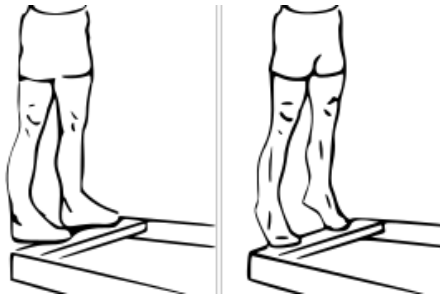


# No Equipment Exercises

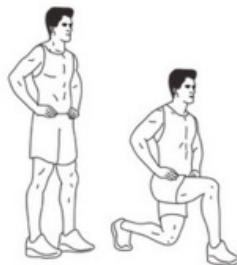
1) Squats



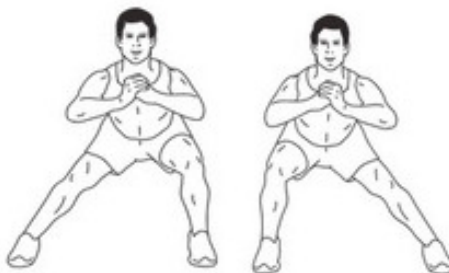
2) Calf raises



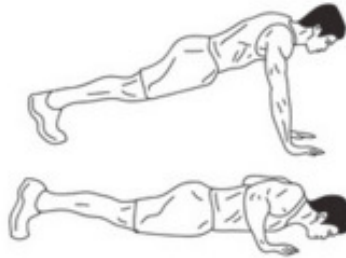
3) Front lunges



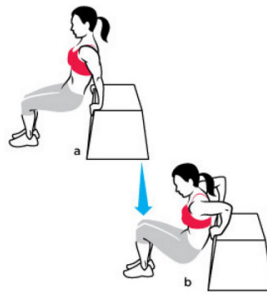
4) Side lunges



5) Push ups



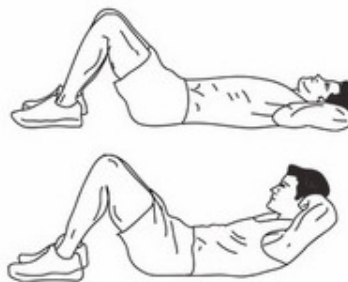
6) Modified dip



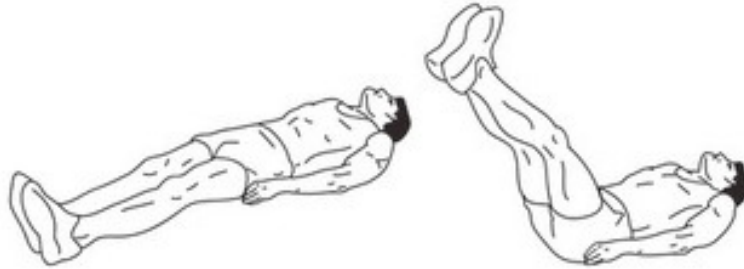
7) Chair Dip



8) Crunches



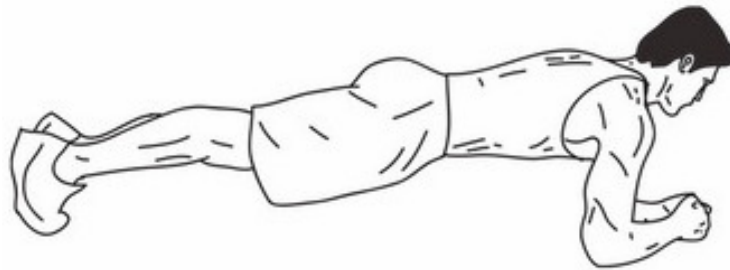
9) Leg Raises



10) Neck extensions

11) Reverse neck extensions

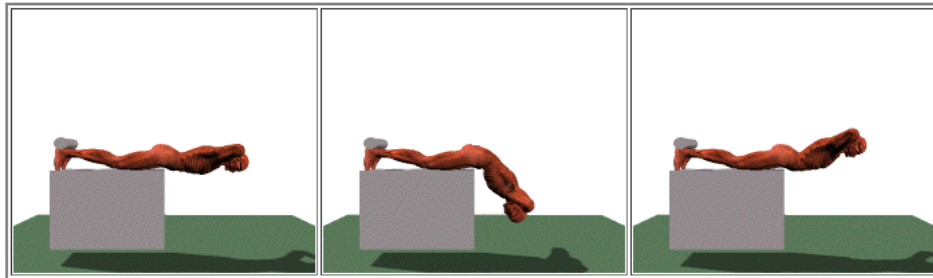
12) Front plank



13) Side plank



14) Back extensions



15) Jump squats

