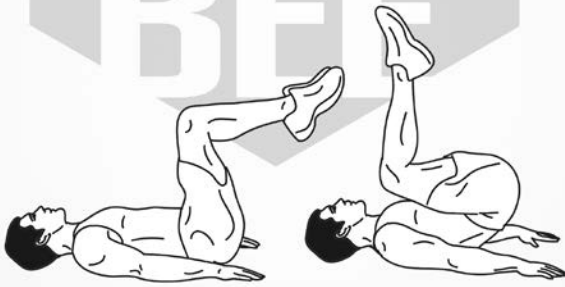
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**raised leg hold**

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**reverse crunches**

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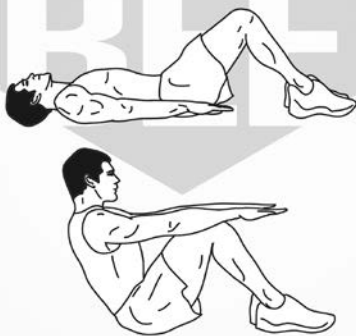
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**sitting twists**

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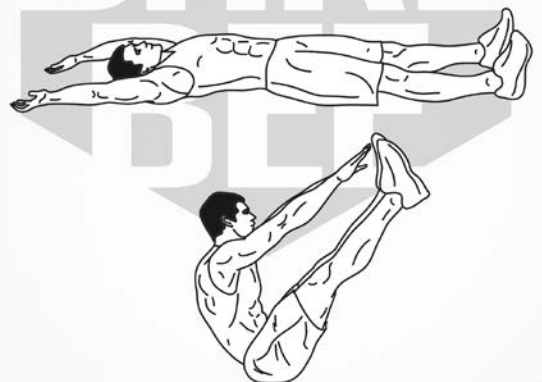
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**sit-ups**

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**V-ups**

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**arm chops**

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**arm chops**

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**calf raises**

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**butt kicks**

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**chin-ups**

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**pull-ups**

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**bridges**

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**single leg bridges**

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**burpees**

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**basic burpees**

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**chest expansions**

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**get-ups**

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**climbers**

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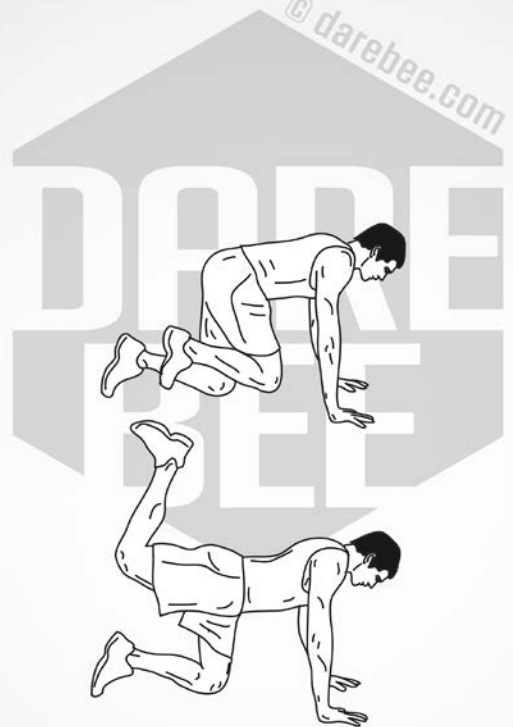
**slow climbers**

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**climber taps**

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**donkey kicks**



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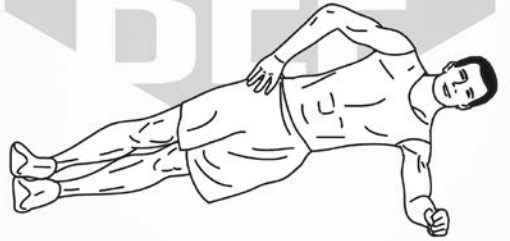
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**elbow plank**

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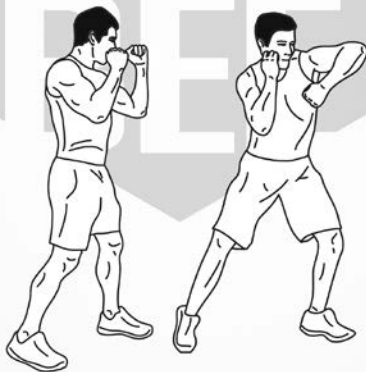
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**side elbow plank**

