

U-Fit Exercise Links

SM= Smith Machine, BB= Barbells, DB= Dumbbells

Lower Body

<u>Abductor</u>	https://www.youtube.com/watch?v=pvnR8CDb4BU https://www.youtube.com/watch?v=Ew2O4JXC2bM
<u>Adductor</u>	https://www.youtube.com/watch?v=UKaczcaZKuk https://www.youtube.com/watch?v=k72ryWRasAs
<u>Alt Lunge Jumps</u>	https://www.youtube.com/watch?v=9az9kvUvs-M
<u>Back Leg Raises</u>	https://www.youtube.com/watch?v=6mEJKGxno98 https://www.youtube.com/watch?v=finUiMcmwd4
<u>BB Squat</u>	https://www.youtube.com/watch?v=me4aBsvMw8c
<u>Box/Chair Squat</u>	https://www.youtube.com/watch?v=b16BlzVMo8Q
<u>Single Leg w/Weight</u>	https://www.youtube.com/watch?v=llzIVsvwx3c
<u>Bulgarian Split Squat</u>	https://www.youtube.com/watch?v=RCWkvwz7DoU
<u>Cable Front Leg Raise</u>	https://www.youtube.com/watch?v=finUiMcmwd4
<u>Cable Side Leg Raise</u>	https://www.youtube.com/watch?v=GB6XMRYhaF8
<u>Calf Press</u>	https://www.youtube.com/watch?v=hXdB-qariQ4
<u>Calf Raises</u>	https://www.youtube.com/watch?v=x9q0aScsabs
<u>DB Lunges</u>	https://www.youtube.com/watch?v=B-iT8nRR1o0
<u>DB Squat Jump</u>	https://www.youtube.com/watch?v=Kux0656MQjU&nohtml5
<u>Frog Squats</u>	https://www.youtube.com/watch?v=YtCiSXTf_1k&nohtml5 https://www.youtube.com/watch?v=ophb_b2PU4w
<u>Front Squat</u>	https://www.youtube.com/watch?v=MJao9o7ROs0
<u>Glute Kickback</u>	https://www.youtube.com/watch?v=ScSt4VABGEE
<u>Goblet Squat</u>	https://www.youtube.com/watch?v=9TOIFFKzW00 https://www.youtube.com/watch?v=zhMlfzDmrOI
<u>Kettlebell Swing</u>	https://www.youtube.com/watch?v=nNssElwHgCA

<u>Leg Curl</u>	https://www.youtube.com/watch?v=2iavt5boQwM
<u>Leg Extension</u>	https://www.youtube.com/watch?v=EaRTRMUp7vk
<u>Leg Press Calf Raise</u>	https://www.youtube.com/watch?v=ul-zHYye90c
<u>Lunge</u>	https://www.youtube.com/watch?v=COKYKgQ8KR0
<u>Lunge with Kick</u>	https://www.youtube.com/watch?v=0_bTYQCxgMg
<u>Lying Single Leg Curl</u>	https://www.youtube.com/watch?v=AbL9ys1v_hY
<u>Plie Heel Lift</u>	https://www.youtube.com/watch?v=HJ6TD4XPw38
<u>Plie Squat Crossover</u>	https://www.youtube.com/watch?v=o8Bu0iNG8rc
<u>Plie Squat</u>	https://www.youtube.com/watch?v=t--6lBTEDgc
<u>RDL</u>	https://www.youtube.com/watch?v=mRPHDWS8psE
<u>1 Leg RDL</u>	https://www.youtube.com/watch?v=mhbiVNAtpvs
	https://www.youtube.com/watch?v=aWzZHQoxRFk
<u>Reverse Lunge</u>	https://www.youtube.com/watch?v=a1ip81otoI4
<u>Reverse Lunge Touch Jump</u>	https://www.youtube.com/watch?v=y0YFYpS5MFs
<u>Side Leg Raises with Band</u>	https://www.youtube.com/watch?v=Zna43VLKYDk
<u>Side Lunge with Band</u>	https://www.youtube.com/watch?v=PNJfuOwdrNO
<u>Side Lying Leg Lift</u>	https://www.youtube.com/watch?v=jgh6sGwtTwk
<u>Side to Side Plie Squat</u>	https://www.youtube.com/watch?v=nKNBPF4R9xg
<u>Single Leg Glute Bridge</u>	https://www.youtube.com/watch?v=tpIthH1rHw
	https://www.youtube.com/watch?v=m4kitfSSdA4
<u>SM Lunge</u>	https://www.youtube.com/watch?v=MZF1JD6O9cg
<u>Split Squat</u>	https://www.youtube.com/watch?v=v4rYITneNnk
<u>Squat</u>	https://www.youtube.com/watch?v=ky1NabcKkNY
<u>Squat Ham Raise</u>	https://www.youtube.com/watch?v=iaSf9DY_SmE
	https://www.youtube.com/watch?v=HuLtOlxCxqo
<u>Squat Jacks</u>	https://www.youtube.com/watch?v=QrAgbBC-SOM
	https://www.youtube.com/watch?v=SoEsQGMSIU5
<u>Squat Jump (without weights)</u>	https://www.youtube.com/watch?v=CVaEhXotL7M

