

GARMIN INTERNATIONAL

Garmin Connect Developer Program Training API

Version 1.1.0

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1. Revision History

Version	Date	Revisions
1.0	12/01/2020	Initial revision
1.0.1	06/09/2022	Workout supports secondary target (supported by some devices only)
1.0.2	11/16/2022	Updated exercise names for STRENGTH_TRAINING, CARDIO_TRAINING, YOGA, PILATES workouts
1.1.0	9/24/2024	- Support for 100 workout steps for all sport types - “Unspecified” pool size support. - New Swim target added (as the secondary target field) - New drill types added - New stroke types added - New Swim Step Intensity added - New Duration for Swim Rest Step added - Skip Rest Flag added See the detailed breakdown in Appendix C

2. Getting Started

2.1. Purpose of the API

The Garmin Connect Training API is the underlying mechanism by which users can opt to import workouts and workout schedules, regardless of activity type from third-party platforms into their Garmin Connect account, making it easy to manage this type of information in a centralized location.

2.2. Consumer Key and Secret

Garmin Connect Training API partners will be provided with a consumer key and secret used to gain access to the Training API. The consumer key is used to uniquely identify a partner and the consumer secret is used to validate that the requests received are from that partner and not a third-party that has gained unauthorized access to the consumer key. The consumer key can be considered public information, but the consumer secret is private. For the security of users, the consumer secret should be secured and never sent over a network in plain text. It is not permitted to embed the consumer secret into consumer products like mobile apps.

Consumer key credentials are created using the Developer Portal and creating Apps (<https://developerportal.garmin.com/user/me/apps?program=829>). Each app represents a unique consumer key. Your first app will generate an evaluation-level consumer key that is rate limited.

Once your integration has been verified for production, subsequent apps will create consumer keys with production-level access. Please see “Requesting a Production Key” below for more information.

Note:

Multiple consumer keys should be created to correspond to projects or implementations whose user base is logically separated. A common scenario is for one partner to manage user data from multiple other companies. A new key should be created and associated with each managed company so that Garmin

2.3. User Registration

Before a partner can write data to a user's account, the user must grant the partner write access. Please refer to the detailed Garmin OAuth documentation for details on acquiring, authorizing, and signing with a User Access Token (UAT) to write data to a Garmin user's account.

2.4. Training API Import Types

All data uploaded to Garmin Connect via the Training API can either be categorized as a workout or a workout schedule. The API allows for the standard CRUD operations on these two data types.

- **Workout**

A workout contains a list of steps for the user to take as part of their workout, as well as metadata about the workout (e.g. description, sport type, etc.).

- **Workout Schedule**

A workout schedule allows a previously defined workout to be scheduled for a specified day.

2.5. Requesting a Production Key

The first consumer key generated through the [Developer Portal](#) is an evaluation key. This key is rate limited and should only be used for testing, evaluation, and development. To receive production level credentials, Garmin must review and approve the Training API integration to ensure a high- quality user experience in Garmin Connect. Garmin also reserves the right to review partner applications and/or websites to ensure proper usage of Garmin assets (e.g. device images) and adherence to Garmin brand guidelines.

Please email Training API support at connect-support@developer.garmin.com to request and schedule a production readiness review. Garmin will review the following technical aspects of the integration:

- Authorization and correct use of UATs for at least two Garmin Connect users;
- No unnecessary or excessive API call utilization or volume;
- Proper handling of quota violations and subsequent retry attempts.

If the technical integration is not approved, any open issues must be corrected, and another review will be required. Once the technical integration is approved, Garmin may conduct a user experience review. This review can be achieved by application demonstration to Garmin via video conference or other mutually agreed upon method. This review is used to confirm the following criteria are met:

- Proper representation of all Garmin trademarked/copyrighted terms;
- Proper representation Garmin products and product images; and
- User experience (UX) flow does not misrepresent Garmin or reflect Garmin poorly.

Once all reviews are approved, production credentials (consumer key and secret) may be requested via the Garmin Connect Developer Portal.

2.6. API Rate Limiting or Excessive Usage

To manage capacity and ensure system stability, Garmin Training API implementations may be subject to rate limiting. If any of the following limits are problematic for your implementation, please contact connect-support@developer.garmin.com to discuss alternatives.

Please plan the implementation with the following limitations in mind:

Evaluation Rate Limits

- 100 API call requests per partner per minute - a rolling 60 second window summing the Oauth requests and API calls.
- 200 API call requests per user per day - a rolling 24-hour window excluding Oauth requests.

Production Rate limits

- 3000 API call requests per partner per minute - a rolling 60 second window summing the Oauth requests and API calls.
- 1000 API call requests per user per day - a rolling 24-hour window excluding Oauth requests.

If one or both of the above limits are exceeded by a partner or a specific user, the subsequent API call request attempts will receive an HTTP Status Code 429 (too many requests). The call or calls in question will need to be attempted again later.

3. Training API Endpoint Details

3.1. Training API Permissions

Consumers can have multiple permissions like “Activity Export” and “Workout Import” set up with GC. Users while signing up may only opt in for fewer permissions, so this endpoint helps in fetching the permissions for that particular user.

Example response for this endpoint:

```
{ [
  "WORKOUT_IMPORT"
]}
```

Method & URL: GET

<https://apis.garmin.com/userPermissions/> Response
body: The retrieved user permissions in JSON.

Response code:

HTTP Response Status	Description
200	User Permissions retrieved
401	Unauthorized
429	Quota violation / rate-limiting

The below section provides details for both the *Workout* and *Workout Schedule* endpoints.

3.2. Workouts

3.2.1. Field Definitions

Workout	Data Type	Description
workoutId	Long	A unique identifier for the Workout. This field is not necessary for the Create action and will be set automatically.
ownerId	Long	A unique identifier for the owner of the Workout. This field is not necessary for Creating workouts but is required for updates.
workoutName	String	The name of the Workout.
description	String	A description of the Workout with a maximum length of 1024 characters. Longer descriptions will be truncated.
updatedAt	String	A datetime representing the last update time of the Workout, formatted as YYYY-mm-dd. Example: "2019-01-14T16:25:10.0". This field is not necessary for Create or Update actions and will be set automatically.
createdAt	String	A datetime representing the creation time of the Workout, formatted as YYYY-mm-dd. Example: "2019-01-14T16:25:10.0". This field is not necessary for Create or Update actions and will be set automatically.
sport	String	The type of sport. Valid values: RUNNING, CYCLING, LAP_SWIMMING, STRENGTH_TRAINING, CARDIO_TRAINING, GENERIC (supported by some devices only), YOGA, PILATES
estimatedDurationInSecs	Integer	The estimated duration of the Workout in seconds. This value is calculated server-side and will be ignored in Create and Update actions.
estimatedDistanceInMeters	Double	The estimated distance of the Workout in meters. This value is calculated server-side and will be ignored in Create and Update actions.
poolLength	Double	The length of the pool. Used for LAP_SWIMMING.
poolLengthUnit	String	The unit of the pool length. Valid values: YARD, METER.
workoutProvider	String	The workout provider to display to the user.
workoutSourceId	String	The workout provider to use for internal tracking purposes. This value should be the same as workoutProvider unless otherwise noted.
steps	List<Step>	A list of Steps that specify the details of the workout.

WorkoutStep	Data Type	Description
type	String	The type of Step. Valid values are WorkoutStep and WorkoutRepeatStep. WorkoutStep type Steps contains details of the Step itself, while workoutRepeatSteps contain a sub-list of Steps that should be repeated until a condition is met as specified in the repeatType and repeatValue field.
stepId	Long	A unique ID is generated for Step. This value is calculated server-side and will be ignored in Create actions.
stepOrder	Integer	Represents the order of the Step.
repeatType	String	The type of repeat action specifies how long or until when the user should repeat the sub-list of Steps. Used only for WorkoutRepeatSteps. Valid values: REPEAT_UNTIL_STEPS_CMPLT, REPEAT_UNTIL_TIME, REPEAT_UNTIL_DISTANCE, REPEAT_UNTIL_CALORIES, REPEAT_UNTIL_HR_LESS_THAN, REPEAT_UNTIL_HR_GREATER_THAN, REPEAT_UNTIL_POWER_LESS_THAN, REPEAT_UNTIL_POWER_GREATER_THAN, REPEAT_UNTIL_POWER_LAST_LAP_LESS_THAN, REPEAT_UNTIL_MAX_POWER_LAST_LAP_LESS_THAN
repeatValue	Double	The value of repeating action. When paired with repeatType, specifies how long or until when the user should repeat the sub list of steps. Used only for WorkoutRepeatSteps.
skipLastRestStep	Boolean	Flag to support Garmin Connect Skip Rest step feature. Set to true automatically for all LAP_SWIMMING workouts to support backward compatibility.
steps	List<Step>	The list of steps that should be repeated as specified by repeatType and repeatValue. Used only for WorkoutRepeatSteps.
intensity	String	The intensity of the Step. Valid values: REST, WARMUP, COOLDOWN, RECOVERY, INTERVAL, MAIN (SWIM only)
description	String	A description of the Step with a maximum of 512 characters. Longer descriptions will be truncated.
durationType	String	The type of duration. Paired with durationValue, this represents the relative duration of the Step. Valid values: TIME, DISTANCE, HR_LESS_THAN, HR_GREATER_THAN, CALORIES, OPEN, POWER_LESS_THAN, POWER_GREATER_THAN, TIME_AT_VALID_CDA, FIXED_REST (for rest steps) REPS (HIIT, CARDIO, STRENGTH_TRAINING only)

		LAP_SWIMMING ONLY: FIXED_REST (should be used for REST In LAP_SWIMMING) REPETITION_SWIM_CSS_OFFSET (CSS-Based Send-Off Time) valid values -60 to 60) FIXED_REPETITION (Send-off time) Please note "poolLengthUnit" must be set with the use of send-off time.
durationValue	Double	The duration value. Pair with durationType, this represents the relative duration of the Step.
durationValueType	String	A modifier for duration value is used only for HR and POWER, types to express units. Valid values: PERCENT
targetType	String	The type of target for this Step. Valid values: SPEED, HEART_RATE, OPEN, CADENCE, POWER, GRADE, RESISTANCE, POWER_3S, POWER_10S, POWER_30S, POWER_LAP, SPEED_LAP, HEART_RATE_LAP, PACE (as speed in m/s) Please note that targetType is not supported for swim workouts. Please set targetType as null for swim workouts Use PAZE_ZONE as the secondary target for swim workouts.
targetValue	Double	The target HR (valid values 1-5) or power zone (valid values 1-7) to be used for this Step. Target zones must have been previously defined and saved.
targetValueLow	Double	The lowest value for the target range. Used to specify a custom range instead of specifying a target zone through targetValue.
targetValueHigh	Double	The highest value for the target range. Used to specify a custom range instead of specifying a target zone through targetValue.
targetValueType	String	A modifier for target value used only for HR and POWER types to express units. Valid values: PERCENT
secondaryTargetType*	String	The type of target for this Step. Valid values: SPEED, HEART_RATE, OPEN, CADENCE, POWER, GRADE, RESISTANCE, POWER_3S, POWER_10S, POWER_30S, POWER_LAP, SPEED_LAP, HEART_RATE_LAP, PACE (as speed in m/s) LAP_SWIMMING WORKOUT only: 1. SWIM_INSTRUCTION (Text-based Intensity target) 2. SWIM_CSS_OFFSET 3. PACE_ZONE (in m/s)
secondaryTargetValue*	Double	The target HR (valid values 1-5) or power zone (valid values 1-7) is to be used for this Step. Target zones must have been previously defined and saved.

secondaryTargetValueLow*	Double	The lowest value for the target range. Used to specify a custom range instead of specifying a target zone through targetValue. LAP_SWIMMING: SWIM_INSTRUCTION valid values: 1- 10 1 -RECOVERY 2 -VERY EASY 3 -EASY 4 -MODERATE 5 -HARD 6 -VERY_HARD 7 -ALL_OUT 8 -FAST 9 -ASCEND 10 -DESCEND SWIM_CSS_OFFSET (CSS-Based Target Pace) valid value: -60 to 60 (seconds) PACE_ZONE - Provide value in m/s 0.8333333333333334 device with the metric system shown as 2:00/100
secondaryTargetValueHigh*	Double	The highest value for the target range. Used to specify a custom range instead of specifying a target zone through targetValue.
secondaryTargetValueType*	String	A modifier for target value is used only for HR and POWER types to express units.
strokeType	String	The type of stroke for this Step. Used only in LAP_SWIMMING Workouts. Valid values: BACKSTROKE, BREASTSTROKE, BUTTERFLY, FREESTYLE, MIXED, IM, RIMO, CHOICE
drillType	String	The type of drill for this Step. Used only in LAP_SWIMMING Workouts. Valid values: KICK, PULL, BUTTERFLY
equipmentType	String	The type of equipment needed for this Step. Currently used only for LAP_SWIMMING Workouts. Valid values: NONE, SWIM_FINS, SWIM_KICKBOARD, SWIM_PADDLES, SWIM_PULL_BUOY, SWIM_SNORKEL
exerciseCategory	String	The exercise category for this Step. Used only for STRENGTH_TRAINING, YOGA, and CARDIO_TRAINING Workouts. Valid values: See Appendix A and B.
exerciseName	String	The exercise name for this Step. Used only for

		STRENGTH_TRAINING and CARDIO_TRAINING, HIIT, PILATES, and YOGA Workouts. See Appendix A for the list of exercise names for YOGA and PILATES See Appendix B for the list of exercise names for STRENGTH_TRAINING and CARDIO_TRAINING, HIIT
weightValue	Double	The weight value for this step is kilograms. Used only for STRENGTH_TRAINING Workouts.
weightDisplayUnit	String	The units in which to display the weightValue to the user, if a weightValue exists. The display unit does not impact weightValue within the Training API, only for display. Valid values: KILOGRAM, POUND

* Secondary target types are currently being supported only by Edge 1040.

The secondary target is valid only for CYCLING and should be treated as a less formal, accessory target. The target type for a secondary target should be different from the primary target.

Secondary target supported for swim workouts to provide a text-based target, pace, CSS-based target pace

** Swim workouts should be distance-based and if there is a repeat block with rest as a step included, an extra repeat step should be added after the repeat block because the device will skip the last rest step in the repeat block.

3.2.2. Example JSON

The following is an example of a Workout in JSON. SPORT: CYCLING

```
{
  "workoutId": 2201,
  "ownerId": 232,
  "workoutName": "Bike Workout",
  "description": null,
  "updatedAt": "2018-10-23T21:17:53.0",
  "createdAt": "2018-10-23T21:17:53.0",
  "sport": "CYCLING",
  "estimatedDurationInSecs": null,
  "estimatedDistanceInMeters": null,
  "poolLength": null,
  "poolLengthUnit": null,
  "workoutProvider": null,
  "workoutSourceId": null,
```

```

"steps": [
  {
    "type": "WorkoutStep",
    "stepId": 1475,
    "stepOrder": 1,
    "intensity": "WARMUP",
    "description": null,
    "durationType": "TIME",
    "durationValue": 240,
    "durationValueType": null,
    "targetType": "OPEN",
    "targetValue": null,
    "targetValueLow": null,
    "targetValueHigh": null,
    "targetValueType": null,
    "strokeType": null,
    "equipmentType": null,
    "exerciseCategory": null,
    "exerciseName": null,
    "weightValue": null,
    "weightDisplayUnit": null
  },
  {
    "type": "WorkoutRepeatStep",
    "stepId": 1476,
    "stepOrder": 2,
    "repeatType": "REPEAT_UNTIL_STEPS_CMLT",
    "repeatValue": 2,
    "steps": [
      {
        "type": "WorkoutStep",
        "stepId": 1477,
        "stepOrder": 3,
        "intensity": "ACTIVE",
        "description": null,
        "durationType": "TIME",
        "durationValue": 820,
        "durationValueType": null,
        "targetType": "POWER",
        "targetValue": 1,
        "targetValueLow": null,
        "targetValueHigh": null,
        "targetValueType": null,
        "strokeType": null,
        "equipmentType": null,
        "exerciseCategory": null,
        "exerciseName": null,
        "weightValue": null,
        "weightDisplayUnit": null
      },
    ],
  }
]

```

```

        "type": "WorkoutStep",
        "stepId": 1478,
        "stepOrder": 4,
        "intensity": "ACTIVE",
        "description": null,
        "durationType": "DISTANCE",
        "durationValue": 1000,
        "durationValueType": null,
        "targetType": null,
        "targetValue": null,
        "targetValueLow": null,
        "targetValueHigh": null,
        "targetValueType": null,
        "strokeType": null,
        "equipmentType": null,
        "exerciseCategory": null,
        "exerciseName": null,
        "weightValue": null,
        "weightDisplayUnit": null
    }
}
]
}
{
    "workoutName": "Bike Workout",
    "description": "TEST1",
    "sport": "CYCLING",
    "estimatedDurationInSecs": 3600,
    "estimatedDistanceInMeters": 10000,
    "workoutProvider": "test",
    "workoutSourceId": 1,
    "steps": [
        {
            "type": "WorkoutStep",
            "stepOrder": 1,
            "intensity": "ACTIVE",
            "description": "Test description",
            "durationType": "TIME",
            "durationValue": 120,
            "durationValueType": null,
            "targetType": "SPEED",
            "targetValue": null,
            "targetValueLow": 3.3809523,
            "targetValueHigh": 2.3809523,
            "targetValueType": null,
            "secondaryTargetType": "POWER",
            "secondaryTargetValue": null,
            "secondaryTargetValueLow": 100,
            "secondaryTargetValueHigh": 120,
            "secondaryTargetValueType": null
        }
    ]
}

```

```

    }
]
}

```

SPORT: LAP_SWIMMING

```

{
  "workoutName": "Swim TEST",
  "description": null,
  "sport": "LAP_SWIMMING",
  "poolLength": 50,
  "poolLengthUnit": "METER",
  "workoutProvider": "test",
  "workoutSourceId": "test",
  "steps": [
    {
      "type": "WorkoutRepeatStep",
      "stepOrder": 1,
      "repeatType": "REPEAT_UNTIL_STEPS_CMPLT",
      "repeatValue": 3,
      "steps": [
        {
          "type": "WorkoutStep",
          "stepOrder": 2,
          "intensity": "WARMUP",
          "description": "easy warm-up",
          "durationType": "DISTANCE",
          "durationValue": 100,
          "strokeType": "BUTTERFLY",
          "drillType": "KICK",
          "equipmentType": "SWIM_FINS"
        },
        {
          "type": "WorkoutStep",
          "stepOrder": 3,
          "intensity": "REST",
          "description": null,
          "durationType": "FIXED_REST",
          "durationValue": 10
        }
      ]
    },
    {
      "type": "WorkoutStep",
      "stepOrder": 4,
      "intensity": "REST",
      "description": null,
      "durationType": "FIXED_REST",
      "durationValue": 30
    }
  ],
}

```



```

{
  "type": "WorkoutRepeatStep",
  "stepOrder": 5,
  "repeatType": "REPEAT_UNTIL_STEPS_CMPLT",
  "repeatValue": 3,
  "steps": [
    {
      "intensity": "MAIN",
      "type": "WorkoutStep",
      "stepOrder": 6,
      "description": "go swim!",
      "durationType": "DISTANCE",
      "durationValue": 200,
      "strokeType": "BUTTERFLY",
      "drillType": "KICK",
      "equipmentType": "SWIM_FINS"
    },
    {
      "type": "WorkoutStep",
      "stepOrder": 7,
      "intensity": "REST",
      "description": null,
      "durationType": "FIXED_REST",
      "durationValue": 10
    }
  ]
},
{
  "type": "WorkoutStep",
  "stepOrder": 8,
  "intensity": "REST",
  "description": null,
  "durationType": "FIXED_REST",
  "durationValue": 20
}
}

```

3.2.3. Create

This request is to *create* a workout by/for a user:

Method & URL: POST <https://apis.garmin.com/training-api/workout>

Request body: The new workout in JSON. **A workout ID should not be included.**

Content-Type: application/json

Response Body: The newly created workout as JSON.

