

EXERCISE VIDEO DATABASE

Exercise Name	Video Link
Upper body exercises	
Diamond push-up	https://youtu.be/Bhuscxybjf4
Dive push-up	https://youtu.be/q_B5fQzxKbE
Downward dog push-up	https://youtu.be/CSS8T9AcQG4
Isometric push-up (hold for 5s)	https://youtu.be/empCk0gK_bw
Narrow push-up	https://youtu.be/VuuEe0Tfc0Q
Regular push-up	https://youtu.be/EH9mTZKjDtA
Spiderman push-up	https://youtu.be/ZZslECKCJ-w
Core (+upper body exercises)	
Dead bug	https://youtu.be/BZYaCzbP09M
Forearm plank	https://youtu.be/U4OX9fKDJU8
Forearm plank with alternating arm reaches	https://youtu.be/EsEryFxDIJg
Forearm plank with alternating hip extension	https://youtu.be/-YiatD8zSeU
Forearm plank with hip abduction	https://youtu.be/0cP8QcBMGf4
Full side plank	https://youtu.be/eRygfYEe1hs
Inchworm	https://youtu.be/a38ewEsSqGY
Shoulder taps in plank	https://youtu.be/g3bsSUOn-vo
Side plank (short lever)	https://youtu.be/AbTnGITFzhk
Side plank (short lever) + hip abduction	https://youtu.be/7HbpS0hX7eo
Tall plank	https://youtu.be/rnc3jkoqZVI
Tall plank with alternating arm reaches	https://youtu.be/NafeHcgoLbU
Tall plank with arm reaches	https://youtu.be/yHHO7zDwjAM
Tall plank with hip abduction	https://youtu.be/WHxo7pXUQnc

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Exercise Name	Video Link
Lower body exercises	
Bodyweight curtsy lunge	https://youtu.be/6jAe6HFHt1Q
Bodyweight curtsy lunge (isometric)	https://youtu.be/ErhBGgJkHIs
Bodyweight lateral lunge	https://youtu.be/tmhESsZcpDY
Bodyweight squat	https://youtu.be/yzL1543i1-o
Bridge walkout	https://youtu.be/ew3NT_N34Z0
Bulgarian split squat	https://youtu.be/tcEAeBjSkHl
Glute bridge	https://youtu.be/kJRVzQ6sukU
Heel raises	https://youtu.be/52n7JnoQuSw
Nordic hamstrings curl	https://youtu.be/9TemDaazL8A
Reverse lunge to knee drive	https://youtu.be/pa3fq5cLeAA
Single-leg box squat	https://youtu.be/0m9Xuq4q6W4
Single-leg bridge	https://youtu.be/U9M8dsoRYzU
Single-leg deadlift (no weight)	https://youtu.be/Y3F2eVkpfl8
Single-leg heel raise	https://youtu.be/c3cs3N0nZUc
Single-leg sit to stand	https://youtu.be/fmIETGPKlPl
Single-leg wall sit	https://youtu.be/PVybgh_MouM
Soleus wall sit	https://youtu.be/qByU-1glv1w
Plyometrics	
Alternating jump lunge	https://youtu.be/G93T5c40S4w
Burpees	https://youtu.be/TU8QYVW0gDU
Forward line hops	https://youtu.be/bL8mlpkp9Qo
Frog squat jump	https://youtu.be/SPxvbluj6vQ
Half burpee	https://youtu.be/xGYK8CvP1T8

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Plyometrics	
Lateral jumps	https://youtu.be/wPZP8Bwxplo
Lateral line hops	https://youtu.be/4BaMG4OH7_g
Mountain climbers	https://youtu.be/PYi8OjFJkLo
Push-up to downward dog	https://youtu.be/hLjeoxjX7uo
Reverse lunge to knee drive & hop	https://youtu.be/q4nBQuoagLY
Single-leg deadlift to vertical jump	https://youtu.be/VN4w3jddqhQ
Single-leg deadlift to lateral jump	https://youtu.be/wiUz_v_vftg
Single-leg hops	https://youtu.be/8xmqNBY0AYc
Squat jump	https://youtu.be/YGGq0AE5Uyc
Balance exercises	
Single leg balance: hinge + hip drive	https://youtu.be/tZ63qfVZ9KU
Single leg balance: 3-way reach	https://youtu.be/X-qbRTmMfEc
Mobility exercises/Stretching	
Cat-cow	https://youtu.be/FLQDiUccsko
Bird-dog	https://youtu.be/egKWomMZ6cXM
Downward dog	https://youtu.be/4yeyJATAIns
Hip hinge - thoracic rotation	https://youtu.be/d_xj79CdNr0
Child's pose	https://youtu.be/KVItAfdGi0