GYM WORKOUT EXERCISES

CHEST

The FLYUP

Start in pushup position with a FLYUP in each hand, palms facing inward. Slide your hands away from each other and lower your chest to the ground while keeping elbows slightly bent. When your chest is about four inches from the ground, slide your hands back together under your chest.
MODIFICATIONS: Can be done on knees or toes. Can be done with a FLYUP in just one hand for more control. Can be done with your feet elevated on a chair.
MUSCLES: Targets the chest and core

Combo Fly

Start in pushup position with a FLYUP in your left hand and left foot. Lower your body to the ground by simultaneously sliding your left hand away from your right hand and your left foot away from your right foot. Return to starting position by sliding your hand and foot back to center.
MODIFICATIONS: Can be done on your toes and palms or on your knees and elbows.
MUSCLES: Targets the chest, glutes and obductor

Spiderman Pushup

Start in pushup position with a FLYUP under each foot. Lower your body to the ground by bending your elbows while simultaneously bringing your left knee toward your left elbow. Raise your body to pushup position and return your left foot to starting position. Repeat in alternating manner.
MODIFICATIONS: Can be done as a Spiderman crawl by walking a hand forward after each pushup.
MUSCLES: Targets obliques and chest

Pushup Crunch

Start in pushup position with a FLYUP on the right hand and left foot. Lower body to the ground by sliding right hand away from body until chest is about four inches from the ground. Then, simultaneously bring the left knee and right hand together as you raise you body back to pushup position. Switch sides and repeat.
MODIFICATIONS: None
MUSCLES: Targets the core and chest

Butts-up Pushup

Start in pushup position with the FLYUPs on your toes. Lower your body to the ground by bending your elbows. When chest is about four inches from the ground, slide your foot toward your hands and straighten your elbows by leading with your butt into the air. Return you body back to pushup position. Switch sides and repeat.
MODIFICATIONS: Can be done as a butts-up movement only without the pushup by keeping elbows straight.
MUSCLES: Targets the chest, core and glutes

Superman Pushup

Start in pushup position with a FLYUP in each hand facing forward. Lower your chest to the ground by bending your right elbow and sliding your left hand away from your body until your chest is four inches from the ground. Return to starting position by straightening your right arm. Repeat in an alternating manner.
MODIFICATIONS: Can be done on knees or toes. Can be done with your toes elevated on a chair.
MUSCLES: Targets the chest and shoulders

Upper Chest Fly

Start in pushup position with FLYUPs in both hands. Lower your chest to the ground by sliding your hands at a 45-degree angle up and away from your chest while keeping your arms slightly bent. Return to starting position by sliding your arms back to center.
MODIFICATIONS: Can be done on your knees or toes. Can be done with a FLYUP in only one hand for more control.
MUSCLES: Targets the upper chest

Lower Chest Fly

Start in pushup position with FLYUPs in both hands. Lower your chest to the ground by sliding your hands at a 45-degree angle up and away from your chest while keeping your arms slightly bent. Return to starting position by sliding your arms back to center.
MODIFICATIONS: Can be done on your knees or toes. Can be done with a FLYUP in only one hand for more control.
MUSCLES: Targets the lower chest

Rotating Pushups

Start in pushup position with a FLYUP in each hand facing forward. Slowly lower your body while rotating pinky fingers down until your palms are facing each other and your chest is four inches from the ground. Push back to starting position while rotating your pinky fingers outward.
MODIFICATIONS: Can be done on your knees or toes. Can be done with your toes on a chair. Can be done wide or narrow grip.
MUSCLES: Targets the chest

Opposing Pushups

Start in pushup position with a FLYUP in each hand. Move your right hand slightly above your shoulder and your left hand slightly below your shoulder and do a pushup. Simultaneously slide the left hand above the shoulder and the right hand below the shoulder and do a pushup in an alternating manner.
MODIFICATIONS: Can be done on your knees or toes. Can be done with your toes elevated on a chair.
MUSCLES: Targets the chest