	https://www.youtube.com/watch?v=s0tQo3NAimM
Stability Ball Wall Sit	https://www.youtube.com/watch?v=01wrkftnSwA
	https://www.youtube.com/watch?v=l4TM2Js-Adg
Step Back Lunge Kick	https://www.youtube.com/watch?v=AJ9ML_Rhyzo
Step Back Lunge	https://www.youtube.com/watch?v=AG61XsJI4W4
Step Ups	https://www.youtube.com/watch?v=nAI0t57yPD4
	https://www.youtube.com/watch?v=Tjz3TbJw1zA
Walking Side Squat	https://www.youtube.com/watch?v=3gpQbZzo0gU
w/ Band	https://www.youtube.com/watch?v=CyexXVt1B9o
Wall Sit	https://www.youtube.com/watch?v=y-wV4Venusw
	https://www.youtube.com/watch?v=UrfQwmLjdaQ
1 Leg Squat	https://www.youtube.com/watch?v=HWDa1iNKjsQ

Arms

Alt DB Curl	https://www.youtube.com/watch?v=P2D0ml7ms18
Alt Incline DB Curl	https://www.youtube.com/watch?v=qocVsGxuRzo
Arnold Press	https://www.youtube.com/watch?v=uM0pCmqCrys
BB Curl	https://www.youtube.com/watch?v=uO_CNYidOw0
	https://www.youtube.com/watch?v=rNdFUNmNkYU
Bench Dips	https://www.youtube.com/watch?v=0326dy_-CzM
Cable Curls	https://www.youtube.com/watch?v=KkXcKk_0EQ
Cable Straight Arm Pushdown	https://www.youtube.com/watch?v=qAaDpVjequU
Cable Tricep Overhead Extension	https://www.youtube.com/watch?v=q_3N000rhgg
Cable Tricep Pushdown	https://www.youtube.com/watch?v=DtiZZzXAfkE
Chin Up	https://www.youtube.com/watch?v=Wd1xS8U3YLo
Close Grip BB Curl	https://www.youtube.com/watch?v=o74HeVd6Blw
Concentration Curls	https://www.youtube.com/watch?v=ZcU2hN76UyA

