**Exercises: These are all the exercises shown in the “Exercise Basics” YouTube video. Try and put together a routine with them using your favorite song. Enjoy!**

* **Burpees**
* **Floor Taps**
* **Bell Jumps**
* **Mountain Climbers**
* **Squats**
* **Jump Squats**
* **Skier Jumps**
* **Push-ups**
* **Steam Engines**
* **Lunges**
* **Curl-ups**
* **Arm Switches**
* **Calf Raises**