Shoulder Circles

Start in pushup position with a FLYUP in each hand. While supporting your body weight, simultaneously rotate your left and right hand in a circular motion. Rise to, wave off.
MODIFICATIONS: Can be done with inward or outward circles. Can be done with a FLYUP in only one hand for more control.
MUSCLES: Targets the shoulders

Alternating Punch

Start at the mid-point of pushup position with the FLYUP in both hands facing forward. Without moving your upper body, slide your hands away from your toes and then back under your chest in an alternating punch movement.
MODIFICATIONS: Can be done on your knees or toes. Can be done with one a FLYUP in only one hand for more control.
MUSCLES: Targets the shoulders

SHOULDERS & BACK

Deep Arm Circle

Start in pushup position with the FLYUP in your left hand facing forward. Lower your body by bending your right elbow and extending your left arm in a large circular motion all the way around to return to starting position. Switch sides and repeat.
MODIFICATIONS: Can be done on knees or toes.
MUSCLES: Targets the shoulders and back

Flying Angel

Lay face down on the ground with your legs against the floor and your toes off the floor by supporting your weight with your hands. Hold a FLYUP in each hand, and move your hands up and down at your sides in a jumping jack motion.
MODIFICATIONS: Can be done one side at a time.
MUSCLES: Targets the shoulders and back

Fish Out of Water

Lay on the ground flat on your stomach with your hands above your head holding a FLYUP in each hand. Keeping your legs in place and your arms straight, bend at your torso sliding side to side in an arc motion.
MODIFICATIONS: None
MUSCLES: Targets the back, obliques and core

Forward Crawl

Start in pushup position with the FLYUP under each foot. Keeping your legs and back straight, pull yourself forward across the floor using your hands.
MODIFICATIONS: Can be done on knees or toes.
MUSCLES: Targets shoulders, core and back

Backward Crawl

Start in pushup position with the FLYUP under each foot. Keeping your legs and back straight, push yourself backward across the floor using your hands.
MODIFICATIONS: Can be done on knees or toes.
MUSCLES: Targets the shoulders, core and chest

Frog Swim

Start on your knees with a FLYUP in each hand extended in front of you so your chest is about four inches of the ground. Slide your hands away from each other in an arc motion until your hands are extended at your sides. Slide your hands back underneath you in a fly motion and return to starting position.
MODIFICATIONS: Can be done with a FLYUP in only one hand for more control.
MUSCLES: Targets the shoulders, chest and core

ABDOMINALS & OBLIQUES

Ab Rollout

Start with knees on the floor and hands on the FLYUPs facing forward. Slide FLYUPs away from feet until your chest is about four inches from the ground. Bring FLYUPs back to starting position using your core strength.
MODIFICATIONS: Can be done on your knees or toes.
MUSCLES: Targets the core

Butterfly Ab Rollout

Start with knees on the floor and hands on the FLYUPs under your chest facing forward. Simultaneously slide your FLYUPs in an arc motion at your sides while sliding the FLYUP away from feet until your chest is about four inches from the ground. Slide FLYUPs back toward your feet to return to starting position.
MODIFICATIONS: Can be done on your knees or toes.
MUSCLES: Targets the core and shoulders

Knees to Chest

Start in pushup position with the FLYUPs on both feet. Without bending your arms, slide your knees to your chest and return to starting position.
MODIFICATIONS: Can be done with the FLYUP on your knees.
MUSCLES: Targets the core

Knees to Elbow

Start in pushup position with the FLYUPs on both feet. Without bending your arms, slide your knees to your left elbow and return to starting position. Repeat in an alternating manner.
MODIFICATIONS: Can be done one side at a time.
MUSCLES: Targets the obliques

Hand to Foot

Start in pushup position with a FLYUP on right hand and left foot. Simultaneously bring the left foot and right hand together as you keep your hand and torso in place. Return to starting position. Switch sides and repeat.
MODIFICATIONS: None
MUSCLES: Targets the core