	https://www.youtube.com/watch?v=ggY0AJQSS2s
Cross Body Hammer Curl	https://www.youtube.com/watch?v=Ffu_PTz2KX0
DB Tricep Extension	https://www.youtube.com/watch?v=8YDnvWkuN6k
Delt Press	https://www.youtube.com/watch?v=yXqr03WQrXQ
Elevated Push Up	https://www.youtube.com/watch?v=QZN2PcBFAwg
Hammer Curl	https://www.youtube.com/watch?v=T54umm0IPe4
Push Up	https://www.youtube.com/watch?v=XaSgtoazvZQ
Modified Push Up	https://www.youtube.com/watch?v=7DLR-Pb-3ls
Renegade Row	https://www.youtube.com/watch?v=9oUJxP1J_f8
Alt Renegade Row	https://www.youtube.com/watch?v=3FjPUEF2UJA
Reverse Cable Curl	https://www.youtube.com/watch?v=IZix3P2BY4
Skullcrusher	https://www.youtube.com/watch?v=Kr1zb_QG3nw
SM Tricep Bench Press	https://www.youtube.com/watch?v=rbcQplgdvMk
Tricep Dips	https://www.youtube.com/watch?v=0326dy_-CzM
Tricep Extension	https://www.youtube.com/watch?v=qkZBtEHUjfw
Tricep Kickback	https://www.youtube.com/watch?v=ntg8mLQDG0Y
	https://www.youtube.com/watch?v=fp6qQz5s2KI
Tricep Overhead Cable Extension	https://www.youtube.com/watch?v=hS82Wlo6700
1 Arm DB Preacher Curl	https://www.youtube.com/watch?v=WK5yZMlgMb4
21s	https://www.youtube.com/watch?v=8YzaAwkjrM4

Shoulders

Arnold Press	https://www.youtube.com/watch?v=odhXwoS3mDA
BB Shoulder Press	https://www.youtube.com/watch?v=nhIDkyF4Rvo
DB Shoulder Press	https://www.youtube.com/watch?v=xki7GWLbdhl
Rear Delt Fly	https://www.youtube.com/watch?v=EA7u4Q_8HQ0
Shoulder Press	https://www.youtube.com/watch?v=qEwKCR5JCog

<u>Side Lateral Raise</u>	https://www.youtube.com/watch?v=GgEBmdu1ZXA
<u>Side/Front Lateral Raise</u>	https://www.youtube.com/watch?v=icLkanKnr0w
<u>Y Shoulder Press</u>	https://www.youtube.com/watch?v=eLN5jPyy1Zs

Back

<u>Bent Over DB Row</u>	https://www.youtube.com/watch?v=pYcpY20QaE8
<u>Superman</u>	https://www.youtube.com/watch?v=z6PJMT2y8GQ
<u>Resistance Band Upright Row</u>	https://www.youtube.com/watch?v=bfzI23II0i8
<u>Upright Wide Grip Row</u>	https://www.youtube.com/watch?v=m7vXvMoDYB4
<u>1 Arm DB Row</u>	https://www.youtube.com/watch?v=BvqjGjY5WkK

Chest

<u>BB Bench Press</u>	https://www.youtube.com/watch?v=VHk2yHVFSp0
<u>Chest Flys</u>	https://www.youtube.com/watch?v=nXXrXVwcCno
<u>DB Bench Press</u>	https://www.youtube.com/watch?v=VmB1G1K7v94
<u>Incline DB Chest Press</u>	https://www.youtube.com/watch?v=ac-X7bLXtjl
<u>T Push-up-</u>	https://www.youtube.com/watch?v=1-llv1xLq2M
<u>1 Arm Bench Press</u>	https://www.youtube.com/watch?v=wL-ljQ9tHr4

Total Body/Compound Exercises

<u>Burpee (with variations)</u>	https://www.youtube.com/watch?v=_4wtBbYydlE
<u>Bosu Get Ups</u>	https://www.youtube.com/watch?v=CEKW-73f1w4
<u>Bosu Step-Overs</u>	https://www.youtube.com/watch?v=fF9KyBh6w6Q
<u>Cable Squat Row</u>	https://www.youtube.com/watch?v=WNmE5PqDze4
<u>DB Curl to OH Press</u>	https://www.youtube.com/watch?v=mXZkDcuA7zA
<u>Dive Bombers</u>	https://www.youtube.com/watch?v=U87gigSOgqs
<u>Kettlebell Swing</u>	https://www.youtube.com/watch?v=OopKTfLiz48

