**1) Pullups OR slow let-downs (Pull-Up bar)**

**2) crunches**

**3) lunges**

**4) Butterflies**

**5) triceps**

**6) kickbacks**

**7) Pullups OR slow let-downs (Pull-Up bar)**

**8) high planks ( with leg-ups)**

**9 bicps (curls)**

**10) butterflies**

**11) wall sit w/medicine balls**

**12) full situps**