Response code:

HTTP Response Status	Description
200	Workout successfully created
401	User Access Token doesn't exist
412	User Permission error
429	Quota violation / rate-limiting

3.2.4. Retrieve

This request is to *retrieve* a workout by/for a user:

Method & URL: GET <https://apis.garmin.com/training-api/workout/{workoutId}> Response body: The retrieved workout in JSON.

Response code:

HTTP Response Status	Description
200	Workout successfully retrieved
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

3.2.5. Update

This request is to *update* a workout by/for a user:

Method & URL: PUT <https://apis.garmin.com/training-api/workout/{workoutId}> Request body: The full updated workout in JSON.

Content-Type: application/json

Response code:

HTTP Response Status	Description
204	Workout successfully updated
401	User Access Token doesn't exist
404	Not found
412	User permission error
429	Quota violation / rate-limiting

3.2.6. Delete

This request is to *delete* a workout by/for a user:

Method & URL: DELETE <https://apis.garmin.com/training-api/workout/{workoutId}>

Response code:

HTTP Response Status	Description
200	Workout successfully deleted

401	User Access Token doesn't exist
403	This user does not have access to the workout
404	Does not exist
412	User permission error
429	Quota violation / rate-limiting

3.3. Workout Schedules

3.3.1. Field Definitions

Field Name	Description
scheduleId	A unique identifier for the workout schedule
workoutId	The ID of the workout to which the schedules refers
date	The scheduled date, formatted as 'YYYY-mm-dd'

3.3.2. Example JSON

```
{
  "scheduleId":123,
  "workoutId":123,
  "date":"2019-01-31"
}
```

3.3.3. Create

This request is to *create* a workout schedule by/for a user:

Method & URL: POST <https://apis.garmin.com/training-api/schedule/>

Request body: A workout schedule to create. **A schedule Id should not be included.**

Content-Type: application/json

Response code:

HTTP Response Status	Description
200	Workout schedule successfully created/added
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

3.3.4. Retrieve

This request is to *retrieve* a workout schedule by/for a user: Method & URL:

GET <https://apis.garmin.com/training-api/schedule/{workoutScheduleId}> Response body: The retrieved workout schedule.

Response code:

HTTP Response Status	Description
200	Workout schedule successfully retrieved
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

3.3.5. Update

This request is to *update* a workout schedule by/for a user: Method & URL:

PUT <https://apis.garmin.com/training-api/schedule/{workoutScheduleId}> Request body: The full workout schedule in JSON.

Content-Type: application/json

Response body: The updated workout schedule.

Response code:

HTTP Response Status	Description
204	Workout schedule successfully updated
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

3.3.6. Delete

This request is to *delete* a workout schedule by/for a user:

Method & URL:DELETE <https://apis.garmin.com/training-api/schedule/{workoutScheduleId}>

Response code:

HTTP Response Status	Description
200	Workout schedule successfully deleted
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

3.3.7. Retrieve by Date

This request is used to *retrieve* workout schedule by/for a user *by date range*:

Method & URL: GET <https://apis.garmin.com/training-api/schedule?startDate=YYYY-mm-dd&endDate=YYYY-mm-dd>

Response Body: An array of workout schedules

as JSON. Response:

HTTP Response Status	Description
200	Workout schedule successfully retrieved for the date range specified
401	User Access Token doesn't exist
412	User permission error
429	Quota violation / rate-limiting

Appendix A.
List of exercise names for YOGA and PILATES

Exercise Category	Exercise Name
CORE	ARM_AND_LEG_EXTENSION_ON_KNEES
CORE	BICEP_CURL_WITH_LEG_EXTENSION
CORE	BICEP_CURL_WITH_LEG_EXTENSION_WITH_WEIGHTS
CORE	BICYCLE
CORE	CAT_COW
CORE	CORKSCREW
CORE	CRISS_CROSS
CORE	DOUBLE_LEG_STRETCH
CORE	KNEE_FOLDS
CORE	LOWER_LIFT
CORE	LOWER_LIFT_WITH_WEIGHTS
CORE	NECK_PULL
CORE	PELVIC_CLOCKS
CORE	ROLLING
CORE	ROLL_OVER
CORE	ROLL_UP
CORE	ROWING_1
CORE	ROWING_1_WITH_WEIGHTS
CORE	ROWING_2
CORE	ROWING_2_WITH_WEIGHTS
CORE	SCISSORS
CORE	SCISSORS_WITH_WEIGHTS
CORE	SINGLE_LEG_CIRCLES
CORE	SINGLE_LEG_STRETCH
CORE	SINGLE_LEG_STRETCH_WITH_WEIGHTS
CORE	SWAN
CORE	SWIMMING
CORE	TEASER
CORE	THE_HUNDRED
CORE	WEIGHTED_CRISS_CROSS
CORE	WEIGHTED_DOUBLE_LEG_STRETCH
CORE	WEIGHTED_THE_HUNDRED
FLYE	ARM_ROTATIONS
FLYE	HUG_A_TREE
HIP_RAISE	CLAMS
HIP_RAISE	LEG_CIRCLES
HIP_RAISE	LEG_LIFT
HIP_RAISE	LEG_LIFT_IN_EXTERNAL_ROTATION
HYPEREXTENSION	COBRA

LATERAL_RAISE	ARM_CIRCLES
LATERAL_RAISE	SHAVING_THE_HEAD
MOVE	ARCH_AND_CURL
MOVE	ARM_CIRCLES_WITH_BALL_BAND_AND_WEIGHT
MOVE	ARM_STRETCH
MOVE	BACK_MASSAGE
MOVE	BELLY_BREATHING
MOVE	BRIDGE_WITH_BALL
MOVE	DIAMOND_LEG_CRUNCH
MOVE	DIAMOND_LEG_LIFT
MOVE	EIGHT_POINT_SHOULDER_OPENER
MOVE	FOOTWORK
MOVE	FOOTWORK_ON_DISC
MOVE	FOOT_ROLLING
MOVE	FORWARD_FOLD
MOVE	FROG_WITH_BAND
MOVE	HALF_ROLL_UP
MOVE	HAMSTRING_CURL
MOVE	HAMSTRING_STRETCH
MOVE	HIP_STRETCH
MOVE	HUG_A_TREE_WITH_BALL_BAND_AND_WEIGHT
MOVE	KNEE_CIRCLES
MOVE	KNEE_FOLDS_ON_DISC
MOVE	LATERAL_FLEXION
MOVE	LEG_STRETCH_WITH_BAND
MOVE	LEG_STRETCH_WITH_LEG_CIRCLES
MOVE	LOWER_LIFT_ON_DISC
MOVE	LUNGES_WITH_KNEE_LIFT
MOVE	LUNGE_SQUAT
MOVE	MERMAID_STRETCH
MOVE	NEUTRAL_PELVIC_POSITION
MOVE	PELVIC_CLOCKS_ON_DISC
MOVE	PILATES_PLIE_SQUATS_PARALLEL_TURNED_OUT_FLAT_AND_HEE LS_WITH_C HAIR
MOVE	PIRIFORMIS_STRETCH
MOVE	PLANK_KNEE_CROSSES
MOVE	PLANK_KNEE_PULLS
MOVE	PLANK_UP_DOWNS
MOVE	PRAYER_MUDRA
MOVE	PSOAS_LUNGE_STRETCH
MOVE	RIBCAGE_BREATHING
MOVE	ROLL_DOWN

MOVE	ROLL_UP_WITH_WEIGHT_AND_BAND
MOVE	SAW
MOVE	SCAPULAR_STABILIZATION
MOVE	SCISSORS_ON_DISC
MOVE	SEATED_HIP_STRETCHUP
MOVE	SEATED_TWIST
MOVE	SHAVING_THE_HEAD_WITH_BALL_BAND_AND_WEIGHT
MOVE	SPINAL_TWIST
MOVE	SPINAL_TWIST_STRETCH
MOVE	SPINE_STRETCH_FORWARD
MOVE	SQUATS_WITH_BALL
MOVE	STANDING_SIDE_STRETCH
MOVE	STANDING_SINGLE_LEG_FORWARD_BEND_WITH_IT_BAND_OPEN ER
MOVE	STAND_AND_HANG
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEGS_CROSSED
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEGS_CROSSED_WITH_BALL
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEG_LIFT
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEG_LIFT_WITH_BALL
MOVE	STRAIGHT_LEG_DIAGONAL_CRUNCH
MOVE	STRAIGHT_LEG_DIAGONAL_CRUNCH_WITH_BALL
MOVE	TAILBONE_CURL
MOVE	THROAT_LOCK
MOVE	TICK_TOCK_SIDE_ROLL
MOVE	TWIST
MOVE	V_LEG_CRUNCHES
MOVE	V_SIT
PLANK	BRIDGE_ONE_LEG_BRIDGE
PLANK	BRIDGE_WITH_GLUTE_LOWER_LIFT
PLANK	PLANK_WITH_ARM_VARIATIONS
PLANK	REVERSE_PLANK_WITH_LEG_PULL
POSE	ALL_FOURS
POSE	ANKLE_TO_KNEE
POSE	BABY_COBRA
POSE	BOAT
POSE	BOUND_ANGLE
POSE	BOUND_SEATED_SINGLE_LEG_FORWARD_BEND
POSE	BOW
POSE	BOWED_HALF_MOON
POSE	BRIDGE
POSE	CAT
POSE	CHAIR
POSE	CHILDS

POSE	CORPSE
POSE	COW
POSE	COW_FACE
POSE	DEVOTIONAL_WARRIOR
POSE	DOLPHIN
POSE	DOLPHIN_PLANK
POSE	DOWNWARD_FACING_DOG
POSE	DOWN_DOG_KNEE_TO_NOSE
POSE	DOWN_DOG_SPLIT
POSE	DOWN_DOG_SPLIT_OPEN_HIP_BENT_KNEE
POSE	EAGLE
POSE	EASY_SEATED
POSE	EXTENDED_PUPPY
POSE	EXTENDED_SIDE_ANGLE
POSE	FISH
POSE	FOUR_LIMBED_STAFF
POSE	FULL_SPLIT
POSE	GATE
POSE	HALF_CHAIR_HALF_ANKLE_TO_KNEE
POSE	HALF_MOON
POSE	HEAD_TO_KNEE
POSE	HERON
POSE	HEROS
POSE	HIGH_LUNGE
POSE	KNEES_CHEST_CHIN
POSE	LIZARD
POSE	LOCUST
POSE	LOW_LUNGE
POSE	LOW_LUNGE_TWIST
POSE	LOW_LUNGE_WITH_KNEE_DOWN
POSE	MERMAID
POSE	MOUNTAIN
POSE	ONE_LEGGED_DOWNWARD_FACING_POSE_OPEN_HIP_BENT_KNEE
POSE	ONE_LEGGED_PIGEON
POSE	PEACEFUL_WARRIOR
POSE	PLOW
POSE	RECLINED_HAND_TO_FOOT
POSE	REVOLVED_HALF_MOON
POSE	REVOLVED_HEAD_TO_KNEE
POSE	REVOLVED_TRIANGLE
POSE	RUNNERS_LUNGE
POSE	SEATED_EASY_SIDE_BEND

POSE	SEATED_EASY_TWIST
POSE	SEATED_LONG_LEG_FORWARD_BEND
POSE	SEATED_WIDE_LEG_FORWARD_BEND
POSE	SHOULDER_STAND
POSE	SIDE_BOAT
POSE	SPHINX
POSE	SQUAT_OPEN_ARM_TWIST
POSE	SQUAT_PALM_PRESS
POSE	STAFF
POSE	STANDING_ARMS_UP
POSE	STANDING_FORWARD_BEND
POSE	STANDING_FORWARD_BEND_HALFWAY_UP
POSE	STANDING_SIDE_OPENER
POSE	STANDING_SINGLE_LEG_FORWARD_BEND
POSE	STANDING_SPLIT
POSE	STANDING_WIDE_LEG_FORWARD_BEND
POSE	STANDING_WIDE_LEG_FORWARD_BEND_WITH_TWIST
POSE	SUPINE_SPINAL_TWIST
POSE	TABLE_TOP
POSE	THREAD_THE_NEEDLE
POSE	THUNDERBOLT
POSE	THUNDERBOLT_POSE_BOTH_SIDES_ARM_STRETCH
POSE	TREE
POSE	TRIANGLE
POSE	UPWARD_FACING_PLANK
POSE	UP_DOG
POSE	WARRIOR_ONE
POSE	WARRIOR_THREE
POSE	WARRIOR_TWO
POSE	WHEEL
POSE	WIDE_SIDE_LUNGE
PUSH_UP	PILATES_PUSHUP
SQUAT	PILATES_PLIE_SQUATS_PARALLEL_TURNED_OUT_FLAT_AND_HEE LS
SQUAT	RELEVE_STRAIGHT_LEG_AND_KNEE_BENT_WITH_ONE_LEG_VARI ATION

Appendix B.

List of exercise for STRENGTH_TRAINING and CARDIO_TRAINING, HIIT

Exercise Category	Exercise Name
BANDED_EXERCISES	AB_TWIST
BANDED_EXERCISES	BACK_EXTENSION
BANDED_EXERCISES	BICYCLE_CRUNCH
BANDED_EXERCISES	CALF_RAISES
BANDED_EXERCISES	CLAM_SHELLS
BANDED_EXERCISES	CURL
BANDED_EXERCISES	DEADBUG
BANDED_EXERCISES	DEADLIFT
BANDED_EXERCISES	DONKEY_KICK
BANDED_EXERCISES	EXTERNAL_ROTATION
BANDED_EXERCISES	EXTERNAL_ROTATION_AT_90_DEGREE ABDUCTION
BANDED_EXERCISES	FIRE_HYDRANT
BANDED_EXERCISES	FLY
BANDED_EXERCISES	FRONT_RAISE
BANDED_EXERCISES	GLUTE_BRIDGE
BANDED_EXERCISES	HAMSTRING_CURLS
BANDED_EXERCISES	HIGH_PLANK_LEG_LIFTS
BANDED_EXERCISES	HIP_EXTENSION
BANDED_EXERCISES	INTERNAL_ROTATION
BANDED_EXERCISES	JUMPING_JACK
BANDED_EXERCISES	KNEELING_CRUNCH
BANDED_EXERCISES	LATERAL_BAND_WALKS
BANDED_EXERCISES	LATERAL_RAISE
BANDED_EXERCISES	LATPULL
BANDED_EXERCISES	LEG ABDUCTION
BANDED_EXERCISES	LEG_ADDUCTION
BANDED_EXERCISES	LEG_EXTENSION
BANDED_EXERCISES	LUNGE
BANDED_EXERCISES	PLANK
BANDED_EXERCISES	PULL_APART
BANDED_EXERCISES	LATERAL_RAISE_WHEELCHAIR
BANDED_EXERCISES	TRICEPS_EXTENSION_WHEELCHAIR
BANDED_EXERCISES	PUSH_UPS
BANDED_EXERCISES	REVERSE_CRUNCH
BANDED_EXERCISES	ROW
BANDED_EXERCISES	SHOULDER ABDUCTION
BANDED_EXERCISES	SHOULDER_EXTENSION
BANDED_EXERCISES	SHOULDER_EXTERNAL_ROTATION

