

Mountain View Exercise List

1,2,3,4 planks

Pushups

CrossFit Curlups

Plank Jacks

Ski Jumps

Super Slow Squats

Knees Up Jumps

Hover

Trojan Pushups

Low Jacks

Log Jumps

Lunges

Front Jacks

Lunge Jacks

Mountain Climbers

Curlups

Hand Release Pushups

Bell Jumps

Locomotives

Jumping Jacks

V Sit

Plank

Jump Rope

Superman

Mummy Kicks

“Floppies”

Fly Jacks

Shuffle Squats