L-Sit

Sit on the ground with your legs straight out in front of you with your hands on the FLYUPs. With your hands on the ground at your sides, lift your butt off the ground and slide your hands as far away from you as you can by lifting your hips. Return to starting position by slowly lowering hips.
MODIFICATIONS: None
MUSCLES: Targets the core

Mountain Climbers

Start on the ground in pushup position with the FLYUPs under each foot. Slide your right knee to your chest. Return the right foot to the starting position while simultaneously sliding the left knee to the chest. Repeat in an alternating manner.
MODIFICATIONS: Can be done with your hands on a chair or plate form to make the movement easier.
MUSCLES: Targets the core

Kick Twist

Start in pushup position with your right foot on a FLYUP. Bend your knee up to your chest then move inward, sliding the FLYUP underneath the left leg while rotating at your waist. Return to starting position. Repeat in an alternating manner.
MODIFICATIONS: Can be done one side at a time.
MUSCLES: Targets the core and obliques

Inchworm Crawl

Start in pushup position with both feet on a FLYUP. Raise your butt to the ceiling by sliding your feet toward your hands so far as you can go while contracting your core. Walk your hands forward to return to pushup position. Repeat moving across the floor similar to an inchworm.
MODIFICATIONS: None
MUSCLES: Targets the glutes and core

Side Slide

Start by laying on your right side with a FLYUP in your right hand extended out on the floor. While keeping your legs and hip still, slide your right hand toward your right hip while bending at your waist. Return to starting position by slowly sliding your hand away from your hip. Switch sides and repeat.
MODIFICATIONS: None
MUSCLES: Targets the shoulders and obliques

Plank Oblique Twist

Start in pushup position with a FLYUP in both hands. Slide the FLYUP inward toward your left hip bending at your waist while keeping your left arm straight. Return to starting position and alternate sides.
MODIFICATIONS: Can be done on your knees or toes.
MUSCLES: Targets the oblique and core

BICEPS & TRICEPS

Close Grip Pushup

Start in pushup position with both hands on the FLYUPs facing forward. Put your hands close together under your chest so that the sides of the FLYUPs are touching. Lower your chest toward your hands by bending at the elbows and return to starting position.
MODIFICATIONS: Can be done on your knees or toes. Can be done with your feet elevated on a chair.
MUSCLES: Targets the triceps and chest

Bicep Extension

Start in wide grip pushup position with the FLYUPs in each hand with your palms facing inward. Keep your legs and back straight and aligned. Bend only at your elbows by sliding the FLYUP in and out without moving or lowering the rest of your body.
MODIFICATIONS: Can be done on your knees or toes. Can be done with a FLYUP in just one hand for more control.
MUSCLES: Targets the biceps and core

LEGS

Backward Lunge

Start by standing up with a FLYUP under your left foot with your heel hanging off the back. Slide your left foot backward as you lower your body by bending both knees. Do not allow your knee to touch the ground as your slide backward. Return to starting position by straightening your legs.
MODIFICATIONS: None
MUSCLES: Targets the quads and glutes

Forward Lunge

Start by standing up with a FLYUP under your left foot with your heel hanging off the back. Slide your left foot forward as you lower your body by bending both knees. Do not allow your knee to touch the ground as your slide forward. Return to starting position by straightening your legs.
MODIFICATIONS: None
MUSCLES: Targets the quads and glutes

Double Lunge

Start with a FLYUP under each foot shoulder with apart. Simultaneously slide your right foot forward and your left foot backward in a standard lunge motion while maintain controlled movement. Return to starting position and alternate legs.
MODIFICATIONS: None
MUSCLES: Targets the quads and glutes

Pendulum Lunges

Start with the feet shoulder width apart with the FLYUP underneath the left foot. Slide the left foot forward in a forward lunge motion and return to starting position. Then, slide the left foot backward in a backward lunge motion and return to starting position. Switch sides and repeat.
MODIFICATIONS: None
MUSCLES: Targets the quads and glutes