BANDED_EXERCISES	SHOULDER_FLEXION_TO_90_DEGREES
BANDED_EXERCISES	CHEST_FLY_INCLINE_WHEELCHAIR
BANDED_EXERCISES	SIDE_PLANK_LEG_LIFTS
BANDED_EXERCISES	SQUAT
BANDED_EXERCISES	SQUAT_TO_PRESS
BANDED_EXERCISES	CHEST_FLY_DECLINE_WHEELCHAIR
BANDED_EXERCISES	PULL_DOWN_WHEELCHAIR
BANDED_EXERCISES	TRICEP_EXTENSION
BANDED_EXERCISES	TRICEP_KICKBACK
BANDED_EXERCISES	UPRIGHT_ROW
BANDED_EXERCISES	WALL_CRAWL_WITH_EXTERNAL_ROTATION
BANDED_EXERCISES	STRAIGHT_ARM_PULLDOWN_WHEELCHAIR
BANDED_EXERCISES	CURL_WHEELCHAIR
BANDED_EXERCISES	OVERHEAD_CURL_WHEELCHAIR
BANDED_EXERCISES	FACE_PULL_WHEELCHAIR
BANDED_EXERCISES	AROUND_THE_WORLD_WHEELCHAIR
BANDED_EXERCISES	PULL_APART_WHEELCHAIR
BANDED_EXERCISES	SIDE_CURL_WHEELCHAIR
BANDED_EXERCISES	OVERHEAD_PRESS_WHEELCHAIR
BATTLE_ROPE	ALTERNATING_FIGURE_EIGHT
BATTLE_ROPE	ALTERNATING_JUMP_WAVE
BATTLE_ROPE	ALTERNATING_KNEELING_TO_STANDING_WAVE
BATTLE_ROPE	ALTERNATING_LUNGE_WAVE
BATTLE_ROPE	ALTERNATING_SQUAT_WAVE
BATTLE_ROPE	ALTERNATING_WAVE
BATTLE_ROPE	ALTERNATING_WAVE_WITH_LATERAL_SHUFFLE
BATTLE_ROPE	CLAP_WAVE
BATTLE_ROPE	DOUBLE_ARM_FIGURE_EIGHT
BATTLE_ROPE	DOUBLE_ARM_SIDE_TO_SIDE_SNAKE
BATTLE_ROPE	DOUBLE_ARM_SIDE_WAVE
BATTLE_ROPE	DOUBLE_ARM_SLAM
BATTLE_ROPE	DOUBLE_ARM_WAVE
BATTLE_ROPE	GRAPPLER_TOSS
BATTLE_ROPE	HIP_TOSS
BATTLE_ROPE	INSIDE_CIRCLE
BATTLE_ROPE	IN_AND_OUT_WAVE
BATTLE_ROPE	JUMPING_JACKS
BATTLE_ROPE	OUTSIDE_CIRCLE
BATTLE_ROPE	RAINBOW
BATTLE_ROPE	SIDEWINDER
BATTLE_ROPE	SIDE_PLANK_WAVE
BATTLE_ROPE	SITTING_RUSSIAN_TWIST

BATTLE_ROPE	SNAKE_WAVE
BATTLE_ROPE	SPLIT_JACK
BATTLE_ROPE	STAGE_COACH
BATTLE_ROPE	ULTIMATE_WARRIOR
BATTLE_ROPE	UPPER_CUTS
BENCH_PRESS	ALTERNATING_DUMBBELL_CHEST_PRESS
BENCH_PRESS	ALTERNATING_DUMBBELL_CHEST_PRESS_ON_SWISS_BALL
BENCH_PRESS	BARBELL_BENCH_PRESS
BENCH_PRESS	BARBELL_BOARD_BENCH_PRESS
BENCH_PRESS	BARBELL_FLOOR_PRESS
BENCH_PRESS	CLOSE_GRIP_BARBELL_BENCH_PRESS
BENCH_PRESS	DECLINE_DUMBBELL_BENCH_PRESS
BENCH_PRESS	DUMBBELL_BENCH_PRESS
BENCH_PRESS	DUMBBELL_FLOOR_PRESS
BENCH_PRESS	INCLINE_BARBELL_BENCH_PRESS
BENCH_PRESS	INCLINE_DUMBBELL_BENCH_PRESS
BENCH_PRESS	INCLINE_SMITH_MACHINE_BENCH_PRESS
BENCH_PRESS	ISOMETRIC_BARBELL_BENCH_PRESS
BENCH_PRESS	KETTLEBELL_CHEST_PRESS
BENCH_PRESS	NEUTRAL_GRIP_DUMBBELL_BENCH_PRESS
BENCH_PRESS	NEUTRAL_GRIP_DUMBBELL_INCLINE_BENCH_PRESS
BENCH_PRESS	ONE_ARM_FLOOR_PRESS
BENCH_PRESS	PARTIAL_LOCKOUT
BENCH_PRESS	REVERSE_GRIP_BARBELL_BENCH_PRESS
BENCH_PRESS	REVERSE_GRIP_INCLINE_BENCH_PRESS
BENCH_PRESS	SINGLE_ARM_CABLE_CHEST_PRESS
BENCH_PRESS	SINGLE_ARM_DUMBBELL_BENCH_PRESS
BENCH_PRESS	SMITH_MACHINE_BENCH_PRESS
BENCH_PRESS	SWISS_BALL_DUMBBELL_CHEST_PRESS
BENCH_PRESS	TRIPLE_STOP_BARBELL_BENCH_PRESS
BENCH_PRESS	WEIGHTED_ONE_ARM_FLOOR_PRESS
BENCH_PRESS	WIDE_GRIP_BARBELL_BENCH_PRESS
BIKE_OUTDOOR	BIKE
CALF_RAISE	DONKEY_CALF_RAISE
CALF_RAISE	SEATED_CALF_RAISE
CALF_RAISE	SEATED_DUMBBELL_TOE_RAISE
CALF_RAISE	SINGLE_LEG_BENT_KNEE_CALF_RAISE
CALF_RAISE	SINGLE_LEG_DECLINE_PUSH_UP
CALF_RAISE	SINGLE_LEG_DONKEY_CALF_RAISE
CALF_RAISE	SINGLE_LEG_HIP_RAISE_WITH_KNEE_HOLD
CALF_RAISE	SINGLE_LEG_STANDING_CALF_RAISE
CALF_RAISE	SINGLE_LEG_STANDING_DUMBBELL_CALF_RAISE

CALF_RAISE	STANDING_BARBELL_CALF_RAISE
CALF_RAISE	STANDING_CALF_RAISE
CALF_RAISE	STANDING_DUMBBELL_CALF_RAISE
CALF_RAISE	WEIGHTED_DONKEY_CALF_RAISE
CALF_RAISE	WEIGHTED_SEATED_CALF_RAISE
CALF_RAISE	WEIGHTED_SINGLE_LEG_BENT_KNEE_CALF_RAISE
CALF_RAISE	WEIGHTED_SINGLE_LEG_DONKEY_CALF_RAISE
CALF_RAISE	WEIGHTED_STANDING_CALF_RAISE
CALF_RAISE	_3_WAY_CALF_RAISE
CALF_RAISE	_3_WAY_SINGLE_LEG_CALF_RAISE
CALF_RAISE	_3_WAY_WEIGHTED_CALF_RAISE
CALF_RAISE	_3_WAY_WEIGHTED_SINGLE_LEG_CALF_RAISE
CARDIO	BOB_AND_WEAVE_CIRCLE
CARDIO	CARDIO_CORE_CRAWL
CARDIO	DOUBLE_UNDER
CARDIO	JUMPING_JACKS
CARDIO	JUMP_ROPE
CARDIO	JUMP_ROPE_CROSSOVER
CARDIO	JUMP_ROPE_JOG
CARDIO	POLE_PADDLE_FORWARD_WHEELCHAIR
CARDIO	POLE_PADDLE_BACKWARD_WHEELCHAIR
CARDIO	POLE_HANDCYCLE_FORWARD_WHEELCHAIR
CARDIO	POLE_HANDCYCLE_BACKWARD_WHEELCHAIR
CARDIO	POLE_RAINBOW_WHEELCHAIR
CARDIO	DOUBLE_PUNCH_FORWARD_WHEELCHAIR
CARDIO	DOUBLE_PUNCH_DOWN_WHEELCHAIR
CARDIO	DOUBLE_PUNCH_SIDEWAYS_WHEELCHAIR
CARDIO	DOUBLE_PUNCH_UP_WHEELCHAIR
CARDIO	SIT_SKI_WHEELCHAIR
CARDIO	SKI_MOGULS
CARDIO	SPLIT_JACKS
CARDIO	SQUAT_JACKS
CARDIO	TRIPLE_UNDER
CARDIO	WEIGHTED_BOB_AND_WEAVE_CIRCLE
CARDIO	WEIGHTED_CARDIO_CORE_CRAWL
CARDIO	WEIGHTED_DOUBLE_UNDER
CARDIO	WEIGHTED_JUMPING_JACKS
CARDIO	WEIGHTED_JUMP_ROPE
CARDIO	WEIGHTED_JUMP_ROPE_CROSSOVER
CARDIO	WEIGHTED_JUMP_ROPE_JOG
CARDIO	WEIGHTED_SKI_MOGULS
CARDIO	WEIGHTED_SPLIT_JACKS

CARDIO	WEIGHTED_SQUAT_JACKS
CARDIO	WEIGHTED_TRIPLE_UNDER
CARDIO	SITTING_JACKS_WHEELCHAIR
CARDIO	PUNCH_FORWARD_WHEELCHAIR
CARDIO	PUNCH_DOWN_WHEELCHAIR
CARDIO	PUNCH_SIDEWAYS_WHEELCHAIR
CARDIO	PUNCH_UP_WHEELCHAIR
CARDIO	PUNCH_BAG_WHEELCHAIR
CARDIO	POLE_DD_FF_UU_WHEELCHAIR
CARDIO	BUTTERFLY_ARMS_WHEELCHAIR
CARRY	BAR_HOLDS
CARRY	DUMBBELL_WAITER_CARRY
CARRY	FARMERS_CARRY
CARRY	FARMERS_CARRY_ON_TOES
CARRY	FARMERS_CARRY_WALK_LUNGE
CARRY	FARMERS_WALK
CARRY	FARMERS_WALK_ON_TOES
CARRY	HEX_DUMBBELL_HOLD
CARRY	OVERHEAD_CARRY
CHOP	CABLE_PULL_THROUGH
CHOP	CABLE_ROTATIONAL_LIFT
CHOP	CABLE_WOODCHOP
CHOP	CROSS_CHOP_TO_KNEE
CHOP	DUMBBELL_CHOP
CHOP	HALF_KNEELING_ROTATION
CHOP	HALF_KNEELING_ROTATIONAL_CHOP
CHOP	HALF_KNEELING_ROTATIONAL_REVERSE_CHOP
CHOP	HALF_KNEELING_STABILITY_CHOP
CHOP	HALF_KNEELING_STABILITY_REVERSE_CHOP
CHOP	KNEELING_ROTATIONAL_CHOP
CHOP	KNEELING_ROTATIONAL_REVERSE_CHOP
CHOP	KNEELING_STABILITY_CHOP
CHOP	KNEELING_WOODCHOPPER
CHOP	MEDICINE_BALL_WOOD_CHOPS
CHOP	POWER_SQUAT_CHOPS
CHOP	STANDING_ROTATIONAL_CHOP
CHOP	STANDING_SPLIT_ROTATIONAL_CHOP
CHOP	STANDING_SPLIT_ROTATIONAL_REVERSE_CHOP
CHOP	STANDING_STABILITY_REVERSE_CHOP
CHOP	WEIGHTED_CROSS_CHOP_TO_KNEE
CHOP	WEIGHTED_HALF_KNEELING_ROTATION
CHOP	WEIGHTED_POWER_SQUAT_CHOPS

CORE	ABS_JABS
CORE	ALTERNATING_PLATE_REACH
CORE	ALTERNATING_SLIDE_OUT
CORE	ARM_AND_LEG_EXTENSION_ON_KNEES
CORE	BARBELL_ROLLOUT
CORE	BICEP_CURL_WITH_LEG_EXTENSION
CORE	BICEP_CURL_WITH_LEG_EXTENSION_WITH_WEIGHTS
CORE	BICYCLE
CORE	BODY_BAR_OBLIQUE_TWIST
CORE	CABLE_CORE_PRESS
CORE	CABLE_SIDE_BEND
CORE	CAT_COW
CORE	CORKSCREW
CORE	CRESCENT_CIRCLE
CORE	CRISS_CROSS
CORE	CYCLING_RUSSIAN_TWIST
CORE	DOUBLE_LEG_STRETCH
CORE	ELEVATED_FEET_RUSSIAN_TWIST
CORE	GHD_BACK_EXTENSIONS
CORE	HALF_TURKISH_GET_UP
CORE	HANGING_L_SIT
CORE	INCHWORM
CORE	KETTLEBELL_WINDMILL
CORE	KNEELING_AB_WHEEL
CORE	KNEE_FOLDS
CORE	LOWER_LIFT
CORE	LOWER_LIFT_WITH_WEIGHTS
CORE	L_SIT
CORE	MODIFIED_FRONT_LEVER
CORE	NECK_PULL
CORE	OPEN_KNEE_TUCKS
CORE	OVERHEAD_WALK
CORE	PELVIC_CLOCKS
CORE	RING_L_SIT
CORE	ROLLING
CORE	ROLL_OVER
CORE	ROLL_UP
CORE	ROWING_1
CORE	ROWING_1_WITH_WEIGHTS
CORE	ROWING_2
CORE	ROWING_2_WITH_WEIGHTS
CORE	RUSSIAN_TWIST

CORE	SCISSORS
CORE	SCISSORS_WITH_WEIGHTS
CORE	SIDE_ABS_LEG_LIFT
CORE	SIDE_BEND
CORE	SINGLE_LEG_CIRCLES
CORE	SINGLE_LEG_STRETCH
CORE	SINGLE_LEG_STRETCH_WITH_WEIGHTS
CORE	SWAN
CORE	SWIMMING
CORE	SWISS_BALL_JACKKNIFE
CORE	SWISS_BALL_PIKE
CORE	SWISS_BALL_ROLLOUT
CORE	TEASER
CORE	THE_HUNDRED
CORE	TOES_TO_ELBOWS
CORE	TRIANGLE_HIP_PRESS
CORE	TRX_SUSPENDED_JACKKNIFE
CORE	TURKISH_GET_UP
CORE	U_BOAT
CORE	WEIGHTED_ABS_JABS
CORE	WEIGHTED_ALTERNATING_SLIDE_OUT
CORE	WEIGHTED_BARBELL_ROLLOUT
CORE	WEIGHTED_CRESCENT_CIRCLE
CORE	WEIGHTED_CYCLING_RUSSIAN_TWIST
CORE	WEIGHTED_ELEVATED_FEET_RUSSIAN_TWIST
CORE	WEIGHTED_GHD_BACK_EXTENSIONS
CORE	WEIGHTED_HANGING_L_SIT
CORE	WEIGHTED_KNEELING_AB_WHEEL
CORE	WEIGHTED_L_SIT
CORE	WEIGHTED_MODIFIED_FRONT_LEVER
CORE	WEIGHTED_OPEN_KNEE_TUCKS
CORE	WEIGHTED_RING_L_SIT
CORE	WEIGHTED_SIDE_ABS_LEG_LIFT
CORE	WEIGHTED_SIDE_BEND
CORE	WEIGHTED_SWISS_BALL_JACKKNIFE
CORE	WEIGHTED_SWISS_BALL_PIKE
CORE	WEIGHTED_SWISS_BALL_ROLLOUT
CORE	WEIGHTED_TRIANGLE_HIP_PRESS
CORE	WEIGHTED_TRX_SUSPENDED_JACKKNIFE
CORE	WEIGHTED_U_BOAT
CORE	WEIGHTED_WINDMILL_SWITCHES
CORE	WINDMILL_SWITCHES

CORE	SIDE_BEND_LOW_WHEELCHAIR
CORE	SIDE_BEND_MID_WHEELCHAIR
CORE	SIDE_BEND_HIGH_WHEELCHAIR
CRUNCH	BICYCLE_CRUNCH
CRUNCH	CABLE_CRUNCH
CRUNCH	CIRCULAR_ARM_CRUNCH
CRUNCH	CROSSED_ARMS_CRUNCH
CRUNCH	CROSS_LEG_REVERSE_CRUNCH
CRUNCH	CRUNCH
CRUNCH	CRUNCH_CHOP
CRUNCH	DOUBLE_CRUNCH
CRUNCH	ELBOW_TO_KNEE_CRUNCH
CRUNCH	FLUTTER_KICKS
CRUNCH	FOAM_ROLLER_REVERSE_CRUNCH_ON_BENCH
CRUNCH	FOAM_ROLLER_REVERSE_CRUNCH_WITH_DUMBBELL
CRUNCH	FOAM_ROLLER_REVERSE_CRUNCH_WITH_MEDICINE_BALL
CRUNCH	FROG_PRESS
CRUNCH	HANGING_KNEE_RAISE_OBLIQUE_CRUNCH
CRUNCH	HIP_CROSSOVER
CRUNCH	HOLLOW_ROCK
CRUNCH	INCLINE_REVERSE_CRUNCH
CRUNCH	KNEELING_CABLE_CRUNCH
CRUNCH	KNEELING_CROSS_CRUNCH
CRUNCH	KNEELING_OBLIQUE_CABLE_CRUNCH
CRUNCH	KNEES_TO_ELBOW
CRUNCH	LEG_CLIMB_CRUNCH
CRUNCH	LEG_EXTENSIONS
CRUNCH	LEG_LEVERS
CRUNCH	MCGILL_CURL_UP
CRUNCH	MODIFIED_PILATES_ROLL_UP_WITH_BALL
CRUNCH	PILATES_CRUNCH
CRUNCH	PILATES_ROLL_UP_WITH_BALL
CRUNCH	RAISED_LEGS_CRUNCH
CRUNCH	REVERSE_CRUNCH
CRUNCH	REVERSE_CRUNCH_ON_A_BENCH
CRUNCH	REVERSE_CURL_AND_LIFT
CRUNCH	ROTATIONAL_LIFT
CRUNCH	SEATED_ALTERNATING_REVERSE_CRUNCH
CRUNCH	SEATED_LEG_U
CRUNCH	SIDE_TO_SIDE_CRUNCH_AND_WEAVE
CRUNCH	SINGLE_LEG_REVERSE_CRUNCH
CRUNCH	SKATER_CRUNCH_CROSS