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**elbow strikes**

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**front kicks**

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**half jacks**

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**high knees**

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**hook kicks**

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**hooks**

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**hops on the spot**

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**jumping jacks**

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**jumping lunges**

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**jumping Ts**

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**knee strikes**

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**knee-to-elbows**

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**knife hand strikes**

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**L-sit**

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**lunges**

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**lunge step-ups**

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**march steps**

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**overhead punches**

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**plank jacks**

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**plank jump-ins**

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**plank leg raises**

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**plank rotations**

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**plank walk-outs**

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**punches**  
jab + cross

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**raised arm circles**

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**seal jacks**

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**push-ups**

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**close grip push-ups**

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**pike push-ups**

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**raised leg push-ups**



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**shoulder taps**

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**side bridges**

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**side kicks**

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**side leg raises**

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DARE

BEE



**side-to-side lunges**

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DARE

BEE



**wall-sit**

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DARE

BEE



**squat hold punches**

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DARE

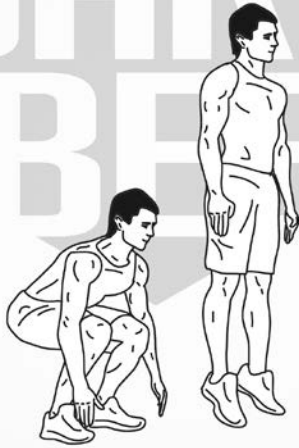
BEE



**squats**

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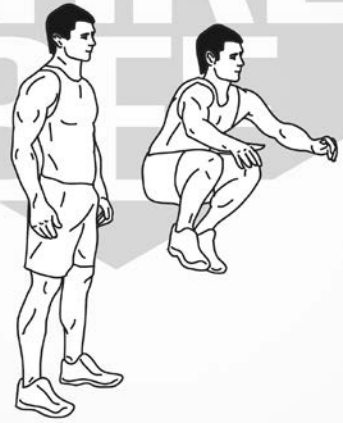
DARE  
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**jump squats**

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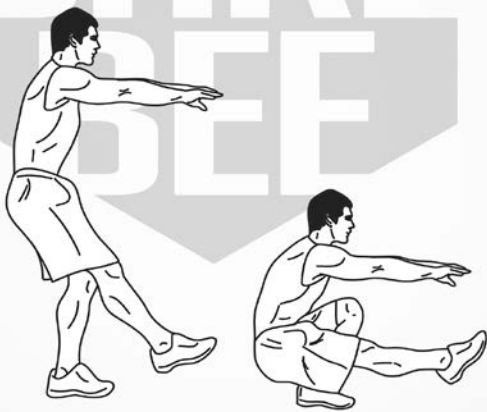
DARE  
BEE



**jump knee tucks**

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DARE  
BEE



**pistol squats**

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DARE  
BEE



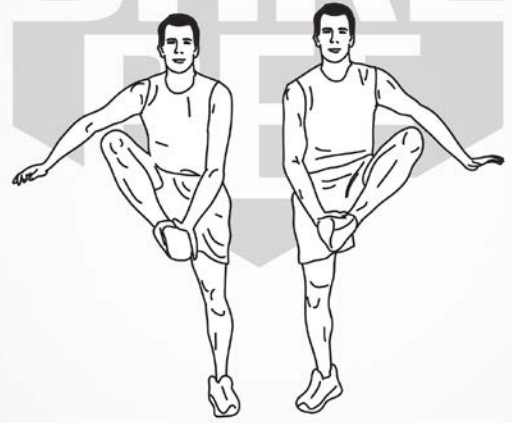
**shrimp squats**

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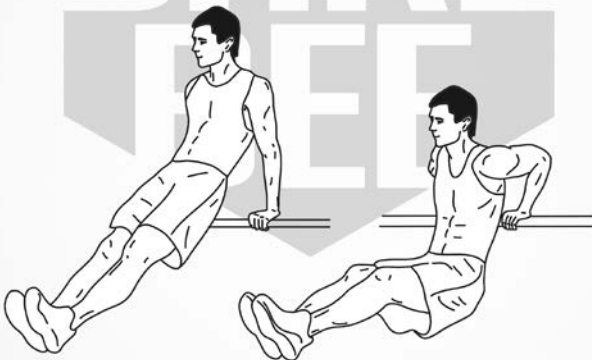
**split jacks**

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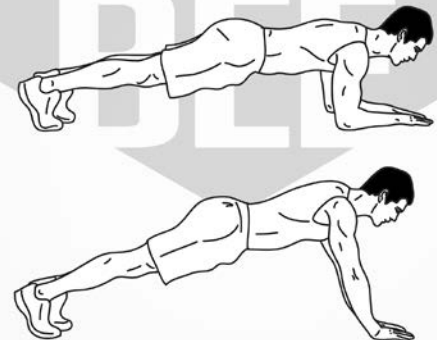
**toe tap hops**

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**tricep dips**

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**tricep extensions**

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**turning kicks**

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**uppercuts**

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