**Core**

* **Jumping Jacks**

The fundamental reason why jumping jacks are of benefit is that it boosts your heart rate. An increased heart rate causes the body to burn more calories and burn fat which results in weight loss. By breathing deeply while performing jumping jacks, blood circulation is improved and oxygenates your blood and muscles.

* **Crunches**

Crunches help improve your balance by strengthening your abdominal muscles. Strong core muscles improve your posture, which helps you function efficiently in everyday life and in sporting events. A healthy posture also helps prevent lower back pain and muscle injury.

* **Squat Jumps**

Squat jumps help tone the calves, glutes, hamstrings, core, and quadriceps.

* **Plank**

The plank is one of the best exercises for core conditioning, but it also works your glutes and hamstrings, supports proper posture, and improves balance.

* **Burpees**

The burpee is a full body strength training exercise and the ultimate example of functional fitness. With every rep, you'll work your arms, chest, quads, glutes, hamstrings, and abs

* **Bicycle Crunches**

The bicycle crunch is an excellent core workout, and brings all kinds of abdominal muscles into play, including the hard to target obliques (side ab muscles). Along with your abs, your thighs and glutes are engaged in the movement.