CRUNCH	STANDING_CABLE_CRUNCH
CRUNCH	STANDING_SIDE_CRUNCH
CRUNCH	STEP_CLIMB
CRUNCH	STRAIGHT_LEG_CRUNCH_WITH_BALL
CRUNCH	SWISS_BALL_CRUNCH
CRUNCH	SWISS_BALL_REVERSE_CRUNCH
CRUNCH	SWISS_BALL_RUSSIAN_TWIST
CRUNCH	SWISS_BALL_SIDE_CRUNCH
CRUNCH	THORACIC_CRUNCHES_ON_FOAM_ROLLER
CRUNCH	TOES_TO_BAR
CRUNCH	TRICEPS_CRUNCH
CRUNCH	WEIGHTED_BICYCLE_CRUNCH
CRUNCH	WEIGHTED_CROSSED_ARMS_CRUNCH
CRUNCH	WEIGHTED_CROSS_LEG_REVERSE_CRUNCH
CRUNCH	WEIGHTED_CRUNCH
CRUNCH	WEIGHTED_CRUNCH_CHOP
CRUNCH	WEIGHTED_DOUBLE_CRUNCH
CRUNCH	WEIGHTED_ELBOW_TO_KNEE_CRUNCH
CRUNCH	WEIGHTED_FLUTTER_KICKS
CRUNCH	WEIGHTED_FOAM_ROLLER_REVERSE_CRUNCH_ON_BENCH
CRUNCH	WEIGHTED_HANGING_KNEE_RAISE_OBLIQUE_CRUNCH
CRUNCH	WEIGHTED_HIP_CROSSOVER
CRUNCH	WEIGHTED_HOLLOW_ROCK
CRUNCH	WEIGHTED_INCLINE_REVERSE_CRUNCH
CRUNCH	WEIGHTED_KNEELING_CROSS_CRUNCH
CRUNCH	WEIGHTED_LEG_EXTENSIONS
CRUNCH	WEIGHTED_MCGILL_CURL_UP
CRUNCH	WEIGHTED_MODIFIED_PILATES_ROLL_UP_WITH_BALL
CRUNCH	WEIGHTED_PILATES_CRUNCH
CRUNCH	WEIGHTED_PILATES_ROLL_UP_WITH_BALL
CRUNCH	WEIGHTED_RAISED_LEGS_CRUNCH
CRUNCH	WEIGHTED_REVERSE_CRUNCH
CRUNCH	WEIGHTED_REVERSE_CRUNCH_ON_A_BENCH
CRUNCH	WEIGHTED_REVERSE_CURL_AND_LIFT
CRUNCH	WEIGHTED_ROTATIONAL_LIFT
CRUNCH	WEIGHTED_SEATED_ALTERNATING_REVERSE_CRUNCH
CRUNCH	WEIGHTED_SEATED_LEG_U
CRUNCH	WEIGHTED_SIDE_TO_SIDE_CRUNCH_AND_WEAVE
CRUNCH	WEIGHTED_SINGLE_LEG_REVERSE_CRUNCH
CRUNCH	WEIGHTED_SKATER_CRUNCH_CROSS
CRUNCH	WEIGHTED_STEP_CLIMB
CRUNCH	WEIGHTED_SWISS_BALL_CRUNCH

CRUNCH	WEIGHTED_SWISS_BALL_REVERSE_CRUNCH
CRUNCH	WEIGHTED_SWISS_BALL_RUSSIAN_TWIST
CRUNCH	WEIGHTED_SWISS_BALL_SIDE_CRUNCH
CRUNCH	WEIGHTED_THORACIC_CRUNCHES_ON_FOAM_ROLLER
CRUNCH	WEIGHTED_TOES_TO_BAR
CURL	DRAG_CURLS_WHEELCHAIR
CURL	ALTERNATING_DUMBBELL_BICEPS_CURL
CURL	ALTERNATING_DUMBBELL_BICEPS_CURL_ON_SWISS_BALL
CURL	ALTERNATING_INCLINE_DUMBBELL_BICEPS_CURL
CURL	BARBELL_BICEPS_CURL
CURL	BARBELL_REVERSE_WRIST_CURL
CURL	BARBELL_WRIST_CURL
CURL	BEHIND_THE_BACK_BARBELL_REVERSE_WRIST_CURL
CURL	BEHIND_THE_BACK_ONE_ARM_CABLE_CURL
CURL	CABLE_BICEPS_CURL
CURL	CABLE_HAMMER_CURL
CURL	CHEATING_BARBELL_BICEPS_CURL
CURL	CLOSE_GRIP_EZ_BAR_BICEPS_CURL
CURL	CROSS_BODY_DUMBBELL_HAMMER_CURL
CURL	DEAD_HANG_BICEPS_CURL
CURL	DECLINE_HAMMER_CURL
CURL	DUMBBELL_BICEPS_CURL
CURL	DUMBBELL_BICEPS_CURL_WITH_STATIC_HOLD
CURL	DUMBBELL_HAMMER_CURL
CURL	DUMBBELL_REVERSE_WRIST_CURL
CURL	DUMBBELL_WRIST_CURL
CURL	EZ_BAR_PREACHER_CURL
CURL	FORWARD_BEND_BICEPS_CURL
CURL	HAMMER_CURL_TO_PRESS
CURL	INCLINE_DUMBBELL_BICEPS_CURL
CURL	INCLINE_OFFSET_THUMB_DUMBBELL_CURL
CURL	KETTLEBELL_BICEPS_CURL
CURL	LYING_CONCENTRATION_CABLE_CURL
CURL	ONE_ARM_CONCENTRATION_CURL
CURL	ONE_ARM_PREACHER_CURL
CURL	PLATE_PINCH_CURL
CURL	PREACHER_CURL_WITH_CABLE
CURL	REVERSE_EZ_BAR_CURL
CURL	REVERSE_GRIP_BARBELL_BICEPS_CURL
CURL	REVERSE_GRIP_WRIST_CURL
CURL	SEATED_ALTERNATING_DUMBBELL_BICEPS_CURL
CURL	SEATED_DUMBBELL_BICEPS_CURL

CURL	SEATED_REVERSE_DUMBBELL_CURL
CURL	SPLIT_STANCE_OFFSET_PINKY_DUMBBELL_CURL
CURL	STANDING_ALTERNATING_DUMBBELL_CURLS
CURL	STANDING_DUMBBELL_BICEPS_CURL
CURL	STANDING_EZ_BAR_BICEPS_CURL
CURL	STANDING_ZOTTMAN_BICEPS_CURL
CURL	STATIC_CURL
CURL	SWISS_BALL_DUMBBELL_OVERHEAD_TRICEPS_EXTENSION
CURL	SWISS_BALL_EZ_BAR_PREACHER_CURL
CURL	TWISTING_STANDING_DUMBBELL_BICEPS_CURL
CURL	WIDE_GRIP_EZ_BAR_BICEPS_CURL
CURL	DUMBBELL_BICEP_CURLS_WHEELCHAIR
DEADLIFT	BARBELL_DEADLIFT
DEADLIFT	BARBELL_STRAIGHT_LEG_DEADLIFT
DEADLIFT	DUMBBELL_DEADLIFT
DEADLIFT	DUMBBELL_SINGLE_LEG_DEADLIFT_TO_ROW
DEADLIFT	DUMBBELL_STRAIGHT_LEG_DEADLIFT
DEADLIFT	KETTLEBELL_DEADLIFT
DEADLIFT	KETTLEBELL_FLOOR_TO_SHELF
DEADLIFT	KETTLEBELL_SUMO_DEADLIFT
DEADLIFT	ONE_ARM_ONE_LEG_DEADLIFT
DEADLIFT	RACK_PULL
DEADLIFT	ROMANIAN_DEADLIFT
DEADLIFT	ROTATIONAL_DUMBBELL_STRAIGHT_LEG_DEADLIFT
DEADLIFT	SINGLE_ARM_DEADLIFT
DEADLIFT	SINGLE_LEG_BARBELL_DEADLIFT
DEADLIFT	SINGLE_LEG_BARBELL_STRAIGHT_LEG_DEADLIFT
DEADLIFT	SINGLE_LEG_DEADLIFT_WITH_BARBELL
DEADLIFT	SINGLE_LEG_RDL_CIRCUIT
DEADLIFT	SINGLE_LEG_ROMANIAN_DEADLIFT_CIRCUIT
DEADLIFT	SINGLE_LEG_ROMANIAN_DEADLIFT_WITH_DUMBBELL
DEADLIFT	SUMO_DEADLIFT
DEADLIFT	SUMO_DEADLIFT_HIGH_PULL
DEADLIFT	TRAP_BAR_DEADLIFT
DEADLIFT	WIDE_GRIP_BARBELL_DEADLIFT
ELLIPTICAL	ELLIPTICAL
FLOOR_CLIMB	FLOOR_CLIMB
FLYE	ARM_ROTATIONS
FLYE	CABLE_CROSSOVER
FLYE	DECLINE_DUMBBELL_FLYE
FLYE	DUMBBELL_FLYE
FLYE	HUG_A_TREE

FLYE	INCLINE_DUMBBELL_FLYE
FLYE	INCLINE_REVERSE_FLYE
FLYE	KETTLEBELL_FLYE
FLYE	KNEELING_REAR_FLYE
FLYE	SINGLE_ARM_STANDING_CABLE_REVERSE_FLYE
FLYE	SWISS_BALL_DUMBBELL_FLYE
FLYE	REAR_DELT_FLY_WHEELCHAIR
HIP_RAISE	BARBELL_HIP_THRUST_ON_FLOOR
HIP_RAISE	BARBELL_HIP_THRUST_WITH_BENCH
HIP_RAISE	BENT_KNEE_SWISS_BALL_REVERSE_HIP_RAISE
HIP_RAISE	BRIDGE_WITH_LEG_EXTENSION
HIP_RAISE	CLAMS
HIP_RAISE	CLAM_BRIDGE
HIP_RAISE	FRONT_KICK_TABLETOP
HIP_RAISE	HIP_EXTENSION_AND_CROSS
HIP_RAISE	HIP_RAISE
HIP_RAISE	HIP_RAISE_WITH_FEET_ON_SWISS_BALL
HIP_RAISE	HIP_RAISE_WITH_HEAD_ON_BOSU_BALL
HIP_RAISE	HIP_RAISE_WITH_HEAD_ON_SWISS_BALL
HIP_RAISE	HIP_RAISE_WITH_KNEE_SQUEEZE
HIP_RAISE	INCLINE_REAR_LEG_EXTENSION
HIP_RAISE	KETTLEBELL_SWING
HIP_RAISE	LEG_CIRCLES
HIP_RAISE	LEG_LIFT
HIP_RAISE	LEG_LIFT_IN_EXTERNAL_ROTATION
HIP_RAISE	MARCHING_HIP_RAISE
HIP_RAISE	MARCHING_HIP_RAISE_WITH_FEET_ON_A_SWISS_BALL
HIP_RAISE	REVERSE_HIP_RAISE
HIP_RAISE	SINGLE_LEG_HIP_RAISE
HIP_RAISE	SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_BENCH
HIP_RAISE	SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_BOSU_BALL
HIP_RAISE	SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_FOAM_ROLLER
HIP_RAISE	SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_MEDICINE_BALL
HIP_RAISE	SINGLE_LEG_HIP_RAISE_WITH_HEAD_ON_BOSU_BALL
HIP_RAISE	SINGLE_LEG_SWISS_BALL_HIP_RAISE_AND_LEG_CURL
HIP_RAISE	WEIGHTED_BENT_KNEE_SWISS_BALL_REVERSE_HIP_RAISE
HIP_RAISE	WEIGHTED_BRIDGE_WITH_LEG_EXTENSION
HIP_RAISE	WEIGHTED_CLAM_BRIDGE
HIP_RAISE	WEIGHTED_FRONT_KICK_TABLETOP
HIP_RAISE	WEIGHTED_HIP_EXTENSION_AND_CROSS
HIP_RAISE	WEIGHTED_HIP_RAISE
HIP_RAISE	WEIGHTED_HIP_RAISE_WITH_FEET_ON_SWISS_BALL

HIP_RAISE	WEIGHTED_HIP_RAISE_WITH_HEAD_ON_BOSU_BALL
HIP_RAISE	WEIGHTED_HIP_RAISE_WITH_HEAD_ON_SWISS_BALL
HIP_RAISE	WEIGHTED_HIP_RAISE_WITH_KNEE_SQUEEZE
HIP_RAISE	WEIGHTED_INCLINE_REAR_LEG_EXTENSION
HIP_RAISE	WEIGHTED_MARCHING_HIP_RAISE
HIP_RAISE	WEIGHTED_MARCHING_HIP_RAISE_WITH_FEET_ON_A_SWISS_BALL
HIP_RAISE	WEIGHTED_REVERSE_HIP_RAISE
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_BENCH
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_BOSU_BALL
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_FOAM_ROLLER
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE_WITH_FOOT_ON_MEDICINE_BALL
HIP_RAISE	WEIGHTED_SINGLE_LEG_HIP_RAISE_WITH_HEAD_ON_BOSU_BALL
HIP_STABILITY	BAND_SIDE_LYING_LEG_RAISE
HIP_STABILITY	DEAD_BUG
HIP_STABILITY	EXTERNAL_HIP_RAISE
HIP_STABILITY	FIRE_HYDRANT_KICKS
HIP_STABILITY	HIP_CIRCLES
HIP_STABILITY	INNER_THIGH_LIFT
HIP_STABILITY	LATERAL_WALKS_WITH_BAND_AT_ANKLES
HIP_STABILITY	LYING_ABDUCTION_STRETCH
HIP_STABILITY	PRETZEL_SIDE_KICK
HIP_STABILITY	PRONE_HIP_INTERNAL_ROTATION
HIP_STABILITY	QUADRUPED
HIP_STABILITY	QUADRUPED_HIP_EXTENSION
HIP_STABILITY	QUADRUPED_WITH_LEG_LIFT
HIP_STABILITY	SIDE_LYING_LEG_RAISE
HIP_STABILITY	SLIDING_HIP_ADDUCTION
HIP_STABILITY	STANDING_ADDUCTION
HIP_STABILITY	STANDING_CABLE_HIP_ABDUCTION
HIP_STABILITY	STANDING_HIP_ABDUCTION
HIP_STABILITY	STANDING_REAR_LEG_RAISE
HIP_STABILITY	SUPINE_HIP_INTERNAL_ROTATION
HIP_STABILITY	WEIGHTED_DEAD_BUG
HIP_STABILITY	WEIGHTED_EXTERNAL_HIP_RAISE
HIP_STABILITY	WEIGHTED_FIRE_HYDRANT_KICKS
HIP_STABILITY	WEIGHTED_HIP_CIRCLES
HIP_STABILITY	WEIGHTED_INNER_THIGH_LIFT
HIP_STABILITY	WEIGHTED_PRETZEL_SIDE_KICK
HIP_STABILITY	WEIGHTED_PRONE_HIP_INTERNAL_ROTATION
HIP_STABILITY	WEIGHTED_QUADRUPED_HIP_EXTENSION
HIP_STABILITY	WEIGHTED_QUADRUPED_WITH_LEG_LIFT

HIP_STABILITY	WEIGHTED_SIDE_LYING_LEG_RAISE
HIP_STABILITY	WEIGHTED_SLIDING_HIP_ADDUCTION
HIP_STABILITY	WEIGHTED_STANDING_ADDUCTION
HIP_STABILITY	WEIGHTED_STANDING_HIP_ABDUCTION
HIP_STABILITY	WEIGHTED_STANDING_REAR_LEG_RAISE
HIP_STABILITY	WEIGHTED_SUPINE_HIP_INTERNAL_ROTATION
HIP_SWING	ONE_ARM_SWING
HIP_SWING	SINGLE_ARM_DUMBBELL_SWING
HIP_SWING	SINGLE_ARM_KETTLEBELL_SWING
HIP_SWING	STEP_OUT_SWING
HYPEREXTENSION	BACK_EXTENSION_WITH_OPPOSITE_ARM_AND_LEG_REACH
HYPEREXTENSION	BASE_ROTATIONS
HYPEREXTENSION	BENT_KNEE_REVERSE_HYPEREXTENSION
HYPEREXTENSION	COBRA
HYPEREXTENSION	HOLLOW_HOLD_AND_ROLL
HYPEREXTENSION	KICKS
HYPEREXTENSION	KNEELING_SUPERMAN
HYPEREXTENSION	KNEE_RAISES
HYPEREXTENSION	LAT_PULL_DOWN_WITH_ROW
HYPEREXTENSION	MEDICINE_BALL_DEADLIFT_TO_REACH
HYPEREXTENSION	ONE_ARM_ONE_LEG_ROW
HYPEREXTENSION	ONE_ARM_ROW_WITH_BAND
HYPEREXTENSION	OVERHEAD_LUNGE_WITH_MEDICINE_BALL
HYPEREXTENSION	PLANK_KNEE_TUCKS
HYPEREXTENSION	SIDE_STEP
HYPEREXTENSION	SINGLE_LEG_BACK_EXTENSION
HYPEREXTENSION	SPINE_EXTENSION
HYPEREXTENSION	STATIC_BACK_EXTENSION
HYPEREXTENSION	SUPERMAN_FROM_FLOOR
HYPEREXTENSION	SUPERMAN_ON_SWISS_BALL
HYPEREXTENSION	SWISS_BALL_BACK_EXTENSION
HYPEREXTENSION	SWISS_BALL_HYPEREXTENSION
HYPEREXTENSION	SWISS_BALL_OPPOSITE_ARM_AND_LEG_LIFT
HYPEREXTENSION	WEIGHTED_BACK_EXTENSION_WITH_OPPOSITE_ARM_AND_LEG_REACH
HYPEREXTENSION	WEIGHTED_BASE_ROTATIONS
HYPEREXTENSION	WEIGHTED_BENT_KNEE_REVERSE_HYPEREXTENSION
HYPEREXTENSION	WEIGHTED_HOLLOW_HOLD_AND_ROLL
HYPEREXTENSION	WEIGHTED_KICKS
HYPEREXTENSION	WEIGHTED_KNEELING_SUPERMAN
HYPEREXTENSION	WEIGHTED_KNEE_RAISES
HYPEREXTENSION	WEIGHTED_PLANK_KNEE_TUCKS
HYPEREXTENSION	WEIGHTED_SIDE_STEP

