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| Supplemental Digital Content: Complete List of Common Equipment-free Bodyweight Exercises and Their Instructional Videos |
|  | Group | Name | Link | Level |
| **Warm-up Exercises** | General Full-body Warm-up | Walking Back and Forth | <https://youtu.be/_PtVOpQkg18>  |  |
| General Full-body Warm-up | Jumping Jacks | <https://youtu.be/Naa6M4XJC9E>  |  |
| General Full-body Warm-up | Walking Knee Hugs | <https://youtu.be/NmyJrrtq5js>  |  |
| General Full-body Warm-up | Side Shuffles | <https://youtu.be/mR7XHFtGRvc>  |  |
| General Full-body Warm-up | Back Walking | <https://youtu.be/DYG2MXGjRj8>  |  |
| General Full-body Warm-up | Karaoke | <https://youtu.be/q43Pjxr2kH8>  |  |
| General Full-body Warm-up | High Knees | <https://youtu.be/3debAGgZOew>  |  |
| General Full-body Warm-up | Jogging in Place | <https://youtu.be/e8EVauk6mBw>  |  |
| General Full-body Warm-up | Front to back Hops | <https://youtu.be/_bpQie3ie-A>  |  |
| General Full-body Warm-up | Side-to-side hops | <https://youtu.be/-9k8oj4k_kw>  |  |
| Lower-body Dynamic Stretches | Hip Circles | <https://youtu.be/sWn5wsv4EqU>  |  |
| Lower-body Dynamic Stretches | Knee Circles | <https://youtu.be/PrgEDctQxAc>  |  |
| Lower-body Dynamic Stretches | Ankle Circles with Wrist Circles | <https://youtu.be/FR_oajptzA4>  |  |
| Lower-body Dynamic Stretches | Hip Rotations | <https://youtu.be/49TlxAOT6ts>  |  |
| Lower-body Dynamic Stretches | Leg pendulum | <https://youtu.be/15e50pViExY>  |  |
| Lower-body Dynamic Stretches | Alternate Butt Kicks | <https://youtu.be/6eH_SHxQdJU>  |  |
| Lower-body Dynamic Stretches | Alternate Leg Kicks | <https://youtu.be/lOM_KuATD6c>  |  |
| Upper-body Dynamic Stretches | Arm Circles | <https://youtu.be/rmYwqigb-EE>  |  |
| Upper-body Dynamic Stretches | Neck Circles | <https://youtu.be/VRLjVZVMlZc>  |  |
| Upper-body Dynamic Stretches | Chest Expansions | <https://youtu.be/5G1iFDWDezU>  |  |
| Upper-body Dynamic Stretches | Shoulder Circles | <https://youtu.be/AxN5wo3X7aE>  |  |
| Upper-body Dynamic Stretches | Shoulder Internal/External Rotations | <https://youtu.be/N4SBY-Fpm-c>  |  |
| Upper-body Dynamic Stretches | Torso Rotations | <https://youtu.be/VL7W6BQq150>  | Beginner |
| **Resistance Training Exercises** | Upper Body Extensors (Chest/Triceps/Shoulders) | Wall Push-ups | <https://youtu.be/CobC0LNolTg>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Leg Bent Floor Dips | <https://youtu.be/vb-dIHODUPc>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Body-elevated Push-ups | <https://youtu.be/VvfTlJVBLWg>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Box Push-ups | <https://youtu.be/xQygP_XD46g>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Chest Squeeze | <https://youtu.be/QZbaDXTRVr0>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Triceps Wall-Extension | <https://youtu.be/_V0iBPUCNSA>  | Beginner |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Regular Push-ups | <https://youtu.be/S6uV6pDJYNw>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Narrow Grip Push-ups | <https://youtu.be/J0x0a-q5qxo>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Wide Grip Push-ups | <https://youtu.be/uQ2114D98rs>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Chair