

Cardio		
Boxing	Dance	Track
Heavy bag	Basic 1	Kick Ups (short)
Targets & heavy bag 1	Basic 2	Kick Ups (long)
Targets & heavy bag 2	WBB Basic	Run & Walk (short)
Targets & heavy bag 3	Intermediate 1	Run & Walk (medium)
Targets & heavy bag 4	Intermediate 2	Run & Walk (long)
Targets & heavy bag 5	WBB Intermediate	Run (short)
WBB Targets & heavy bag	Fast 1	Run (medium)
Targets 1	Fast 2	Run (long)
Targets 2	Fast 3	Run (very long)
Targets 3	Fast 4	Run, Knees & Kick Ups 1
Targets 4	WBB Fast	Run, Knees & Kick Ups 2
Random (short)	Fastest 1	Walk & Run (short)
Random (medium)	Fastest 2	Walk & Run (medium)
Random (long)	Random (basic)	Walk & Run (long)
	Random (intermediate)	Random (easy)
	Random (pro)	Random (medium)
		Random (hard)

Upper
Alternating Bicep Curls
Alternating Cross Knee Punches
Alternating Shoulder Presses
Alternating Triceps Kickbacks
Bent Over Rows with Triceps Kickbacks
Bent Over Rows
Bicep Curls with Shoulder Presses
Bicep Curl with Upright Rows
Front Shoulder Raises
Lateral Shoulder Raises
Standing Twists
Upright Rows

Lower
Alternating High Knee Reverse Lunges
Alternating Lunges
Alternating Side Lunges
Alternating Side Lunges with Toe Touches
Alternating Standing Knee Crunches
Jump Lunges
Jump Squats
Side to Side Jumps
Squat Holds
Squats
Squats with Calf Raises

Sports		
Basketball	Baseball	Tennis
Passing 1	Batting	Back Court
Passing 2	Catching	WBB Tennis
WBB Basketball	WBB Catching	Back Court & Front Court
Shooting	Catching & Batting	Back Court & Mid Court
Shooting & Passing 1	Catching & Pitching	Back, Front & Mid Court
Shooting & Passing 2	Pitch & Catch & Bat	Front Court
Shooting & Passing 3	Pitching	Front Court & Mid Court
Random (short)	Pitching & Batting	Random (short)
Random (medium)	Random (short)	Random (medium)
Random (long)	Random (medium)	Random (long)
	Random (long)	
Skating		Volleyball
Inline Skating		Bump & Set
WBB Inline Skating		WBB Bump & Set
		Bump, Set & Block
		Serve & Bump
		Serve, Bump & Set
		Serve, Bump, Set & Block
		Set & Block
		Random (short)
		Random (medium)
		Random (long)