HYPEREXTENSION	WEIGHTED_SINGLE_LEG_BACK_EXTENSION
HYPEREXTENSION	WEIGHTED_SPINE_EXTENSION
HYPEREXTENSION	WEIGHTED_STATIC_BACK_EXTENSION
HYPEREXTENSION	WEIGHTED_SUPERMAN_FROM_FLOOR
HYPEREXTENSION	WEIGHTED_SWISS_BALL_BACK_EXTENSION
HYPEREXTENSION	WEIGHTED_SWISS_BALL_HYPEREXTENSION
HYPEREXTENSION	WEIGHTED_SWISS_BALL_OPPOSITE_ARM_AND_LEG_LIFT
INDOOR_BIKE	AIR_BIKE
INDOOR_BIKE	ASSAULT_BIKE
INDOOR_BIKE	STATIONARY_BIKE
LADDER	AGILITY
LADDER	SPEED
LATERAL_RAISE	DUMBBELL_FRONT_RAISE_WHEELCHAIR
LATERAL_RAISE	DUMBBELL_LATERAL_RAISE_WHEELCHAIR
LATERAL_RAISE	POLE_DOUBLE_ARM_OVERHEAD_AND_FORWARD_WHEELCHAIR
LATERAL_RAISE	POLE_STRAIGHT_ARM_OVERHEAD_WHEELCHAIR
LATERAL_RAISE	ALTERNATING_LATERAL_RAISE_WITH_STATIC_HOLD
LATERAL_RAISE	BAR_MUSCLE_UP
LATERAL_RAISE	BENT_OVER_LATERAL_RAISE
LATERAL_RAISE	CABLE_DIAGONAL_RAISE
LATERAL_RAISE	CABLE_FRONT_RAISE
LATERAL_RAISE	CALORIE_ROW
LATERAL_RAISE	COMBO_SHOULDER_RAISE
LATERAL_RAISE	DUMBBELL_DIAGONAL_RAISE
LATERAL_RAISE	DUMBBELL_LATERAL_RAISE
LATERAL_RAISE	DUMBBELL_V_RAISE
LATERAL_RAISE	FRONT_RAISE
LATERAL_RAISE	LEANING_DUMBBELL_LATERAL_RAISE
LATERAL_RAISE	LYING_DUMBBELL_RAISE
LATERAL_RAISE	MUSCLE_UP
LATERAL_RAISE	ONE_ARM_CABLE_LATERAL_RAISE
LATERAL_RAISE	OVERHAND_GRIP_REAR_LATERAL_RAISE
LATERAL_RAISE	PLATE_RAISES
LATERAL_RAISE	RING_DIP
LATERAL_RAISE	RING_DIP_KIPPING
LATERAL_RAISE	RING_MUSCLE_UP
LATERAL_RAISE	ROPE_CLIMB
LATERAL_RAISE	SCAPTION
LATERAL_RAISE	SEATED_LATERAL_RAISE
LATERAL_RAISE	SEATED_REAR_LATERAL_RAISE
LATERAL_RAISE	SHAVING_THE_HEAD
LATERAL_RAISE	SIDE_LYING_LATERAL_RAISE

LATERAL_RAISE	STANDING_LIFT
LATERAL_RAISE	SUSPENDED_ROW
LATERAL_RAISE	UNDERHAND_GRIP_REAR_LATERAL_RAISE
LATERAL_RAISE	WALL_SLIDE
LATERAL_RAISE	WALL_WALK
LATERAL_RAISE	WEIGHTED_RING_DIP
LATERAL_RAISE	WEIGHTED_RING_MUSCLE_UP
LATERAL_RAISE	WEIGHTED_ROPE_CLIMB
LATERAL_RAISE	WEIGHTED_WALL_SLIDE
LATERAL_RAISE	_45_DEGREE_CABLE_EXTERNAL_ROTATION
LEG_CURL	BAND_GOOD_MORNING
LEG_CURL	BAR_GOOD_MORNING
LEG_CURL	GOOD_MORNING
LEG_CURL	LEG_CURL
LEG_CURL	SEATED_BARBELL_GOOD_MORNING
LEG_CURL	SINGLE_LEG_BARBELL_GOOD_MORNING
LEG_CURL	SINGLE_LEG_SLIDING_LEG_CURL
LEG_CURL	SLIDING_LEG_CURL
LEG_CURL	SPLIT_BARBELL_GOOD_MORNING
LEG_CURL	SPLIT_STANCE_EXTENSION
LEG_CURL	STAGGERED_STANCE_GOOD_MORNING
LEG_CURL	SWISS_BALL_HIP_RAISE_AND_LEG_CURL
LEG_CURL	WEIGHTED_LEG_CURL
LEG_CURL	ZERCHER_GOOD_MORNING
LEG_RAISE	HANGING_KNEE_RAISE
LEG_RAISE	HANGING_LEG_RAISE
LEG_RAISE	HANGING_SINGLE_LEG_RAISE
LEG_RAISE	KETTLEBELL_LEG_RAISES
LEG_RAISE	LATERAL_STEPOVER
LEG_RAISE	LEG_LOWERING_DRILL
LEG_RAISE	LYING_STRAIGHT_LEG_RAISE
LEG_RAISE	MEDICINE_BALL_LEG_DROPS
LEG_RAISE	QUADRUPED_LEG_RAISE
LEG_RAISE	REVERSE_LEG_RAISE
LEG_RAISE	REVERSE_LEG_RAISE_ON_SWISS_BALL
LEG_RAISE	SINGLE_LEG_LOWERING_DRILL
LEG_RAISE	WEIGHTED_HANGING_KNEE_RAISE
LEG_RAISE	WEIGHTED_HANGING_LEG_RAISE
LEG_RAISE	WEIGHTED_HANGING_SINGLE_LEG_RAISE
LEG_RAISE	WEIGHTED_LATERAL_STEPOVER
LEG_RAISE	WEIGHTED_LEG_LOWERING_DRILL
LEG_RAISE	WEIGHTED_LYING_STRAIGHT_LEG_RAISE

LEG_RAISE	WEIGHTED_QUADRUPED_LEG_RAISE
LEG_RAISE	WEIGHTED_REVERSE_LEG_RAISE
LEG_RAISE	WEIGHTED_REVERSE_LEG_RAISE_ON_SWISS_BALL
LEG_RAISE	WEIGHTED_SINGLE_LEG_LOWERING_DRILL
LUNGE	ALTERNATING_BARBELL_FORWARD_LUNGE
LUNGE	ALTERNATING_DUMBBELL_LUNGE
LUNGE	ALTERNATING_DUMBBELL_LUNGE_WITH_REACH
LUNGE	BACK_FOOT_ELEVATED_DUMBBELL_SPLIT_SQUAT
LUNGE	BARBELL_BOX_LUNGE
LUNGE	BARBELL_BULGARIAN_SPLIT_SQUAT
LUNGE	BARBELL_CROSSOVER_LUNGE
LUNGE	BARBELL_FRONT_SPLIT_SQUAT
LUNGE	BARBELL_LUNGE
LUNGE	BARBELL_REVERSE_LUNGE
LUNGE	BARBELL_SIDE_LUNGE
LUNGE	BARBELL_SPLIT_SQUAT
LUNGE	CORE_CONTROL_REAR_LUNGE
LUNGE	CURTSY_LUNGE
LUNGE	DIAGONAL_LUNGE
LUNGE	DROP_LUNGE
LUNGE	DUMBBELL_BOX_LUNGE
LUNGE	DUMBBELL_BULGARIAN_SPLIT_SQUAT
LUNGE	DUMBBELL_CROSSOVER_LUNGE
LUNGE	DUMBBELL_DIAGONAL_LUNGE
LUNGE	DUMBBELL_LUNGE
LUNGE	DUMBBELL_LUNGE_AND_ROTATION
LUNGE	DUMBBELL_OVERHEAD_BULGARIAN_SPLIT_SQUAT
LUNGE	DUMBBELL_OVERHEAD_WALKING_LUNGE
LUNGE	DUMBBELL_REVERSE_LUNGE
LUNGE	DUMBBELL_REVERSE_LUNGE_TO_HIGH_KNEE_AND_PRESS
LUNGE	DUMBBELL_SIDE_LUNGE
LUNGE	ELEVATED_FRONT_FOOT_BARBELL_SPLIT_SQUAT
LUNGE	FRONT_FOOT_ELEVATED_DUMBBELL_SPLIT_SQUAT
LUNGE	GUNSLINGER_LUNGE
LUNGE	LAWNMOWER_LUNGE
LUNGE	LOW_LUNGE_WITH_ISOMETRIC_ADDUCTION
LUNGE	LOW_SIDE_TO_SIDE_LUNGE
LUNGE	LUNGE
LUNGE	LUNGE_MATRIX
LUNGE	LUNGE_WITH_ARM_REACH
LUNGE	LUNGE_WITH_DIAGONAL_REACH
LUNGE	LUNGE_WITH_SIDE_BEND

LUNGE	OFFSET_DUMBBELL_LUNGE
LUNGE	OFFSET_DUMBBELL_REVERSE_LUNGE
LUNGE	OVERHEAD_BULGARIAN_SPLIT_SQUAT
LUNGE	OVERHEAD_DUMBBELL_LUNGE
LUNGE	OVERHEAD_DUMBBELL_REVERSE_LUNGE
LUNGE	OVERHEAD_DUMBBELL_SPLIT_SQUAT
LUNGE	OVERHEAD_LUNGE
LUNGE	OVERHEAD_LUNGE_WITH_ROTATION
LUNGE	REVERSE_BARBELL_BOX_LUNGE
LUNGE	REVERSE_BOX_LUNGE
LUNGE	REVERSE_DUMBBELL_BOX_LUNGE
LUNGE	REVERSE_DUMBBELL_CROSSOVER_LUNGE
LUNGE	REVERSE_DUMBBELL_DIAGONAL_LUNGE
LUNGE	REVERSE_LUNGE_WITH_REACH_BACK
LUNGE	REVERSE_LUNGE_WITH_TWIST_AND_OVERHEAD_REACH
LUNGE	REVERSE_SLIDING_BOX_LUNGE
LUNGE	REVERSE_SLIDING_LUNGE
LUNGE	RUNNERS_LUNGE_TO_BALANCE
LUNGE	SCISSOR_POWER_SWITCH
LUNGE	SHIFTING_SIDE_LUNGE
LUNGE	SIDE_AND_CROSSOVER_LUNGE
LUNGE	SIDE_LUNGE
LUNGE	SIDE_LUNGE_AND_PRESS
LUNGE	SIDE_LUNGE_JUMP_OFF
LUNGE	SIDE_LUNGE_SWEEP
LUNGE	SIDE_LUNGE_TO_CROSSOVER_TAP
LUNGE	SIDE_TO_SIDE_LUNGE_CHOPS
LUNGE	SIFF_JUMP_LUNGE
LUNGE	SINGLE_ARM_REVERSE_LUNGE_AND_PRESS
LUNGE	SLIDING_LATERAL_LUNGE
LUNGE	WALKING_BARBELL_LUNGE
LUNGE	WALKING_DUMBBELL_LUNGE
LUNGE	WALKING_LUNGE
LUNGE	WEIGHTED_CURTSY_LUNGE
LUNGE	WEIGHTED_LUNGE
LUNGE	WEIGHTED_LUNGE_MATRIX
LUNGE	WEIGHTED_REVERSE_LUNGE_WITH_REACH_BACK
LUNGE	WEIGHTED_REVERSE_LUNGE_WITH_TWIST_AND_OVERHEAD_REACH
LUNGE	WEIGHTED_REVERSE_SLIDING_BOX_LUNGE
LUNGE	WEIGHTED_REVERSE_SLIDING_LUNGE
LUNGE	WEIGHTED_RUNNERS_LUNGE_TO_BALANCE
LUNGE	WEIGHTED_SHIFTING_SIDE_LUNGE

LUNGE	WEIGHTED_SIDE_AND_CROSSOVER_LUNGE
LUNGE	WEIGHTED_SIDE_LUNGE
LUNGE	WEIGHTED_SIDE_LUNGE_AND_PRESS
LUNGE	WEIGHTED_SIDE_LUNGE_JUMP_OFF
LUNGE	WEIGHTED_SIDE_LUNGE_SWEEP
LUNGE	WEIGHTED_SIDE_LUNGE_TO_CROSSOVER_TAP
LUNGE	WEIGHTED_SIDE_TO_SIDE_LUNGE_CHOPS
LUNGE	WEIGHTED_SIFF_JUMP_LUNGE
LUNGE	WEIGHTED_SLIDING_LATERAL_LUNGE
LUNGE	WEIGHTED_WALKING_LUNGE
LUNGE	WIDE_GRIP_OVERHEAD_BARBELL_SPLIT_SQUAT
MOVE	ARCH_AND_CURL
MOVE	ARM_CIRCLES_WITH_BALL_BAND_AND_WEIGHT
MOVE	ARM_STRETCH
MOVE	BACK_MASSAGE
MOVE	BELLY_BREATHING
MOVE	BRIDGE_WITH_BALL
MOVE	DIAMOND_LEG_CRUNCH
MOVE	DIAMOND_LEG_LIFT
MOVE	EIGHT_POINT_SHOULDER_OPENER
MOVE	FOOTWORK
MOVE	FOOTWORK_ON_DISC
MOVE	FOOT_ROLLING
MOVE	FORWARD_FOLD
MOVE	FROG_WITH_BAND
MOVE	HALF_ROLL_UP
MOVE	HAMSTRING_CURL
MOVE	HAMSTRING_STRETCH
MOVE	HIP_STRETCH
MOVE	HUG_A_TREE_WITH_BALL_BAND_AND_WEIGHT
MOVE	KNEE_CIRCLES
MOVE	KNEE_FOLDS_ON_DISC
MOVE	LATERAL_FLEXION
MOVE	LEG_STRETCH_WITH_BAND
MOVE	LEG_STRETCH_WITH_LEG_CIRCLES
MOVE	LOWER_LIFT_ON_DISC
MOVE	LUNGES_WITH_KNEE_LIFT
MOVE	LUNGE_SQUAT
MOVE	MERMAID_STRETCH
MOVE	NEUTRAL_PELVIC_POSITION
MOVE	PELVIC_CLOCKS_ON_DISC
MOVE	PILATES_PLIE_SQUATS_PARALLEL_TURNED_OUT_FLAT_AND_HEELS_WITH_CHAIR

MOVE	PIRIFORMIS_STRETCH
MOVE	PLANK_KNEE_CROSSES
MOVE	PLANK_KNEE_PULLS
MOVE	PLANK_UP_DOWNS
MOVE	PRAYER_MUDRA
MOVE	PSOAS_LUNGE_STRETCH
MOVE	RIBCAGE_BREATHING
MOVE	ROLL_DOWN
MOVE	ROLL_UP_WITH_WEIGHT_AND_BAND
MOVE	SAW
MOVE	SCAPULAR_STABILIZATION
MOVE	SCISSORS_ON_DISC
MOVE	SEATED_HIP_STRETCHUP
MOVE	SEATED_TWIST
MOVE	SHAVING_THE_HEAD_WITH_BALL_BAND_AND_WEIGHT
MOVE	SPINAL_TWIST
MOVE	SPINAL_TWIST_STRETCH
MOVE	SPINE_STRETCH_FORWARD
MOVE	SQUATS_WITH_BALL
MOVE	STANDING_SIDE_STRETCH
MOVE	STANDING_SINGLE_LEG_FORWARD_BEND_WITH_IT_BAND_OPENER
MOVE	STAND_AND_HANG
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEGS_CROSSED
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEGS_CROSSED_WITH_BALL
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEG_LIFT
MOVE	STRAIGHT_LEG_CRUNCH_WITH_LEG_LIFT_WITH_BALL
MOVE	STRAIGHT_LEG_DIAGONAL_CRUNCH
MOVE	STRAIGHT_LEG_DIAGONAL_CRUNCH_WITH_BALL
MOVE	TAILBONE_CURL
MOVE	THROAT_LOCK
MOVE	TICK_TOCK_SIDE_ROLL
MOVE	FORWARD_FOLD_PLUS_WHEELCHAIR
MOVE	TWIST
MOVE	V_LEG_CRUNCHES
MOVE	V_SIT
MOVE	FORWARD_FOLD_WHEELCHAIR
MOVE	ARM_CIRCLES_LOW_FORWARD_WHEELCHAIR
MOVE	ARM_CIRCLES_MID_FORWARD_WHEELCHAIR
MOVE	ARM_CIRCLES_HIGH_FORWARD_WHEELCHAIR
MOVE	ARM_CIRCLES_LOW_BACKWARD_WHEELCHAIR
MOVE	ARM_CIRCLES_MID_BACKWARD_WHEELCHAIR
MOVE	ARM_CIRCLES_HIGH_BACKWARD_WHEELCHAIR