Dips | <https://youtu.be/FIWqFAWOB7s>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Spiderman Push-ups | <https://youtu.be/bc-_qZ2JmTM>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Frog Push-ups | <https://youtu.be/WkbI-evdsU4>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | X Push-ups | <https://youtu.be/8s_VgaJyDUc>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Dolphin Push-up | <https://youtu.be/Wj2qzy2W5cs>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Pike Shoulder Press | <https://youtu.be/8rxzNNLTE2I>  | Intermediate |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Bouncing Push-ups | <https://youtu.be/tZd46zoTERc>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Clapping Push-ups | <https://youtu.be/tDWg7Sbqhg0>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Diamond Push-ups | <https://youtu.be/g3iXd5DbfLk>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Feet-elevated Push-ups | <https://youtu.be/WCc-1ZiKtDw>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Mixed Grip Push-ups | <https://youtu.be/el8ynTvsjvc>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Horse Push-ups | <https://youtu.be/NjTbV6hNo-o>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Stretch Push-ups | <https://youtu.be/Afm82U3hiqM>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Side-to-Side Push-ups | <https://youtu.be/GC7nib22_NA>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Hindu Push-ups | <https://youtu.be/kJxSlmIzxiQ>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Elevated Pike Shoulder Press | <https://youtu.be/KCPDu_jYz4c>  | Advanced |
| Upper Body Extensors (Chest/Triceps/Shoulders) | Triceps Extension | <https://youtu.be/qeF8P8Ictl8>  | Advanced |
| Upper Body Flexors (Back and Biceps) | Towel Rows | <https://youtu.be/bLqkCd24f5M>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Bent Over Arm Raise | <https://youtu.be/ln0g2pXOacQ>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Towel Shrugs | <https://youtu.be/R1MdBJTQzp8>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Towel Lat Pull-downs | <https://youtu.be/iab2knXV1x4>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Towel Raises | <https://youtu.be/THbQu-BTsN4>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Scapular Push-ups | <https://youtu.be/QGsRSB6T4v0>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Rhomboid Pulls | <https://youtu.be/Rldr7r3UqRc>  | Beginner |
| Upper Body Flexors (Back and Biceps) | Towel Lat Pull-downs Behind Neck | <https://youtu.be/ZgX9mUUCKaY>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Door Frame Towel Rows | <https://youtu.be/L88Mn8Ff-RI>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Towel Curls | <https://youtu.be/CYhjCogWbYg>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Lying Lat-pull with Towel | <https://youtu.be/raKjKdQoYcI>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Plank Rows | <https://youtu.be/MPqDNOvRbgM>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Good Mornings | <https://youtu.be/e2K8ukJMjfg>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Lying Back Extension | <https://youtu.be/PFuz8UvYhzs>  | Intermediate |
