

GET FIT

BODYWEIGHT CHART

	CARDIO			CORE			LEGS			CHEST/BACK			ARMS	
EASY	Jumping Jacks	High Knees	Butt Kicks	Front Shuffle	Hurricane	Crunches	Half Bicycle	Calf Raises	Fire Hydrant	Chair Pose	Knee Push-Up	Wall Push-Up	Superman	Dips
MEDIUM	Mountain Climber	Plank Jack	Switch Kick	Jump Lunge	Pike-Up	Russian Twist	Plank	Squat	Lunge	Wall Sit	Swimmers	Push-Up	Romanian Deadlift	Tricep Push-Up
HARD	Burpee	Tuck Jump	Frog Hop	Skier	Bicycle	V-Up	Star Sit-Up	Reverse Lunge	Bulgarian Lunge	Pistol Squat	Punch Push-Up	Decline Push-Up	Walking Push-Up	Pike Push-Up
INSANE	Frog Hop + Push-Up	Burpee + Floor Jack	Tuck Jump + Star Jack	180 Switch Squat	Flutter Kick	Ab Angel	Around the World	Jumping Bulgarian Lunge	Jump Squat	Jump Lunge	One Arm Push-Up	Spider Push-Up	Jack Push-Up	Tricep Up/Down



DUNCAN AVIATION

EASY AT-YOUR-DESK WORKOUT

Perform this entire list of exercises 1-3 times:

- Squat X 12
- Mountain Climber X 24
- Push Up X 12
- Plank Jack X 24
- Tricep Dip X 12
- Mountain Climber X 24
- Calf Raises X 12
- Plank Jack X 24
- Plank - hold for 60 seconds

x x x



For additional health, wellness and fitness information, please visit our **Duncan Aviation Wellness** page.