MOVE	CORE_TWISTS_WHEELCHAIR
MOVE	ARM_RAISE_WHEELCHAIR
MOVE	CHEST_EXPAND_WHEELCHAIR
MOVE	ARM_EXTEND_WHEELCHAIR
MOVE	FORWARD_BEND_WHEELCHAIR
MOVE	TOE_TOUCH_WHEELCHAIR
MOVE	EXTENDED_TOE_TOUCH_WHEELCHAIR
OLYMPIC_LIFT	BARBELL_HANG_POWER_CLEAN
OLYMPIC_LIFT	BARBELL_HANG_POWER_SNATCH
OLYMPIC_LIFT	BARBELL_HANG_PULL
OLYMPIC_LIFT	BARBELL_HANG_SQUAT_CLEAN
OLYMPIC_LIFT	BARBELL_HIGH_PULL
OLYMPIC_LIFT	BARBELL_POWER_CLEAN
OLYMPIC_LIFT	BARBELL_POWER_SNATCH
OLYMPIC_LIFT	BARBELL_SNATCH
OLYMPIC_LIFT	BARBELL_SPLIT_JERK
OLYMPIC_LIFT	BARBELL_SQUAT_CLEAN
OLYMPIC_LIFT	CLEAN
OLYMPIC_LIFT	CLEAN_AND_JERK
OLYMPIC_LIFT	CLEAN_AND_PRESS
OLYMPIC_LIFT	DUMBBELL_CLEAN
OLYMPIC_LIFT	DUMBBELL_HANG_PULL
OLYMPIC_LIFT	DUMBBELL_HANG_SNATCH
OLYMPIC_LIFT	DUMBBELL_POWER_CLEAN_AND_JERK
OLYMPIC_LIFT	DUMBBELL_POWER_CLEAN_AND_PUSH_PRESS
OLYMPIC_LIFT	DUMBBELL_POWER_CLEAN_AND_STRICT_PRESS
OLYMPIC_LIFT	DUMBBELL_SNATCH
OLYMPIC_LIFT	MEDICINE_BALL_CLEAN
OLYMPIC_LIFT	ONE_HAND_DUMBBELL_SPLIT_SNATCH
OLYMPIC_LIFT	PUSH_JERK
OLYMPIC_LIFT	SINGLE_ARM_DUMBBELL_SNATCH
OLYMPIC_LIFT	SINGLE_ARM_HANG_SNATCH
OLYMPIC_LIFT	SINGLE_ARM_KETTLEBELL_SNATCH
OLYMPIC_LIFT	SPLIT_JERK
OLYMPIC_LIFT	SQUAT_CLEAN_AND_JERK
PLANK	BEAR_CRAWL
PLANK	BRIDGE_ONE_LEG_BRIDGE
PLANK	BRIDGE_WITH_GLUTE_LOWER_LIFT
PLANK	CROSS_BODY_MOUNTAIN_CLIMBER
PLANK	ELBOW_PLANK_PIKE_JACKS
PLANK	ELEVATED_FEET_PLANK
PLANK	ELEVATOR_ABS

PLANK	EXTENDED_PLANK
PLANK	FULL_PLANK_PASSE_TWIST
PLANK	INCHING_ELBOW_PLANK
PLANK	INCHWORM_TO_SIDE_PLANK
PLANK	KNEELING_PLANK
PLANK	KNEELING_SIDE_PLANK_WITH_LEG_LIFT
PLANK	LATERAL_ROLL
PLANK	LYING_REVERSE_PLANK
PLANK	MEDICINE_BALL_MOUNTAIN_CLIMBER
PLANK	MODIFIED_MOUNTAIN_CLIMBER_AND_EXTENSION
PLANK	MOUNTAIN_CLIMBER
PLANK	MOUNTAIN_CLIMBER_ON_SLIDING_DISCS
PLANK	MOUNTAIN_CLIMBER_WITH_FEET_ON_BOSU_BALL
PLANK	MOUNTAIN_CLIMBER_WITH_HANDS_ON_BENCH
PLANK	MOUNTAIN_CLIMBER_WITH_HANDS_ON_SWISS_BALL
PLANK	PLANK
PLANK	PLANK
PLANK	PLANK
PLANK	PLANK
PLANK	PLANK_JACKS_WITH_FEET_ON_SLIDING_DISCS
PLANK	PLANK_KNEE_TWIST
PLANK	PLANK_PIKES
PLANK	PLANK_PIKE_JUMPS
PLANK	PLANK_TO_STAND_UP
PLANK	PLANK_WITH_ARM_RAISE
PLANK	PLANK_WITH_ARM_VARIATIONS
PLANK	PLANK_WITH_FEET_ON_SWISS_BALL
PLANK	PLANK_WITH_KNEE_TO_ELBOW
PLANK	PLANK_WITH_LEG_LIFT
PLANK	PLANK_WITH_OBLIQUE_CRUNCH
PLANK	PLYOMETRIC_SIDE_PLANK
PLANK	REVERSE_PLANK_WITH_LEG_PULL
PLANK	RING_PLANK_SPRAWLS
PLANK	ROLLING_SIDE_PLANK
PLANK	SIDE_KICK_PLANK
PLANK	SIDE_PLANK
PLANK	SIDE_PLANK
PLANK	SIDE_PLANK
PLANK	SIDE_PLANK
PLANK	SIDE_PLANK_AND_ROW
PLANK	SIDE_PLANK_LIFT
PLANK	SIDE_PLANK_TO_PLANK_WITH_REACH_UNDER

PLANK	SIDE_PLANK_WITH_ELBOW_ON_BOSU_BALL
PLANK	SIDE_PLANK_WITH_FEET_ON_BENCH
PLANK	SIDE_PLANK_WITH_KNEE_CIRCLE
PLANK	SIDE_PLANK_WITH_KNEE_TUCK
PLANK	SIDE_PLANK_WITH_LEG_LIFT
PLANK	SIDE_PLANK_WITH_REACH_UNDER
PLANK	SINGLE_LEG_ELEVATED_FEET_PLANK
PLANK	SINGLE_LEG_FLEX_AND_EXTEND
PLANK	SINGLE_LEG_SIDE_PLANK
PLANK	SPIDERMAN_PLANK
PLANK	STRAIGHT_ARM_PLANK
PLANK	STRAIGHT_ARM_PLANK_WITH_SHOULDER_TOUCH
PLANK	SWISS_BALL_PLANK
PLANK	SWISS_BALL_PLANK_LEG_LIFT
PLANK	SWISS_BALL_PLANK_LEG_LIFT_AND_HOLD
PLANK	SWISS_BALL_PLANK_WITH_FEET_ON_BENCH
PLANK	SWISS_BALL_PRONE_JACKKNIFE
PLANK	SWISS_BALL_SIDE_PLANK
PLANK	THREE_WAY_PLANK
PLANK	TOWEL_PLANK_AND_KNEE_IN
PLANK	TURKISH_GET_UP_TO_SIDE_PLANK
PLANK	TWO_POINT_PLANK
PLANK	T_STABILIZATION
PLANK	WEIGHTED_45_DEGREE_PLANK
PLANK	WEIGHTED_90_DEGREE_STATIC_HOLD
PLANK	WEIGHTED_BEAR_CRAWL
PLANK	WEIGHTED_CROSS_BODY_MOUNTAIN_CLIMBER
PLANK	WEIGHTED_ELBOW_PLANK_PIKE_JACKS
PLANK	WEIGHTED_ELEVATED_FEET_PLANK
PLANK	WEIGHTED_ELEVATOR_ABS
PLANK	WEIGHTED_EXTENDED_PLANK
PLANK	WEIGHTED_FULL_PLANK_PASSE_TWIST
PLANK	WEIGHTED_INCHING_ELBOW_PLANK
PLANK	WEIGHTED_INCHWORM_TO_SIDE_PLANK
PLANK	WEIGHTED_KNEELING_PLANK
PLANK	WEIGHTED_KNEELING_SIDE_PLANK_WITH_LEG_LIFT
PLANK	WEIGHTED_LATERAL_ROLL
PLANK	WEIGHTED_LYING_REVERSE_PLANK
PLANK	WEIGHTED_MEDICINE_BALL_MOUNTAIN_CLIMBER
PLANK	WEIGHTED_MODIFIED_MOUNTAIN_CLIMBER_AND_EXTENSION
PLANK	WEIGHTED_MOUNTAIN_CLIMBER
PLANK	WEIGHTED_MOUNTAIN_CLIMBER_ON_SLIDING_DISCS

PLANK	WEIGHTED_MOUNTAIN_CLIMBER_WITH_FEET_ON_BOSU_BALL
PLANK	WEIGHTED_MOUNTAIN_CLIMBER_WITH_HANDS_ON_BENCH
PLANK	WEIGHTED_MOUNTAIN_CLIMBER_WITH_HANDS_ON_SWISS_BALL
PLANK	WEIGHTED_PLANK
PLANK	WEIGHTED_PLANK_JACKS_WITH_FEET_ON_SLIDING_DISCS
PLANK	WEIGHTED_PLANK_KNEE_TWIST
PLANK	WEIGHTED_PLANK_PIKES
PLANK	WEIGHTED_PLANK_PIKE_JUMPS
PLANK	WEIGHTED_PLANK_TO_STAND_UP
PLANK	WEIGHTED_PLANK_WITH_ARM_RAISE
PLANK	WEIGHTED_PLANK_WITH_KNEE_TO_ELBOW
PLANK	WEIGHTED_PLANK_WITH_OBLIQUE_CRUNCH
PLANK	WEIGHTED_PLYOMETRIC_SIDE_PLANK
PLANK	WEIGHTED_ROLLING_SIDE_PLANK
PLANK	WEIGHTED_SIDE_KICK_PLANK
PLANK	WEIGHTED_SIDE_PLANK
PLANK	WEIGHTED_SIDE_PLANK_AND_ROW
PLANK	WEIGHTED_SIDE_PLANK_LIFT
PLANK	WEIGHTED_SIDE_PLANK_WITH_ELBOW_ON_BOSU_BALL
PLANK	WEIGHTED_SIDE_PLANK_WITH_FEET_ON_BENCH
PLANK	WEIGHTED_SIDE_PLANK_WITH_KNEE_CIRCLE
PLANK	WEIGHTED_SIDE_PLANK_WITH_KNEE_TUCK
PLANK	WEIGHTED_SIDE_PLANK_WITH_LEG_LIFT
PLANK	WEIGHTED_SIDE_PLANK_WITH_REACH_UNDER
PLANK	WEIGHTED_SINGLE_LEG_ELEVATED_FEET_PLANK
PLANK	WEIGHTED_SINGLE_LEG_FLEX_AND_EXTEND
PLANK	WEIGHTED_SINGLE_LEG_SIDE_PLANK
PLANK	WEIGHTED_SPIDERMAN_PLANK
PLANK	WEIGHTED_STRAIGHT_ARM_PLANK
PLANK	WEIGHTED_STRAIGHT_ARM_PLANK_WITH_SHOULDER_TOUCH
PLANK	WEIGHTED_SWISS_BALL_PLANK
PLANK	WEIGHTED_SWISS_BALL_PLANK_LEG_LIFT
PLANK	WEIGHTED_SWISS_BALL_PLANK_LEG_LIFT_AND_HOLD
PLANK	WEIGHTED_SWISS_BALL_PLANK_WITH_FEET_ON_BENCH
PLANK	WEIGHTED_SWISS_BALL_PRONE_JACKKNIFE
PLANK	WEIGHTED_SWISS_BALL_SIDE_PLANK
PLANK	WEIGHTED_THREE_WAY_PLANK
PLANK	WEIGHTED_TOWEL_PLANK_AND_KNEE_IN
PLANK	WEIGHTED_TURKISH_GET_UP_TO_SIDE_PLANK
PLANK	WEIGHTED_TWO_POINT_PLANK
PLANK	WEIGHTED_T_STABILIZATION
PLANK	WEIGHTED_WIDE_STANCE_PLANK_WITH_DIAGONAL_ARM_LIFT

PLANK	WEIGHTED_WIDE_STANCE_PLANK_WITH_DIAGONAL_LEG_LIFT
PLANK	WEIGHTED_WIDE_STANCE_PLANK_WITH_LEG_LIFT
PLANK	WIDE_STANCE_PLANK_WITH_DIAGONAL_ARM_LIFT
PLANK	WIDE_STANCE_PLANK_WITH_DIAGONAL_LEG_LIFT
PLANK	WIDE_STANCE_PLANK_WITH_LEG_LIFT
PLANK	WIDE_STANCE_PLANK_WITH_OPPOSITE_ARM_AND_LEG_LIFT
PLANK	_45_DEGREE_PLANK
PLANK	_90_DEGREE_STATIC_HOLD
PLYO	ALTERNATING_JUMP_LUNGE
PLYO	BARBELL_JUMP_SQUAT
PLYO	BODY_WEIGHT_JUMP_SQUAT
PLYO	BOX_JUMP
PLYO	BOX_JUMP_OVERS
PLYO	BOX_JUMP_OVERS_OVER_THE_BOX
PLYO	CROSS_KNEE_STRIKE
PLYO	DEPTH_JUMP
PLYO	DUMBBELL_JUMP_SQUAT
PLYO	DUMBBELL_SPLIT_JUMP
PLYO	FRONT_KNEE_STRIKE
PLYO	HIGH_BOX_JUMP
PLYO	ISOMETRIC_EXPLOSIVE_BODY_WEIGHT_JUMP_SQUAT
PLYO	JUMP_SQUAT
PLYO	LATERAL_LEAP_AND_HOP
PLYO	LATERAL_PLYO_SQUATS
PLYO	LATERAL_SLIDE
PLYO	MEDICINE_BALL_OVERHEAD_THROWS
PLYO	MEDICINE_BALL_SIDE_THROW
PLYO	MEDICINE_BALL_SLAM
PLYO	SIDE_TO_SIDE_MEDICINE_BALL_THROWS
PLYO	SIDE_TO_SIDE_SHUFFLE_JUMP
PLYO	SQUAT_JUMPS_IN_AND_OUT
PLYO	SQUAT_JUMP_ONTTO_BOX
PLYO	STAR_JUMP_SQUATS
PLYO	WEIGHTED_ALTERNATING_JUMP_LUNGE
PLYO	WEIGHTED_CROSS_KNEE_STRIKE
PLYO	WEIGHTED_DEPTH_JUMP
PLYO	WEIGHTED_FRONT_KNEE_STRIKE
PLYO	WEIGHTED_HIGH_BOX_JUMP
PLYO	WEIGHTED_ISOMETRIC_EXPLOSIVE_JUMP_SQUAT
PLYO	WEIGHTED_JUMP_SQUAT
PLYO	WEIGHTED_LATERAL_LEAP_AND_HOP
PLYO	WEIGHTED_LATERAL_PLYO_SQUATS

PLYO	WEIGHTED_LATERAL_SLIDE
PLYO	WEIGHTED_SIDE_TO_SIDE_SHUFFLE_JUMP
PLYO	WEIGHTED_SQUAT_JUMPS_IN_AND_OUT
PLYO	WEIGHTED_SQUAT_JUMP_ONTO_BOX
POSE	DEEP_BREATHING_WHEELCHAIR
POSE	DEEP_BREATHING_LOW_WHEELCHAIR
POSE	DEEP_BREATHING_MID_WHEELCHAIR
POSE	DEEP_BREATHING_HIGH_WHEELCHAIR
POSE	PRAYER_WHEELCHAIR
POSE	OVERHEAD_PRAYER_WHEELCHAIR
POSE	CACTUS_WHEELCHAIR
POSE	BREATHING_PUNCHES_WHEELCHAIR
POSE	BREATHING_PUNCHES_EXTENDED_WHEELCHAIR
POSE	BREATHING_PUNCHES_OVERHEAD_WHEELCHAIR
POSE	BREATHING_PUNCHES_OVERHEAD_AND_DOWN_WHEELCHAIR
POSE	BREATHING_PUNCHES_SIDE_WHEELCHAIR
POSE	BREATHING_PUNCHES_EXTENDED_SIDE_WHEELCHAIR
POSE	BREATHING_PUNCHES_OVERHEAD_SIDE_WHEELCHAIR
POSE	BREATHING_PUNCHES_OVERHEAD_AND_DOWN_SIDE_WHEELCHAIR
POSE	ALL_FOURS
POSE	ANKLE_TO_KNEE
POSE	BABY_COBRA
POSE	BOAT
POSE	BOUND_ANGLE
POSE	BOUND_SEATED_SINGLE_LEG_FORWARD_BEND
POSE	BOW
POSE	BOWED_HALF_MOON
POSE	LEFT_HAND_BACK_WHEELCHAIR
POSE	TRIANGLE_WHEELCHAIR
POSE	THREAD_THE_NEEDLE_WHEELCHAIR
POSE	NECK_FLEXION_&_EXTENSION_WHEELCHAIR
POSE	NECK_LATERAL_FLEXION_WHEELCHAIR
POSE	SPINE_FLEXION_&_EXTENSION_WHEELCHAIR
POSE	SPINE_ROTATION_WHEELCHAIR
POSE	SPINE_LATERAL_FLEXION_WHEELCHAIR
POSE	BRIDGE
POSE	CAT
POSE	CHAIR
POSE	CHILDS
POSE	CORPSE
POSE	COW
POSE	COW_FACE

POSE	DEVOTIONAL_WARRIOR
POSE	DOLPHIN
POSE	DOLPHIN_PLANK
POSE	DOWNWARD_FACING_DOG
POSE	DOWN_DOG_KNEE_TO_NOSE
POSE	DOWN_DOG_SPLIT
POSE	DOWN_DOG_SPLIT_OPEN_HIP_BENT_KNEE
POSE	EAGLE
POSE	EASY_SEATED
POSE	EXTENDED_PUPPY
POSE	EXTENDED_SIDE_ANGLE
POSE	FISH
POSE	FOUR_LIMBED_STAFF
POSE	FULL_SPLIT
POSE	GATE
POSE	HALF_CHAIR_HALF_ANKLE_TO_KNEE
POSE	HALF_MOON
POSE	HEAD_TO_KNEE
POSE	HERON
POSE	HEROS
POSE	HIGH_LUNGE
POSE	KNEES_CHEST_CHIN
POSE	LIZARD
POSE	LOCUST
POSE	LOW_LUNGE
POSE	LOW_LUNGE_TWIST
POSE	LOW_LUNGE_WITH_KNEE_DOWN
POSE	MERMAID
POSE	MOUNTAIN
POSE	ONE_LEGGED_DOWNWARD_FACING_POSE_OPEN_HIP_BENT_KNEE
POSE	ONE_LEGGED_PIGEON
POSE	PEACEFUL_WARRIOR
POSE	PLOW
POSE	RECLINED_HAND_TO_FOOT
POSE	REVOLVED_HALF_MOON
POSE	REVOLVED_HEAD_TO_KNEE
POSE	REVOLVED_TRIANGLE
POSE	RUNNERS_LUNGE
POSE	SEATED_EASY_SIDE_BEND
POSE	SEATED_EASY_TWIST
POSE	SEATED_LONG_LEG_FORWARD_BEND
POSE	SEATED_WIDE_LEG_FORWARD_BEND

