

Chest		Abdomen	
A001	Svend Press	A030	Lying Alternate Upper-half Leg Raise
A002	Kneeling Push-ups	A031	Half Roll Back
A003	Standing Straight-arm Chest Press With Resistance Band	A032	Kneeling Right-side Torso Twist Left-side Knee Raise And
A004	Small Dumbbell Floor Flies	A033	Abdominal Muscles Contract
A005	Chest Fly	A034	Kneeling Right Leg Backward Stretch
A006	Push-ups	A035	Kneeling Right Arm Raise
Back		Waist	
A007	Bent-over W-shape Stretch	A036	Shoulder Bridge
A008	Bent-over Y-shape Stretch	A037	Prone Press-ups
A009	Bent-over A-shape Stretch	A038	Bent-over Torso Rotation
A010	Squat With Arm Lift	A039	Lying Arm Pull
A011	Breaststroke Arm Pull	A040	Prone Press Up With Torso Rotation
A012	Prone Y-shape Stretch	A041	Breaststroke Push-ups
		A042	Sit-ups
Shoulder		Hip	
A013	Lateral Raise Forward Circles	A043	Side-lying Left Leg Forward Raise
A014	Lateral Raise Backward Circles	A044	Right Leg Reverse Lunge
A015	Lying Shoulder Joint Upward Round	A045	Kneeling Left Knee Lift
A016	Lying Shoulder Joint Downward Round	A046	Alternate Reverse Lunge
A017	Bare-handed Full Lateral Raise	A047	Side-lying Right Leg Backward Kick
A018	Bare-handed Cuban Press	A048	Left Leg Lunge With Knee Lift
A019	Fortune Cat	A049	Sumo Squat
Arm		Leg	
A020	Dumbbell Curls	A050	Straight Leg Calf Raise
A021	Alternate Dumbbell Curls	A051	Squat Jump
A022	Right-side Kettlebell Bent-over Row	A052	Squat With Alternate Knee Lift
A023	Wrist Joint Warm-up	A053	Standing Alternate Butt Kick
A024	Right-side Bent-over Tricep Extension With Resistance Band	A054	Knee Warm-up
A025	Bent-over Dumbbell Tricep Extension		
Neck		Whole body	
A026	Nod And Raise Head	A055	Butt Kicks
A027	Two-way Head Turn	A056	Jump Left and Right
A028	Shrug And Sink The Shoulders	A057	Jumping Jacks
A029	Four-way Nod Head	A058	High Knee
		A059	Clap Jacks
		A060	Run In Place With Arm Swing