

<b>Beginners</b> - Mini resistance bands optional - Chair optional - 10-30 reps - Modified range of motion or exclusion of exercise	<b>Intermediate</b> - Low to high rated mini resistance bands - Chair - 20-40 reps unmodified - Modified to full range of motion - Attempt challenges - Complete workout for time	<b>Advanced</b> - Chair (lower and wobble) - High rated mini resistance bands - 30-50 reps (100 for elite gasper workouts) - Full range of motion - Complete challenges - Complete workout for time (elite = increasing reps)
WARM UP		
BANDS ON FOREARM		BANDS ON FOREARM
REAR STRAIGHT ARM EXTENSION 10 left then 10 right 10 both	REAR STRAIGHT ARM EXTENSION 20 left then 20 right 20 both	REAR STRAIGHT ARM EXTENSION 30 left then 30 right 30 both
SUMO SQUAT Arms to chest 10	SUMO SQUAT Arms partial stretch 20	SUMO SQUAT Arms straight full resistance width 30
REAR TRICEP EXTENSION 10	REAR TRICEP EXTENSION 20	REAR TRICEP EXTENSION Touch posterior deltoid 30
Squat Sit to chair 10	Prisoner Squat Consider chair 20	Prisoner Squat Low chair or to core bag 30
BANDS OFF		BANDS OFF
60 arm circles (rockmelon size) Forward the back (or reps per 60 secs)	80 arm circles (rockmelon size) Forward the back (or reps per 60 secs)	100 arm circles (rockmelon size) Forward the back (or reps per 60 secs)
BANDS ON MID THIGH		BANDS ON MID THIGH
Lay Press-up Walk-out pike legs optional	Push-up Jack Legs 20	Push-up Jack Legs 30
Double Abs Hands on floor 10-20	Double Abs Drop hands to floor 30	Double Abs 50
CHALLENGE 10 V-sit		CHALLENGE 20 V-sit
Thrusters Or straight arm plank for 10 seconds	Thrusters As many knee to tricep as possible 30	Thrusters Knee to tricep 50
Thrusters Or drop to elbow plank for 20 seconds	Oblique Thrusters As many thigh to tricep as possible 30	Oblique Thrusters Opposite thigh to tricep 30

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Toe Touches (slide reach) 10-20	Toe Touches 30	Toe Touches 50
Table Top abs (slide reach) 10-20	Table Top Abs 30	Table Top Abs 50
	CHALLENGE 20 Laying Corkscrew	CHALLENGE 30 Laying Corkscrew
	GRAB CHAIR	GRAB CHAIR
Single Leg Extension 10 Left 10 Right	Single Leg Extension 20 Left 20 Right	Single Leg Extension 30 Left 30 Right
Hip Raises 20	Hip Raises 30	Hip Raises 40
Push up Hands on chair 10	Push Up Chair Optional 20-30	Push Up Toes on chair 30
	CLEAR THE CHAIR	
Bent Leg Raise 10 Left 10 Right	Bent Leg Raise 20 Left 20 Right	Crouching Bent Leg Raise 20 Left 20 Right
CHALLENGE 10 Walking Leg Jacks	CHALLENGE 20 Hip Hops	CHALLENGE 30 Hip Hops
Straight Arm Jack Legs Jump or Walk 10	Prone Jack Legs 30	Prone Jack Legs 40
Hands Down Bum shuffle 10	Sit Kicks 20	Sit Kicks 30
Squat walk forward, walk back 30	Bunny Hops 40	Bunny Hops 50
Rear Lunge 20	Squat Hold Lunge 30	Squat Hold Lunge 40
SKATERS	MINUTE	CHALLENGE 100
BICYCLE ABS	MINUTE	CHALLENGE 100

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STRETCH		