

Suspension Workout

Upper Body	Chest Press	Chest Fly	Tricep Dip	Tricep Press	Push-up
Upper Body	Pull-up	Tricep Push-up	Curl	Shoulder Rotation	Core Crunches
Core	Plank	Pike	Side Plank Tap	Kneeling Roll-out	Reverse Plank
Core	Oblique Crunch	Pendulum	Seesaw	Torso Rotation	Knee-to-chest
Core	Sit-up	Standing Hip-drop	Back Lat Pullover	Power Pull	Row
Back	Inverted Row	Rear Delt Fly	Y Fly	Lower Body Hamstring Curl	Good Morning
Lower Body	Hamstring Runners	Suspended Lunge	Squat	Single Leg Squat	Mountain Climber
Lower Body	Split	Knee-drive Jump	Step-over Side Lunge	Suspended Side Lunge	Single Leg Dead Lift