



## Prairie Fit's Custom Workout Categories

### Cardio

- Mountain Climbers
- High knees
- Jumping jacks
- Squats
- Burpee
- Alternating jump lunges
- Jump rope
- Upper cuts
- Skaters
- Frog jumps
- Jog in place
- March in place
- Double knee lifts
- Front kicks
- Hamstring curls

### Lower Body Strength

- Pendulum lunges
- Squats
- Alternating jump lunges
- Calf raises
- Flutter kicks
- Skaters
- Frog jumps
- Double knee lifts
- Front kicks
- Wall sit
- Hover plank/up on all 4's
- Hamstring curls
- Alternating straight leg raises
- Mountain climbers
- High knees



## Upper Body Strength

- Bicep Curls
- Hammer Curls
- Push-ups
- Tricep overhead press
- Chest Fly
- Plank
- Upper cuts
- Lateral raises
- Front raises
- Posterior deltoid
- Hover plank/up on all 4's
- Tricep extension
- Shoulder press

## Core

- Mountain Climbers
- Push-ups
- Burpee
- Plank
- Flutter kicks
- Russian twist
- Hover plank/up on all 4's
- V-sit
- Alternating straight leg raises