

ALTERG

- A** = ab bicycles
- L** = lunges
- T** = twists
- E** = elevated heel touch
- R** = russian twists
- G** = glute kick back

BIODEX

- B** = backward lunges
- I** = inchworm
- O** = one arm plank
- D** = double leg lifts
- E** = elevated heel touch
- X** = star jumps

CORTEX METAMAX

- C** = crunches
- O** = one arm plank
- R** = russian twists
- T** = twists
- E** = elevated heel touch
- X** = star jumps

- M** = mountain climbers
- E** = elevated heel touch
- T** = twists
- A** = arm circles
- M** = mountain climbers
- A** = ab bicycles
- X** = star jumps

DIERS MOTION LAB

- D** = double leg lifts
- I** = inchworm
- E** = elevated heel touch
- R** = russian twists

- M** = mountain climbers
- O** = one arm plank (L)
- T** = twists
- I** = inchworm
- O** = one arm plank (R)
- N** = narrow push ups

- L** = lunges
- A** = arm circles
- B** = backward lunges

EXCALIBUR

- E** = elevated heel touch
- X** = star jumps
- C** = crunches
- A** = ab bicycles
- L** = lunge with rotations
- I** = inchworm
- B** = backward lunges
- U** = u choose
- R** = reverse crunches

GYMAWARE

- G** = glute kick back
- Y** = plank jacks
- M** = mountain climbers
- A** = ab bicycles
- W** = walking squats
- A** = arm circles
- R** = russian twists
- E** = elevated heel touch

HUR

- H** = half jump squat
- U** = upright row
toiletpaper
- R** = reverse crunches

BONUS

- reverse lunges

LODE CORIVAL

- L** = lunges
- O** = one legged squat (L)
- D** = double leg lifts
- E** = elevated heel touch

- C** = calf raises
- O** = one legged squat (R)
- R** = russian twists
- I** = inchworm
- V** = v - sits
- A** = arm circles
- L** = lunge with rotations

MICROFET

- M** = mountain climbers
- I** = inchworm
- C** = crunches
- R** = russian twists
- O** = overhead extension
toiletpaper
- F** = front scissors
- E** = elevated heel touch
- T** = triangle push up

OPTOGAIT

- O** = one armed plank (L)
- P** = plank
- T** = triangle push up
- O** = one armed plank (R)
- G** = glute kick backs
- A** = ab bicycles
- I** = inchworm
- T** = twists

TANITA MC 980

- T** = triangle push ups
- A** = arm circles
- N** = narrow push up
- I** = invert pike stretch
- T** = twists
- A** = ab bicycles

- M** = mountain climbers
- C** = calf raises

VICON

- V** = V - sits
- I** = invert pike stretch
- C** = crunches
- O** = one armed plank
(L/R)
- N** = narrow push ups