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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 |