Leg Curl

Lay on your back with your heels on the FLYUPs. Slide your heels toward your butt by bending at the knees as you tighten your glutes. Return to starting position by lowering your legs.
MODIFICATIONS: Can be done with a stationary leg on the ground to make it easier. Can be done with one leg in the air to make it more difficult.
MUSCLES: Targets the hamstrings, glutes and core

Forward Sled Push

Start in pushup position with a FLYUP on each hand with your knuckles facing forward. Drive your body forward by pushing with your legs across the floor while keeping your arms straight.
MODIFICATIONS: None
MUSCLES: Targets the quads and core

Backward Sled Push

Start in pushup position with a FLYUP on each hand with your knuckles facing forward. Drive your body backward by pulling with your legs across the floor while keeping your arms straight.
MODIFICATIONS: None
MUSCLES: Targets the hamstrings and core

Calf Lifts

Start in pushup position with a FLYUP under each foot. Keep your body as still as possible while bending just at your ankles sliding the FLYUP up and down.
MODIFICATIONS: Can be done on elbows or palms.
MUSCLES: Targets the calves

Side Squat

Start with a FLYUP under your left foot shoulder width apart. Lower your hips toward the ground by bending at your right knee and sliding your left foot away from the right while keeping your left leg straight. Push with your right foot to return to center.
MODIFICATIONS: None
MUSCLES: Targets the quads and glutes

GLUTES & ABDUCTORS

Frog Leg

Start in plank position with elbows on the floor and a FLYUP under both feet. Slide your right foot up and around in a large circular motion to return to starting position. Repeat in an alternating manner.
MODIFICATIONS: Can be done one side at a time. Can be done on elbows or hands.
MUSCLES: Targets the glutes, obductors and core

Double Frog Leg

Start in plank position with elbows on the floor and a FLYUP under both feet. Slide both feet towards your chest, then away from each other and back to starting position in a large circular motion.
MODIFICATIONS: Can be done on elbows or hands.
MUSCLES: Targets the glutes, obductors and core

Plank Pendulums

Start in pushup position with a FLYUP under each foot. Without bending your knees, slide the right foot away from the left foot. Then return to center and slide the left foot away from the right foot and repeat.
MODIFICATIONS: Can be done one side at a time.
MUSCLES: Targets the glutes, obductors, and obliques

Plank Jacks

Start in plank position with a FLYUP under each foot. Hold your upper body still while sliding your feet away from each other and back to center in a jumping jack motion.
MODIFICATIONS: Can be done on elbows or hands.
MUSCLES: Targets the obductors and glutes

Front Pendulums

Start by sitting on the ground with your feet straight out in front of you with a FLYUP under each foot. Lift your butt off the ground so that you are supported by your hands and heels. Slide your right foot to the side as far as you can go then return to center. Switch sides in an alternating manner.
MODIFICATIONS: Can be done with your butt on the ground and your knees slightly bent.
MUSCLES: Targets the core and obductors

Scissor Slide

Start by sitting on your butt with your hands at your hips on the ground. Stretch your feet straight out in front of you with a FLYUP under each foot. Lift your butt off the ground so that you are supported by your hands and heels. Slide your feet away from each other and back together.
MODIFICATIONS: Can be done with your butt on the ground and your knees slightly bent.
MUSCLES: Targets the core and obductors

Hip Rotators

Stand with a FLYUP under your right foot. Without bending your knee, slide your right foot in a semi-circle from 12 oclock to 6 oclock and back again. Switch sides and repeat.
MODIFICATIONS: None
MUSCLES: Targets loosening of the hip flexors and groin

Heels to Butt

Sit flat on the ground with your legs out in front of you and a FLYUP under each heel. With your palms at your side, lift your butt off the ground. Slide your heels toward your butt as far as you can go and extend back to the starting position.
MODIFICATIONS: None
MUSCLES: Targets the hamstrings and core