| Upper Body Flexors (Back and Biceps) | Lying Lat-pull with Towel Behind Neck | <https://youtu.be/j9_BaQmY-C0>  | Advanced |
| Upper Body Flexors (Back and Biceps) | Auqaman | <https://youtu.be/U86NHbAptfc>  | Advanced |
| Upper Body Flexors (Back and Biceps) | Reverse Snow Angels | <https://youtu.be/_I0Tg7oj9IA>  | Advanced |
| Upper Body Flexors (Back and Biceps) | Reacher Rows | <https://youtu.be/CetcFdZKU7k>  | Advanced |
| Upper Body Flexors (Back and Biceps) | Wall Walk | <https://youtu.be/o1U0mpJ9hK8>  | Advanced |
| Upper Body Flexors (Back and Biceps) | One-arm Doorway Rows | <https://youtu.be/CSBNdFp-NFI>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Chair Squats | <https://youtu.be/CUngvhcpi2g>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Squats | <https://youtu.be/K7UlbfUEwxA>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Wall Sit | <https://youtu.be/-gAGxczhiNw>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Towel Deadlifts | <https://youtu.be/oWptVI5l0Zo>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Assisted Lunges | <https://youtu.be/Js3wRUjiLRw>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Glute Bridges | <https://youtu.be/GggHcmI8O2Q>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Donkey Kicks | <https://youtu.be/5Wd8tKv6VdM>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Fire Hydrants | <https://youtu.be/lNF1LH4bMSQ>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Calf Raises | <https://youtu.be/Pii1Lobh0Ig>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Hamstring Bridges | <https://youtu.be/tVsv999Oupo>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Reverse Calf Raises | <https://youtu.be/rYTubQJGeiw>  | Beginner |
| Lower Body (Thighs/Glutes/Hamstrings) | Lunges | <https://youtu.be/AICnIGfwxc4>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Static Lunges | <https://youtu.be/YPm_jcZP8FI>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-leg Deadlifts | <https://youtu.be/8XZblnPwDXw>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Chair Step Ups | <https://youtu.be/IHAztMtAD-4>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Hip Thrusts | <https://youtu.be/MFPn0zgkDDw>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Reverse Lunges | <https://youtu.be/xo3h-8Mi15w>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Side Lunges | <https://youtu.be/FD2-5A2DElI>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-leg Calf Raises | <https://youtu.be/vVTObF87QqQ>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Elevated Hamstrings Bridges | <https://youtu.be/iHplZByowE0>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-leg Reverse Calf Raises | <https://youtu.be/lSIbTCnm0cs>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Sumo Squats | <https://youtu.be/XK0IfjL3Nrs>  | Intermediate |
