



Squat



Lunge



Calf Raises



Bicep Curl



Front Raise



Lateral Side Raise



Shoulder Press



Crunch



Shoulder Lift



Lat Dip



Push Up



Pelvic Bridge



Lower Abdominals



Lateral Abdominals

Power Plate Exercises

Robert A. Pollack,Lorraine Findlay,Walter Mondschein,R. Ronald Modesto



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