

# Lifting

## Arms

Bench Press  
Incline Bench Press  
Runners  
Triceps  
Military  
Lat Pull  
Dumbbell Fly's  
Dumbbell Tri's

## Legs

Squats  
Toe Ups  
Step Ups w/ Dumbbells  
Single Leg Squats  
Jump Squats  
Jump rope

## Abs

Front Plank  
Side Plank  
Bird Dog  
Pregnant Ladies  
Medicine Ball Routine