| Lower Body (Thighs/Glutes/Hamstrings) | Assisted Single Leg Squat | <https://youtu.be/Frb-ArbwkMs>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Single Leg Chair Squat | <https://youtu.be/quHDAoGiO0M>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Bulgarian Split Squat | <https://youtu.be/AYcOshuwyfE>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-leg Thrusts | <https://youtu.be/vf9bmtCbnhg>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-leg Hamstrings Bridge | <https://youtu.be/tZh90Vrt9b0>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Single-Leg Skater Squat | <https://youtu.be/yKEugKGjMWI>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Sissy Squat | <https://youtu.be/0IwKA_TjByM>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Elevated Single-leg Hamstrings Bridge | <https://youtu.be/jMpSE6aDd_A>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | In-Place Lunge | <https://youtu.be/FU7t1D4Qh8g>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Falling Tower | <https://youtu.be/sWd8M8539U8>  | Advanced |
| Lower Body (Thighs/Glutes/Hamstrings) | Single Leg Squat | <https://youtu.be/q7BfwtI3agw>  | Advanced |
| Core Abs and Lower Back | Curl-ups | <https://youtu.be/4KBwGXtl9A0>  | Beginner |
| Core Abs and Lower Back | Crunches with Arms across Chest | <https://youtu.be/jiQs_M8GO7s>  | Beginner |
| Core Abs and Lower Back | Russian Twists | <https://youtu.be/TMiLDsu2VYA>  | Beginner |
| Core Abs and Lower Back | Bird Dog | <https://youtu.be/ijvoENik77s>  | Beginner |
| Core Abs and Lower Back | Heel Touch | <https://youtu.be/_73c0a5_JRI>  | Beginner |
| Core Abs and Lower Back | Modified Abdominal Crunches | <https://youtu.be/Vq5LuEmD2Ws>  | Beginner |
| Core Abs and Lower Back | Plank Holds | <https://youtu.be/SFr0aHQ4wD8>  | Intermediate |
| Core Abs and Lower Back | Side Plank | <https://youtu.be/NdNoXp7_dVY>  | Intermediate |
| Core Abs and Lower Back | Leg Raises | <https://youtu.be/-sG0OgJOMfo>  | Intermediate |
| Core Abs and Lower Back | Crunches with Arms behind the Ears | <https://youtu.be/QHAD0hmsDug>  | Intermediate |
| Core Abs and Lower Back | Fifer Scissors | <https://youtu.be/DAzkrkXJihE>  | Intermediate |
| Core Abs and Lower Back | Cross Crunches | <https://youtu.be/kwwKo3qRnEM>  | Intermediate |
| Core Abs and Lower Back | Windshield Wiper with Legs Bent | <https://youtu.be/gQYoqYGAZNA>  | Intermediate |
| Core Abs and Lower Back | Toes Touch | <https://youtu.be/n58S-mDy69g>  | Intermediate |
| Core Abs and Lower Back | Raised Legs Crunches | <https://youtu.be/f3bLbx6rQZU>  | Intermediate |
| Core Abs and Lower Back | Hip Rock and Raise | <https://youtu.be/vO3ixNi3uGI>  | Intermediate |
| Core Abs and Lower Back | Heels to Heavens | <https://youtu.be/0QUIynup4IU>  | Intermediate |
| Core Abs and Lower Back | Straight-arm Plank | <https://youtu.be/LISobfg_w9Q>  | Intermediate |
| Core Abs and Lower Back | Inchworm | <https://youtu.be/tZqL115ryjQ>  | Intermediate |
| Core Abs and Lower Back | Bicycle Crunch | <https://youtu.be/6O9HO93a86A>  | Intermediate |
| Core Abs and Lower Back | V Sit-ups | <https://youtu.be/djZAcvSkKZk>  | Advanced |
| Core Abs and Lower Back | Oblique V-ups | <https://youtu.be/sldtHsj49dM>  | Advanced |
| Core Abs and Lower Back | V-up hold | <https://youtu.be/x64yhTWIzC8>  | Advanced |
| Core Abs and Lower Back | Helicopter | <https://youtu.be/27J4Ezn_dqM>  | Advanced |
| Core Abs and Lower Back | Flutter Kicks | <https://youtu.be/k9HFGqsyudQ>  | Advanced |
| Core Abs and Lower Back | Scissors | <https://youtu.be/_Z2QclNvuEE>  | Advanced |
| Core Abs and Lower Back | Cocoons | <https://youtu.be/Iz7lLCbSwOQ>  | Advanced |
| Core Abs and Lower Back | Plank Twists | <https://youtu.be/NBATvM3PR8g>  | Advanced |
