

# Station 1

## Bench Dips



Muscles worked: Triceps

# Station 2

## Jumping Rope

Muscles Worked: Total Body

# Station 3

## Lying Leg Raises



Muscles Worked: Transverse Abdomins (Abs)

# Station 4

## Forward Lunge



Muscles Worked: Calves, Gluteals, Hamstrings, Quadriceps

# Station 5

## Plank



**Muscles Worked:** Deltoids, Latissimus Dorsi, Pectoralis Major, Rectus Abdominus

# Station 6

## Jumping Jacks

Muscles Worked: Total Body

# Station 7

## Reverse Crunch



Muscles Worked: Transverse Abdominals

# Station 8

## Jumping Squat



Muscles Worked: Gluteals, Hamstrings, Quadriceps

# Station 9

# Russian Twist



Muscles Worked: Obliques, Rectus Abdominus, Transverse Abdominus

# Station 10

## Step Up



Muscles Worked: Gluteals, Hamstrings, Quadriceps

# Station 11

## Sumo Squat



**Muscles Worked:** Abductors, Gluteals, Hamstrings, Quadriceps

# Station 12

## Military Shoulder Press



**Muscles Worked:** Deltoids

