Mountain View Exercise List

1,2,3,4 planks Mountain Climbers

Pushups Curlups

CrossFit Curlups Hand Release Pushups

Plank Jacks Bell Jumps

Ski Jumps Locomotives

Super Slow Squats Jumping Jacks

Knees Up Jumps V Sit

Hover Plank

Trojan Pushups Jump Rope

Low Jacks Superman

Log Jumps Mummy Kicks

Lunges “Floppies”

Front Jacks Fly Jacks

Lunge Jacks