<u>Mountain Climbers</u>	https://www.youtube.com/watch?v=nmwgirkXLYM
<u>Mountain Climber Push-Ups</u>	https://www.youtube.com/watch?v=1jp8rX7g5Cg
<u>Renegade Row</u>	https://www.youtube.com/watch?v=YHN0SGa-68Q
<u>Squat Thrusts</u>	https://www.youtube.com/watch?v=fysU2ldIXSY
<u>Warrior 3</u>	https://www.youtube.com/watch?v=pfeXk0m7rxQ

Core

<u>Ab Roller</u>	https://www.youtube.com/watch?v=Q5MT5omGNJI
<u>w/ Swiss Ball</u>	https://www.youtube.com/watch?v=ynfiwJBm748
<u>Ab Walkout</u>	https://www.youtube.com/watch?v=BNF4vEE8oxw
<u>Alternating Leg Lifts</u>	https://www.youtube.com/watch?v=LhbEEzpO9sU
<u>Bird Dogs</u>	https://www.youtube.com/watch?v=wiFNA3sqjCA
<u>Cable Crunch</u>	https://www.youtube.com/watch?v=6U0TZSKasr8
<u>Cable Rotations</u>	https://www.youtube.com/watch?v=IBsKxP2Qstw
<u>Cable Side Bend</u>	https://www.youtube.com/watch?v=0XShdIT32QM
<u>DB Toe Touch</u>	https://www.youtube.com/watch?v=kYa0s_Oo7oc
<u>Decline Crunch</u>	https://www.youtube.com/watch?v=10sH4Ls-Pts
<u>Figure 8</u>	https://www.youtube.com/watch?v=6Fcto_H8XHU
<u>Flutter Kicks</u>	https://www.youtube.com/watch?v=eEG9uXjx4vQ
<u>Hanging Leg Raise</u>	https://www.youtube.com/watch?v=Nw0LOke3_I8
<u>Lying Knee Raise</u>	https://www.youtube.com/watch?v=aK8Rm_tv3WM
<u>Pallof Press</u>	https://www.youtube.com/watch?v=nFspBRHke4w
<u>Plank Hip Dips</u>	https://www.youtube.com/watch?v=em4gADvYvMA
<u>Plank Hip Raise</u>	https://www.youtube.com/watch?v=YGe6K2QP2LI
<u>Plank Shoulder Tap</u>	https://www.youtube.com/watch?v=ztpXZm7Dv80
<u>Plank Step Ups</u>	https://www.youtube.com/watch?v=-R6t7PaZA9E
<u>Scissor Kicks with Resistance</u>	https://www.youtube.com/watch?v=vOK2GoC9M9o

<u>Star Crunches</u>	<u>https://www.youtube.com/watch?v=cpdGIE0wFJc</u>
<u>Tuck Outs</u>	<u>https://www.youtube.com/watch?v=6y7zjiaFHIs</u>
<u>Reverse Crunch</u>	<u>https://www.youtube.com/watch?v=gAyTBB4Im3I</u>
<u>Weighted</u>	<u>https://www.youtube.com/watch?v=d9P-GTDg5a4</u>
<u>Russian Twist</u>	<u>https://www.youtube.com/watch?v=wkD8rjkodUI</u>
<u>Decline Russian Twist</u>	<u>https://www.youtube.com/watch?v=WpgZiv44jTk</u>
<u>V Hold</u>	<u>https://www.youtube.com/watch?v=1wBgF_AJeWE</u>

Cardio

<u>High Knees</u>	<u>https://www.youtube.com/watch?v=ZZZoCNMU48U</u>
<u>Speed Skaters</u>	<u>https://www.youtube.com/watch?v=EkESodXYDRM</u>