| Core Abs and Lower Back | Windshield Wiper | <https://youtu.be/0kfh8WRc3KU>  | Advanced |
| Core Abs and Lower Back | Reverse Crunches | <https://youtu.be/viX5RDGAQOM>  | Advanced |
| Core Abs and Lower Back | Corkscrew | <https://youtu.be/sKLzLKdiRCw>  | Advanced |
| Core Abs and Lower Back | Tornado | <https://youtu.be/S-HbXyOlJrE>  | Advanced |
| **Cardiovascular Training Exercises** |  | Jumping Jacks | <https://youtu.be/Naa6M4XJC9E>  | Beginner |
|  | Seal Jacks | <https://youtu.be/JSAEnz-SJeU>  | Beginner |
|  | Cross-body Jumping Jack | <https://youtu.be/H6tbN-IsIyY>  | Beginner |
|  | Sprinter's Arm Swing | <https://youtu.be/gUh6Nqp07Es>  | Beginner |
|  | Skier's Arm Swing | <https://youtu.be/KGbHSlexFRM>  | Beginner |
|  | Slam | <https://youtu.be/kGxOJeJRJKQ>  | Beginner |
|  | Rotational Chop | <https://youtu.be/cLZGA8xt4aQ>  | Beginner |
|  | Diagonal Chop | <https://youtu.be/7EP4ZNJH2rI>  | Beginner |
|  | Power Skips | <https://youtu.be/EU7pmRpwHwM>  | Beginner |
|  | Butt Kicks | <https://youtu.be/a68PK5YkBk0>  | Beginner |
|  | Bear Crawl | <https://youtu.be/0YoVvmKDNXE>  | Beginner |
|  | Side Shuffles | <https://youtu.be/mR7XHFtGRvc>  | Beginner |
|  | High Knees | <https://youtu.be/3debAGgZOew>  | Beginner |
|  | Running in Place | <https://youtu.be/MZ5eFEflCZg>  | Beginner |
|  | Front to back Hops | <https://youtu.be/_bpQie3ie-A>  | Beginner |
|  | Side-to-side Hops | <https://youtu.be/-9k8oj4k_kw>  | Beginner |
|  | Punches | <https://youtu.be/fz-roxLBX7w>  | Beginner |
|  | Pogo Jumps | <https://youtu.be/fgUHS0ztLtQ>  | Beginner |
|  | Donkey Kicks | <https://youtu.be/5Wd8tKv6VdM>  | Beginner |
|  | Plank Jacks | <https://youtu.be/M4cN9E7mmnQ>  | Beginner |
|  | Skaters | <https://youtu.be/baZMBPoU-Dk>  | Intermediate |
|  | Mountain Climbers | <https://youtu.be/9SQon7YZxfs>  | Intermediate |
|  | Wide Mountain Climbers | <https://youtu.be/zx8R02Koh_s>  | Intermediate |
|  | Semi-circle Mountain Climbers | <https://youtu.be/2uHPbGLO3e8>  | Intermediate |
|  | Alternating Single-leg Pogo Jumps | <https://youtu.be/TkUFXQK-5mI>  | Intermediate |
|  | Plank Shoulder Taps | <https://youtu.be/_og3u12QrtU>  | Intermediate |
|  | Halo Slam | <https://youtu.be/nzGP1c4ydZQ>  | Intermediate |
|  | Low Rotational Chop | <https://youtu.be/QddnlagYgJI>  | Intermediate |
|  | Lateral 3-steps | <https://youtu.be/SJyg6YUn6aY>  | Intermediate |
|  | In-and-out Squat | <https://youtu.be/dF_Be7jnBjQ>  | Intermediate |
|  | Low Impact Burpee | <https://youtu.be/pXnEUvAphAE>  | Intermediate |
|  | Long Jump with Jog Back | <https://youtu.be/xs6_IUZA0Zo>  | Intermediate |
|  | High-Knee Run | <https://youtu.be/3debAGgZOew>  | Intermediate |
|  | Plank-to-knee tap | <https://youtu.be/FwH4jNStSVA>  | Intermediate |
|  | Alternating Fast Feet | <https://youtu.be/0t5zXha76UY>  | Intermediate |
|  | Karate Squat | <https://youtu.be/P6J30fxD54w>  | Intermediate |
|  | Super Skaters Jumps | <https://youtu.be/KDIbYb5pvQ0>  | Advanced |
|  | Tuck Jump | <https://youtu.be/fOrSxzMVvQw>  | Advanced |
|  | Double Fast Feet | <https://youtu.be/0WgBByk43f0>  | Advanced |
|  | Speed Walk-out | <https://youtu.be/E7B-ha5dymA>  | Advanced |
|  | Breaker Dance | <https://youtu.be/VE0ADEt3X3k>  | Advanced |