POSE	SHOULDER_STAND
POSE	SIDE_BOAT
POSE	SPHINX
POSE	SQUAT_OPEN_ARM_TWIST
POSE	SQUAT_PALM_PRESS
POSE	STAFF
POSE	STANDING_ARMS_UP
POSE	STANDING_FORWARD_BEND
POSE	STANDING_FORWARD_BEND_HALFWAY_UP
POSE	STANDING_SIDE_OPENER
POSE	STANDING_SINGLE_LEG_FORWARD_BEND
POSE	STANDING_SPLIT
POSE	STANDING_WIDE_LEG_FORWARD_BEND
POSE	STANDING_WIDE_LEG_FORWARD_BEND_WITH_TWIST
POSE	SUPINE_SPINAL_TWIST
POSE	TABLE_TOP
POSE	THREAD_THE_NEEDLE
POSE	THUNDERBOLT
POSE	THUNDERBOLT_POSE_BOTH_SIDES_ARM_STRETCH
POSE	TREE
POSE	TRIANGLE
POSE	UPWARD_FACING_PLANK
POSE	UP_DOG
POSE	WARRIOR_ONE
POSE	WARRIOR_THREE
POSE	WARRIOR_TWO
POSE	WHEEL
POSE	WIDE_SIDE_LUNGE
POSE	ALTERNATIVE_SKIING_WHEELCHAIR
POSE	REACH_FORWARD_WHEELCHAIR
POSE	WARRIOR_WHEELCHAIR
POSE	REVERSE_WARRIOR_WHEELCHAIR
PULL_UP	BANDED_PULL_UPS
PULL_UP	BAND_ASSISTED_CHIN_UP
PULL_UP	BAND_ASSISTED_PULL_UP
PULL_UP	BURPEE_PULL_UP
PULL_UP	CHIN_UP
PULL_UP	CLOSE_GRIP_CHIN_UP
PULL_UP	CLOSE_GRIP_LAT_PULLDOWN
PULL_UP	CROSSOVER_CHIN_UP
PULL_UP	EZ_BAR_PULLOVER
PULL_UP	HANGING_HURDLE

PULL_UP	JUMPING_PULL_UPS
PULL_UP	KIPPING_PULL_UP
PULL_UP	KNEELING_LAT_PULLDOWN
PULL_UP	KNEELING_UNDERHAND_GRIP_LAT_PULLDOWN
PULL_UP	LAT_PULLDOWN
PULL_UP	L_PULL_UP
PULL_UP	MIXED_GRIP_CHIN_UP
PULL_UP	MIXED_GRIP_PULL_UP
PULL_UP	NEUTRAL_GRIP_CHIN_UP
PULL_UP	NEUTRAL_GRIP_PULL_UP
PULL_UP	PULL_UP
PULL_UP	REVERSE_GRIP_PULLDOWN
PULL_UP	STANDING_CABLE_PULLOVER
PULL_UP	STRAIGHT_ARM_PULLDOWN
PULL_UP	SUSPENDED_CHIN_UP
PULL_UP	SWISS_BALL_EZ_BAR_PULLOVER
PULL_UP	TOWEL_PULL_UP
PULL_UP	WEIGHTED_BURPEE_PULL_UP
PULL_UP	WEIGHTED_CHIN_UP
PULL_UP	WEIGHTED_CLOSE_GRIP_CHIN_UP
PULL_UP	WEIGHTED_CROSSOVER_CHIN_UP
PULL_UP	WEIGHTED_HANGING_HURDLE
PULL_UP	WEIGHTED_JUMPING_PULL_UPS
PULL_UP	WEIGHTED_KIPPING_PULL_UP
PULL_UP	WEIGHTED_L_PULL_UP
PULL_UP	WEIGHTED_MIXED_GRIP_CHIN_UP
PULL_UP	WEIGHTED_MIXED_GRIP_PULL_UP
PULL_UP	WEIGHTED_NEUTRAL_GRIP_CHIN_UP
PULL_UP	WEIGHTED_NEUTRAL_GRIP_PULL_UP
PULL_UP	WEIGHTED_PULL_UP
PULL_UP	WEIGHTED_SUSPENDED_CHIN_UP
PULL_UP	WEIGHTED_TOWEL_PULL_UP
PULL_UP	WEIGHTED_WIDE_GRIP_PULL_UP
PULL_UP	WIDE_GRIP_LAT_PULLDOWN
PULL_UP	WIDE_GRIP_PULL_UP
PULL_UP	_30_DEGREE_LAT_PULLDOWN
PUSH_UP	ALTERNATING_HANDS_MEDICINE_BALL_PUSH_UP
PUSH_UP	ALTERNATING_STAGGERED_PUSH_UP
PUSH_UP	BICEPS_PUSH_UP
PUSH_UP	BOSU_BALL_PUSH_UP
PUSH_UP	CHEST_PRESS_WITH_BAND
PUSH_UP	CLAPPING_PUSH_UP

PUSH_UP	CLOSE_GRIP_MEDICINE_BALL_PUSH_UP
PUSH_UP	CLOSE_HANDS_PUSH_UP
PUSH_UP	DECLINE_PUSH_UP
PUSH_UP	DIAMOND_PUSH_UP
PUSH_UP	DYNAMIC_PUSH_UP
PUSH_UP	EXPLOSIVE_CROSSOVER_PUSH_UP
PUSH_UP	EXPLOSIVE_PUSH_UP
PUSH_UP	FEET_ELEVATED_SIDE_TO_SIDE_PUSH_UP
PUSH_UP	HANDSTAND_PUSH_UP
PUSH_UP	HAND_RELEASE_PUSH_UP
PUSH_UP	HINDU_PUSH_UP
PUSH_UP	INCLINE_PUSH_UP
PUSH_UP	ISOMETRIC_EXPLOSIVE_PUSH_UP
PUSH_UP	JUDO_PUSH_UP
PUSH_UP	KIPPING_HANDSTAND_PUSH_UP
PUSH_UP	KIPPING_PARALLETTE_HANDSTAND_PUSH_UP
PUSH_UP	KNEELING_PUSH_UP
PUSH_UP	MEDICINE_BALL_CHEST_PASS
PUSH_UP	MEDICINE_BALL_PUSH_UP
PUSH_UP	ONE_ARM_PUSH_UP
PUSH_UP	PARALLETTE_HANDSTAND_PUSH_UP
PUSH_UP	PIKE_PUSH_UP
PUSH_UP	PILATES_PUSHUP
PUSH_UP	PUSH_UP
PUSH_UP	PUSH_UP_AND_ROW
PUSH_UP	PUSH_UP_PLUS
PUSH_UP	PUSH_UP_WITH_FEET_ON_SWISS_BALL
PUSH_UP	PUSH_UP_WITH_ONE_HAND_ON_MEDICINE_BALL
PUSH_UP	RING_HANDSTAND_PUSH_UP
PUSH_UP	RING_PUSH_UP
PUSH_UP	SHOULDER_PUSH_UP
PUSH_UP	SHOULDER_TAPPING_PUSH_UP
PUSH_UP	SINGLE_ARM_MEDICINE_BALL_PUSH_UP
PUSH_UP	SPIDERMAN_PUSH_UP
PUSH_UP	STACKED_FEET_PUSH_UP
PUSH_UP	STAGGERED_HANDS_PUSH_UP
PUSH_UP	SUSPENDED_PUSH_UP
PUSH_UP	SWISS_BALL_PUSH_UP
PUSH_UP	SWISS_BALL_PUSH_UP_PLUS
PUSH_UP	TRIPLE_STOP_PUSH_UP
PUSH_UP	T_PUSH_UP
PUSH_UP	WEIGHTED_ALTERNATING_HANDS_MEDICINE_BALL_PUSH_UP

PUSH_UP	WEIGHTED_ALTERNATING_STAGGERED_PUSH_UP
PUSH_UP	WEIGHTED_BICEPS_PUSH_UP
PUSH_UP	WEIGHTED_BOSU_BALL_PUSH_UP
PUSH_UP	WEIGHTED_CLAPPING_PUSH_UP
PUSH_UP	WEIGHTED_CLOSE_GRIP_MEDICINE_BALL_PUSH_UP
PUSH_UP	WEIGHTED_CLOSE_HANDS_PUSH_UP
PUSH_UP	WEIGHTED_DECLINE_PUSH_UP
PUSH_UP	WEIGHTED_DIAMOND_PUSH_UP
PUSH_UP	WEIGHTED_EXPLOSIVE_CROSSOVER_PUSH_UP
PUSH_UP	WEIGHTED_EXPLOSIVE_PUSH_UP
PUSH_UP	WEIGHTED_FEET_ELEVATED_SIDE_TO_SIDE_PUSH_UP
PUSH_UP	WEIGHTED_HANDSTAND_PUSH_UP
PUSH_UP	WEIGHTED_HAND_RELEASE_PUSH_UP
PUSH_UP	WEIGHTED_HINDU_PUSH_UP
PUSH_UP	WEIGHTED_INCLINE_PUSH_UP
PUSH_UP	WEIGHTED_ISOMETRIC_EXPLOSIVE_PUSH_UP
PUSH_UP	WEIGHTED_JUDO_PUSH_UP
PUSH_UP	WEIGHTED_KNEELING_PUSH_UP
PUSH_UP	WEIGHTED_MEDICINE_BALL_PUSH_UP
PUSH_UP	WEIGHTED_ONE_ARM_PUSH_UP
PUSH_UP	WEIGHTED_PARALLETTE_HANDSTAND_PUSH_UP
PUSH_UP	WEIGHTED_PIKE_PUSH_UP
PUSH_UP	WEIGHTED_PUSH_UP
PUSH_UP	WEIGHTED_PUSH_UP_AND_ROW
PUSH_UP	WEIGHTED_PUSH_UP_PLUS
PUSH_UP	WEIGHTED_PUSH_UP_WITH_FEET_ON_SWISS_BALL
PUSH_UP	WEIGHTED_PUSH_UP_WITH_ONE_HAND_ON_MEDICINE_BALL
PUSH_UP	WEIGHTED_RING_HANDSTAND_PUSH_UP
PUSH_UP	WEIGHTED_RING_PUSH_UP
PUSH_UP	WEIGHTED_SHOULDER_PUSH_UP
PUSH_UP	WEIGHTED_SINGLE_ARM_MEDICINE_BALL_PUSH_UP
PUSH_UP	WEIGHTED_SPIDERMAN_PUSH_UP
PUSH_UP	WEIGHTED_STACKED_FEET_PUSH_UP
PUSH_UP	WEIGHTED_STAGGERED_HANDS_PUSH_UP
PUSH_UP	WEIGHTED_SUSPENDED_PUSH_UP
PUSH_UP	WEIGHTED_SWISS_BALL_PUSH_UP
PUSH_UP	WEIGHTED_SWISS_BALL_PUSH_UP_PLUS
PUSH_UP	WEIGHTED_TRIPLE_STOP_PUSH_UP
PUSH_UP	WEIGHTED_T_PUSH_UP
PUSH_UP	WEIGHTED_WIDE_HANDS_PUSH_UP
PUSH_UP	WIDE_GRIP_PUSH_UP
PUSH_UP	WIDE_HANDS_PUSH_UP

ROW	ALTERNATING_DUMBBELL_ROW
ROW	BANDED_FACE_PULLS
ROW	BARBELL_ROW
ROW	BARBELL_STRAIGHT_LEG_DEADLIFT_TO_ROW
ROW	BENT_OVER_ROW_WITH_BARBELL
ROW	BENT_OVER_ROW_WITH_DUMBBELL
ROW	CABLE_ROW_STANDING
ROW	CHEST_SUPPORTED_DUMBBELL_ROW
ROW	DECLINE_RING_ROW
ROW	DUMBBELL_ROW
ROW	ELEVATED_FEET_INVERTED_ROW
ROW	ELEVATED_RING_ROW
ROW	FACE_PULL
ROW	FACE_PULL_WITH_EXTERNAL_ROTATION
ROW	INDOOR_ROW
ROW	INVERTED_ROW
ROW	INVERTED_ROW_WITH_FEET_ON_SWISS_BALL
ROW	KETTLEBELL_ROW
ROW	MODIFIED_INVERTED_ROW
ROW	NEUTRAL_GRIP_ALTERNATING_DUMBBELL_ROW
ROW	ONE_ARM_BENT_OVER_ROW
ROW	ONE_LEGGED_DUMBBELL_ROW
ROW	RENEGADE_ROW
ROW	REVERSE_GRIP_BARBELL_ROW
ROW	RING_ROW
ROW	ROPE_HANDLE_CABLE_ROW
ROW	ROW
ROW	SEATED_CABLE_ROW
ROW	SEATED_DUMBBELL_ROW
ROW	SEATED_UNDERHAND_GRIP_CABLE_ROW
ROW	SINGLE_ARM_CABLE_ROW
ROW	SINGLE_ARM_CABLE_ROW_AND_ROTATION
ROW	SINGLE_ARM_INVERTED_ROW
ROW	SINGLE_ARM_NEUTRAL_GRIP_DUMBBELL_ROW
ROW	SINGLE_ARM_NEUTRAL_GRIP_DUMBBELL_ROW_AND_ROTATION
ROW	SUSPENDED_INVERTED_ROW
ROW	TOWEL_GRIP_INVERTED_ROW
ROW	TRX_INVERTED_ROW
ROW	T_BAR_ROW
ROW	UNDERHAND_GRIP_CABLE_ROW
ROW	V_GRIP_CABLE_ROW
ROW	WEIGHTED_ELEVATED_FEET_INVERTED_ROW

ROW	WEIGHTED_INVERTED_ROW
ROW	WEIGHTED_INVERTED_ROW_WITH_FEET_ON_SWISS_BALL
ROW	WEIGHTED_MODIFIED_INVERTED_ROW
ROW	WEIGHTED_ROW
ROW	WEIGHTED_SINGLE_ARM_INVERTED_ROW
ROW	WEIGHTED_SUSPENDED_INVERTED_ROW
ROW	WEIGHTED_TOWEL_GRIP_INVERTED_ROW
ROW	WEIGHTED_TRX_INVERTED_ROW
ROW	WIDE_GRIP_SEATED_CABLE_ROW
ROW	DUMBBELL_ROW_WHEELCHAIR
RUN	JOG
RUN	RUN
RUN	RUN_OR_WALK
RUN	SPRINT
RUN	WALK
RUN_INDOOR	INDOOR_TRACK_RUN
RUN_INDOOR	TREADMILL
SANDBAG	AROUND_THE_WORLD
SANDBAG	BACK_SQUAT
SANDBAG	BEAR_CRAWL_PULL_THROUGH
SANDBAG	BEAR_HUG_SQUAT
SANDBAG	CLEAN
SANDBAG	CLEAN_AND_PRESS
SANDBAG	CURL
SANDBAG	FRONT_CARRY
SANDBAG	FRONT_SQUAT
SANDBAG	LUNGE
SANDBAG	OVERHEAD_PRESS
SANDBAG	PLANK_PULL_THROUGH
SANDBAG	ROTATIONAL_LUNGE
SANDBAG	ROW
SANDBAG	RUSSIAN_TWIST
SANDBAG	SHOULDERING
SANDBAG	SHOVELING
SANDBAG	SIDE_LUNGE
SANDBAG	SPRINT
SANDBAG	ZERCHER_SQUAT
SHOULDER_PRESS	DUMBBELL_CURL_TO_OVERHEAD_PRESS_WHEELCHAIR
SHOULDER_PRESS	ARNOLD_PRESS_WHEELCHAIR
SHOULDER_PRESS	ALTERNATING_DUMBBELL_SHOULDER_PRESS
SHOULDER_PRESS	ARNOLD_PRESS
SHOULDER_PRESS	BARBELL_FRONT_SQUAT_TO_PUSH_PRESS

SHOULDER_PRESS	BARBELL_PUSH_PRESS
SHOULDER_PRESS	BARBELL_SHOULDER_PRESS
SHOULDER_PRESS	DEAD_CURL_PRESS
SHOULDER_PRESS	DUMBBELL_ALTERNATING_SHOULDER_PRESS_AND_TWIST
SHOULDER_PRESS	DUMBBELL_FRONT_RAISE
SHOULDER_PRESS	DUMBBELL_HAMMER_CURL_TO_LUNGE_TO_PRESS
SHOULDER_PRESS	DUMBBELL_PUSH_PRESS
SHOULDER_PRESS	DUMBBELL_SHOULDER_PRESS
SHOULDER_PRESS	FLOOR_INVERTED_SHOULDER_PRESS
SHOULDER_PRESS	INVERTED_SHOULDER_PRESS
SHOULDER_PRESS	MILITARY_PRESS
SHOULDER_PRESS	ONE_ARM_PUSH_PRESS
SHOULDER_PRESS	OVERHEAD_BARBELL_PRESS
SHOULDER_PRESS	OVERHEAD_DUMBBELL_PRESS
SHOULDER_PRESS	SEATED_BARBELL_SHOULDER_PRESS
SHOULDER_PRESS	SEATED_DUMBBELL_SHOULDER_PRESS
SHOULDER_PRESS	SINGLE_ARM_DUMBBELL_SHOULDER_PRESS
SHOULDER_PRESS	SINGLE_ARM_STEP_UP_AND_PRESS
SHOULDER_PRESS	SMITH_MACHINE_OVERHEAD_PRESS
SHOULDER_PRESS	SPLIT_STANCE_HAMMER_CURL_TO_PRESS
SHOULDER_PRESS	STRICT_PRESS
SHOULDER_PRESS	SWISS_BALL_DUMBBELL_SHOULDER_PRESS
SHOULDER_PRESS	WEIGHTED_FLOOR_INVERTED_SHOULDER_PRESS
SHOULDER_PRESS	WEIGHTED_INVERTED_SHOULDER_PRESS
SHOULDER_PRESS	WEIGHT_PLATE_FRONT_RAISE
SHOULDER_PRESS	OVERHEAD_DUMBBELL_PRESS_WHEELCHAIR
SHOULDER_STABILITY	BAND_EXTERNAL_ROTATION
SHOULDER_STABILITY	BAND_INTERNAL_ROTATION
SHOULDER_STABILITY	BENT_ARM_LATERAL_RAISE_AND_EXTERNAL_ROTATION
SHOULDER_STABILITY	CABLE_EXTERNAL_ROTATION
SHOULDER_STABILITY	CABLE_INTERNAL_ROTATION
SHOULDER_STABILITY	DUMBBELL_FACE_PULL_WITH_EXTERNAL_ROTATION
SHOULDER_STABILITY	FLOOR_I_RAISE
SHOULDER_STABILITY	FLOOR_T_RAISE
SHOULDER_STABILITY	FLOOR_Y_RAISE
SHOULDER_STABILITY	INCLINE_I_RAISE
SHOULDER_STABILITY	INCLINE_L_RAISE
SHOULDER_STABILITY	INCLINE_T_RAISE
SHOULDER_STABILITY	INCLINE_W_RAISE
SHOULDER_STABILITY	INCLINE_Y_RAISE
SHOULDER_STABILITY	LYING_EXTERNAL_ROTATION
SHOULDER_STABILITY	LYING_INTERNAL_ROTATION