|  | Diagonal Mountain Climbers | <https://youtu.be/kiZoj5_YAhc>  | Advanced |
|  | Drop Squat Jump | <https://youtu.be/KVoYFdevrEA>  | Advanced |
|  | Sprinter Skip | <https://youtu.be/MVSRrXYoxdQ>  | Advanced |
|  | Rolling Squat Jump | <https://youtu.be/oZ6kVI8QnUM>  | Advanced |
|  | Single-leg hop | <https://youtu.be/qpSlB_SsNkw>  | Advanced |
|  | T-rotation | <https://youtu.be/y2D1dZBgfsg>  | Advanced |
|  | Crab Walk | <https://youtu.be/El6ZiTy_Sns>  | Advanced |
|  | Lunge jump | <https://youtu.be/UBLCFHkSf3s>  | Advanced |
|  | Squat Reach Jumps | <https://youtu.be/O7fNFWnVt-E>  | Advanced |
|  | Burpees | <https://youtu.be/a3XaaOZ_YCc>  | Advanced |
|  | Duck Walk | <https://youtu.be/WAwhDFCUTvU>  | Advanced |
| **Static Stretches** |  | Neck Stretch | <https://youtu.be/Uv-_jRf6m8o>  | All levels |
|  | Triceps Stretch | <https://youtu.be/ZH89PGmvljw>  | All levels |
|  | Side Stretch | <https://youtu.be/GKJceDzZhHg>  | All levels |
|  | Low-back Stretch (Cat Cow) | <https://youtu.be/esnLwzubM7g>  | All levels |
|  | Hamstring Stretch | <https://youtu.be/5bYT-Og-brs>  | All levels |
|  | Piriformis Stretch | <https://youtu.be/UomLBDyodCM>  | All levels |
|  | Extended Puppy Pose | <https://youtu.be/t2j35FDRxks>  | All levels |
|  | Chest Stretch | <https://youtu.be/P3CGwVEW4JQ>  | All levels |
|  | Biceps Stretch | <https://youtu.be/0rxZ7hACPCU>  | All levels |
|  | Abdominal Stretch | <https://youtu.be/B5_LJCP_ZfE>  | All levels |
|  | Glutes Stretch (Figure Four Stretch) | <https://youtu.be/Z2yOxVk81u4>  | All levels |
|  | Calf Stretch | <https://youtu.be/HunhXSnoVR4>  | All levels |
|  | Cross-body Shoulder Stretch | <https://youtu.be/V0JQ3Vi0DCw>  | All levels |
|  | Wrist Stretch | <https://youtu.be/j0ppGVBQ1jA>  | All levels |
|  | Reclined Spinal Twist | <https://youtu.be/F6-mXF0rBJg>  | All levels |
|  | Quadriceps Stretch | <https://youtu.be/SVEDHIX6d3U>  | All levels |
|  | Knee to Chest Stretch | <https://youtu.be/Gb-A-sBM5IQ>  | All levels |
|  | Lunging Hip Flexor Stretch | <https://youtu.be/wSCwA-8X844>  | All levels |
| **Neuromotor Exercises** |  | Seated Chair Lean | <https://youtu.be/Hun2NX-9ZRI>  | Beginner |
|  | Upright Stance with Variations | <https://youtu.be/C-c6wuluou4>  | Beginner |
|  | Walk forward, backward, and Side to Side | <https://youtu.be/WFDItdbPsaY>  | Beginner |
|  | Walk forward, backward, and Side to Side on Toes | <https://youtu.be/fn2q99HnCYk>  | Beginner |
|  | Upright Stance with Variations and Sway | <https://youtu.be/KNzv6wzHdZQ>  | Intermediate |
|  | Seated Chair Lean with Arm Movements | <https://youtu.be/dNZVhOXhkH4>  | Intermediate |
|  | Seated Chair Lean with Arm and leg Movements | <https://youtu.be/ekwsjd9jJFY>  | Intermediate |
|  | Tandem Walk Forward and Backward | <https://youtu.be/95V4OPRdXGU>  | Intermediate |
|  | Seated Chair Lean with Arm and leg Movements and Eyes Closed | <https://youtu.be/xYq91K0YCU0>  | Advanced |
|  | Upright Stance with Variations, Sway and Arm Movements | <https://youtu.be/MtzhEqLPpyM>  | Advanced |
|  | Upright Stance with Variations, Sway, Arm Movements, and Head Turning | <https://youtu.be/1lzw8l1x92E>  | Advanced |
|  | Tandem Walk Forward and Backward with Obstacles | <https://youtu.be/XNWLCeAX2Sk>  | Advanced |