SHOULDER_STABILITY	SEATED_DUMBBELL_EXTERNAL_ROTATION
SHOULDER_STABILITY	SEATED_DUMBBELL_INTERNAL_ROTATION
SHOULDER_STABILITY	STANDING_L_RAISE
SHOULDER_STABILITY	SWISS_BALL_I_RAISE
SHOULDER_STABILITY	SWISS_BALL_T_RAISE
SHOULDER_STABILITY	SWISS_BALL_W_RAISE
SHOULDER_STABILITY	SWISS_BALL_Y_RAISE
SHOULDER_STABILITY	WEIGHTED_FLOOR_I_RAISE
SHOULDER_STABILITY	WEIGHTED_FLOOR_T_RAISE
SHOULDER_STABILITY	WEIGHTED_FLOOR_Y_RAISE
SHOULDER_STABILITY	WEIGHTED_INCLINE_I_RAISE
SHOULDER_STABILITY	WEIGHTED_INCLINE_L_RAISE
SHOULDER_STABILITY	WEIGHTED_INCLINE_T_RAISE
SHOULDER_STABILITY	WEIGHTED_INCLINE_W_RAISE
SHOULDER_STABILITY	WEIGHTED_INCLINE_Y_RAISE
SHOULDER_STABILITY	WEIGHTED_SWISS_BALL_I_RAISE
SHOULDER_STABILITY	WEIGHTED_SWISS_BALL_T_RAISE
SHOULDER_STABILITY	WEIGHTED_SWISS_BALL_W_RAISE
SHOULDER_STABILITY	WEIGHTED_SWISS_BALL_Y_RAISE
SHOULDER_STABILITY	_90_DEGREE_CABLE_EXTERNAL_ROTATION
SHRUG	SHRUG_ARM_DOWN_WHEELCHAIR
SHRUG	SHURG_ARM_MID_WHEELCHAIR
SHRUG	SHRUG_ARMS_UP_WHEELCHAIR
SHRUG	SHRUG_WHEELCHAIR
SHRUG	DUMBBELL_SHRUG_WHEELCHAIR
SHRUG	BARBELL_JUMP_SHRUG
SHRUG	BARBELL_SHRUG
SHRUG	BARBELL_UPRIGHT_ROW
SHRUG	BEHIND_THE_BACK_SHRUG
SHRUG	BEHIND_THE_BACK_SMITH_MACHINE_SHRUG
SHRUG	DUMBBELL_JUMP_SHRUG
SHRUG	DUMBBELL_SHRUG
SHRUG	DUMBBELL_UPRIGHT_ROW
SHRUG	INCLINE_DUMBBELL_SHRUG
SHRUG	OVERHEAD_BARBELL_SHRUG
SHRUG	OVERHEAD_DUMBBELL_SHRUG
SHRUG	SCAPTION_AND_SHRUG
SHRUG	SCAPULAR_RETRACTION
SHRUG	SERRATUS_CHAIR_SHRUG
SHRUG	SERRATUS_SHRUG
SHRUG	WEIGHTED_SERRATUS_CHAIR_SHRUG
SHRUG	WEIGHTED_SERRATUS_SHRUG

SHRUG	WIDE_GRIP_BARBELL_SHRUG
SHRUG	WIDE_GRIP_JUMP_SHRUG
SIT_UP	ALTERNATING_SIT_UP
SIT_UP	BENT_KNEE_V_UP
SIT_UP	BUTTERFLY_SIT_UP
SIT_UP	CROSSED_ARMS_SIT_UP
SIT_UP	CROSS_PUNCH_ROLL_UP
SIT_UP	GET_UP_SIT_UP
SIT_UP	GHD_SIT_UPS
SIT_UP	HOVERING_SIT_UP
SIT_UP	KETTLEBELL_SIT_UP
SIT_UP	MEDICINE_BALL_ALTERNATING_V_UP
SIT_UP	MEDICINE_BALL_SIT_UP
SIT_UP	MEDICINE_BALL_V_UP
SIT_UP	MODIFIED_SIT_UP
SIT_UP	NEGATIVE_SIT_UP
SIT_UP	ONE_ARM_FULL_SIT_UP
SIT_UP	RECLINING_CIRCLE
SIT_UP	REVERSE_CURL_UP
SIT_UP	RUSSIAN_TWIST_ON_SWISS_BALL
SIT_UP	SINGLE_LEG_SWISS_BALL_JACKKNIFE
SIT_UP	SIT_UP
SIT_UP	SIT_UP_TURKISH_GET_UP
SIT_UP	THE_TEASER
SIT_UP	THE_TEASER_WEIGHTED
SIT_UP	THREE_PART_ROLL_DOWN
SIT_UP	V_UP
SIT_UP	WEIGHTED_ALTERNATING_SIT_UP
SIT_UP	WEIGHTED_BENT_KNEE_V_UP
SIT_UP	WEIGHTED_BUTTERFLY_SITUP
SIT_UP	WEIGHTED_CROSSED_ARMS_SIT_UP
SIT_UP	WEIGHTED_CROSS_PUNCH_ROLL_UP
SIT_UP	WEIGHTED_GET_UP_SIT_UP
SIT_UP	WEIGHTED_HOVERING_SIT_UP
SIT_UP	WEIGHTED_RECLINING_CIRCLE
SIT_UP	WEIGHTED_REVERSE_CURL_UP
SIT_UP	WEIGHTED_RUSSIAN_TWIST_ON_SWISS_BALL
SIT_UP	WEIGHTED_SINGLE_LEG_SWISS_BALL_JACKKNIFE
SIT_UP	WEIGHTED_SIT_UP
SIT_UP	WEIGHTED_THREE_PART_ROLL_DOWN
SIT_UP	WEIGHTED_V_UP
SIT_UP	WEIGHTED_X_ABS

SIT_UP	X_ABS
SLED	BACKWARD_DRAG
SLED	CHEST_PRESS
SLED	FORWARD_DRAG
SLED	LOW_PUSH
SLED	PUSH
SLED	ROW
SLEDGE_HAMMER	LATERAL_SWING
SLEDGE_HAMMER	SLAM
SQUAT	AIR_SQUAT
SQUAT	ALTERNATING_BOX_DUMBBELL_STEP_UPS
SQUAT	BACK_SQUATS
SQUAT	BACK_SQUAT_WITH_BODY_BAR
SQUAT	BALANCING_SQUAT
SQUAT	BARBELL_BACK_SQUAT
SQUAT	BARBELL_BOX_SQUAT
SQUAT	BARBELL_FRONT_SQUAT
SQUAT	BARBELL_HACK_SQUAT
SQUAT	BARBELL_HANG_SQUAT_SNATCH
SQUAT	BARBELL_LATERAL_STEP_UP
SQUAT	BARBELL_QUARTER_SQUAT
SQUAT	BARBELL_SIFF_SQUAT
SQUAT	BARBELL_SQUAT_SNATCH
SQUAT	BARBELL_SQUAT_WITH_HEELS_RAISED
SQUAT	BARBELL_STEPOVER
SQUAT	BARBELL_STEP_UP
SQUAT	BENCH_SQUAT_WITH_ROTATIONAL_CHOP
SQUAT	BODY_WEIGHT_WALL_SQUAT
SQUAT	BOX_STEP_SQUAT
SQUAT	BRACED_SQUAT
SQUAT	CROSSED_ARM_BARBELL_FRONT_SQUAT
SQUAT	CROSSOVER_DUMBBELL_STEP_UP
SQUAT	DUMBBELL_FRONT_SQUAT
SQUAT	DUMBBELL_OVERHEAD_SQUAT_SINGLE_ARM
SQUAT	DUMBBELL_SPLIT_SQUAT
SQUAT	DUMBBELL_SQUAT
SQUAT	DUMBBELL_SQUAT_CLEAN
SQUAT	DUMBBELL_SQUAT_SNATCH
SQUAT	DUMBBELL_STEPOVER
SQUAT	DUMBBELL_STEP_UP
SQUAT	DUMBBELL_THRUSTERS
SQUAT	ELEVATED_SINGLE_LEG_SQUAT

SQUAT	FIGURE_FOUR_SQUATS
SQUAT	GOBLET_SQUAT
SQUAT	KETTLEBELL_SQUAT
SQUAT	KETTLEBELL_SWING_OVERHEAD
SQUAT	KETTLEBELL_SWING_WITH_FLIP_TO_SQUAT
SQUAT	LATERAL_DUMBBELL_STEP_UP
SQUAT	LEG_PRESS
SQUAT	MEDICINE_BALL_SQUAT
SQUAT	ONE_LEGGED_SQUAT
SQUAT	OVERHEAD_BARBELL_SQUAT
SQUAT	OVERHEAD_DUMBBELL_SQUAT
SQUAT	OVERHEAD_SQUAT
SQUAT	PARTIAL_SINGLE_LEG_SQUAT
SQUAT	PILATES_PLIE_SQUATS_PARALLEL_TURNED_OUT_FLAT_AND_HEELS
SQUAT	PISTOL_SQUAT
SQUAT	PLIE_SLIDES
SQUAT	PLIE_SQUAT
SQUAT	PRISONER_SQUAT
SQUAT	RELEVE_STRAIGHT_LEG_AND_KNEE_BENT_WITH_ONE_LEG_VARIATION
SQUAT	SINGLE_LEG_BENCH_GET_UP
SQUAT	SINGLE_LEG_BENCH_SQUAT
SQUAT	SINGLE_LEG_SQUAT_ON_SWISS_BALL
SQUAT	SQUAT
SQUAT	SQUATS_WITH_BAND
SQUAT	SQUAT_AMERICAN_SWING
SQUAT	SQUAT_AND_SIDE_KICK
SQUAT	SQUAT_JUMPS_IN_N_OUT
SQUAT	STAGGERED_SQUAT
SQUAT	STEP_UP
SQUAT	SUITCASE_SQUATS
SQUAT	SUMO_SQUAT
SQUAT	SUMO_SQUAT_SLIDE_IN
SQUAT	SUMO_SQUAT_TO_HIGH_PULL
SQUAT	SUMO_SQUAT_TO_STAND
SQUAT	SUMO_SQUAT_WITH_ROTATION
SQUAT	SWISS_BALL_BODY_WEIGHT_WALL_SQUAT
SQUAT	THRUSTERS
SQUAT	UNEVEN_SQUAT
SQUAT	WAIST_SLIMMING_SQUAT
SQUAT	WALL_BALL
SQUAT	WALL_BALL_SQUAT_AND_PRESS
SQUAT	WEIGHTED_BACK_SQUATS

SQUAT	WEIGHTED_BALANCING_SQUAT
SQUAT	WEIGHTED_BENCH_SQUAT_WITH_ROTATIONAL_CHOP
SQUAT	WEIGHTED_BOX_STEP_SQUAT
SQUAT	WEIGHTED_ELEVATED_SINGLE_LEG_SQUAT
SQUAT	WEIGHTED_FIGURE_FOUR_SQUATS
SQUAT	WEIGHTED_PARTIAL_SINGLE_LEG_SQUAT
SQUAT	WEIGHTED_PISTOL_SQUAT
SQUAT	WEIGHTED_PLIE_SLIDES
SQUAT	WEIGHTED_PLIE_SQUAT
SQUAT	WEIGHTED_PRISONER_SQUAT
SQUAT	WEIGHTED_SINGLE_LEG_BENCH_GET_UP
SQUAT	WEIGHTED_SINGLE_LEG_BENCH_SQUAT
SQUAT	WEIGHTED_SINGLE_LEG_SQUAT_ON_SWISS_BALL
SQUAT	WEIGHTED_SQUAT
SQUAT	WEIGHTED_STAGGERED_SQUAT
SQUAT	WEIGHTED_STEP_UP
SQUAT	WEIGHTED_SUMO_SQUAT_SLIDE_IN
SQUAT	WEIGHTED_SUMO_SQUAT_TO_STAND
SQUAT	WEIGHTED_SUMO_SQUAT_WITH_ROTATION
SQUAT	WEIGHTED_SWISS_BALL_WALL_SQUAT
SQUAT	WEIGHTED_UNEVEN_SQUAT
SQUAT	WEIGHTED_WALL_SQUAT
SQUAT	WIDE_STANCE_BARBELL_SQUAT
SQUAT	WIDE_STANCE_GOBLET_SQUAT
SQUAT	ZERCHER_SQUAT
STAIR_STEPPER	STAIR_STEPPER
SUSPENSION	CHEST_FLY
SUSPENSION	CHEST_PRESS
SUSPENSION	CRUNCH
SUSPENSION	CURL
SUSPENSION	DIP
SUSPENSION	FACE_PULL
SUSPENSION	GLUTE_BRIDGE
SUSPENSION	HAMSTRING_CURL
SUSPENSION	HIP_DROP
SUSPENSION	KNEE_DRIVE_JUMP
SUSPENSION	KNEE_TO_CHEST
SUSPENSION	LAT_PULLOVER
SUSPENSION	LUNGE
SUSPENSION	MOUNTAIN_CLIMBER
SUSPENSION	PENDULUM
SUSPENSION	PIKE

SUSPENSION	PLANK
SUSPENSION	POWER_PULL
SUSPENSION	PULL_UP
SUSPENSION	PUSH_UP
SUSPENSION	REVERSE_MOUNTAIN_CLIMBER
SUSPENSION	REVERSE_PLANK
SUSPENSION	ROLLOUT
SUSPENSION	ROW
SUSPENSION	SIDE_LUNGE
SUSPENSION	SIDE_PLANK
SUSPENSION	SINGLE_LEG_DEADLIFT
SUSPENSION	SINGLE_LEG_SQUAT
SUSPENSION	SIT_UP
SUSPENSION	SQUAT
SUSPENSION	SQUAT_JUMP
SUSPENSION	TRICEP_PRESS
SUSPENSION	Y_FLY
TIRE	FLIP
TOTAL_BODY	BURPEES_WHEELCHAIR
TOTAL_BODY	BARBELL_BURPEE
TOTAL_BODY	BURPEE
TOTAL_BODY	BURPEE_BOX_JUMP
TOTAL_BODY	BURPEE_BOX_JUMP_OVER
TOTAL_BODY	BURPEE_BOX_JUMP_STEP_UP_OVER
TOTAL_BODY	HIGH_PULL_BURPEE
TOTAL_BODY	LATERAL_BARBELL_BURPEE
TOTAL_BODY	MAN_MAKERS
TOTAL_BODY	ONE_ARM_BURPEE
TOTAL_BODY	SQUAT_PLANK_PUSH_UP
TOTAL_BODY	SQUAT_THRUSTS
TOTAL_BODY	STANDING_T_ROTATION_BALANCE
TOTAL_BODY	TOTAL_BODY_BURPEE_OVER_BAR
TOTAL_BODY	WEIGHTED_BURPEE
TOTAL_BODY	WEIGHTED_BURPEE_BOX_JUMP
TOTAL_BODY	WEIGHTED_SQUAT_PLANK_PUSH_UP
TOTAL_BODY	WEIGHTED_SQUAT_THRUSTS
TOTAL_BODY	WEIGHTED_STANDING_T_ROTATION_BALANCE
TRICEPS_EXTENSION	DUMBBELL_KICKBACK_WHEELCHAIR
TRICEPS_EXTENSION	OVERHEAD_DUMBBELL_TRICEPS_EXTENSION_WHEELCHAIR
TRICEPS_EXTENSION	ALTERNATING_DUMBBELL_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	BENCH_DIP
TRICEPS_EXTENSION	BODY_WEIGHT_DIP

TRICEPS_EXTENSION	CABLE_KICKBACK
TRICEPS_EXTENSION	CABLE_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	CABLE_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	DUMBBELL_KICKBACK
TRICEPS_EXTENSION	DUMBBELL_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	EZ_BAR_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	INCLINE_DIP
TRICEPS_EXTENSION	INCLINE_EZ_BAR_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	LYING_DUMBBELL_PULLOVER_TO_EXTENSION
TRICEPS_EXTENSION	LYING_EZ_BAR_TRICEPS_EXTENSION
TRICEPS_EXTENSION	LYING_TRICEPS_EXTENSION_TO_CLOSE_GRIP_BENCH_PRESS
TRICEPS_EXTENSION	OVERHEAD_DUMBBELL_TRICEPS_EXTENSION
TRICEPS_EXTENSION	RECLINING_TRICEPS_PRESS
TRICEPS_EXTENSION	REVERSE_GRIP_PRESSDOWN
TRICEPS_EXTENSION	REVERSE_GRIP_TRICEPS_PRESSDOWN
TRICEPS_EXTENSION	ROPE_PRESSDOWN
TRICEPS_EXTENSION	SEATED_BARBELL_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SEATED_DUMBBELL_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SEATED_EZ_BAR_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SEATED_SINGLE_ARM_OVERHEAD_DUMBBELL_EXTENSION
TRICEPS_EXTENSION	SINGLE_ARM_DUMBBELL_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SINGLE_DUMBBELL_SEATED_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SINGLE_LEG_BENCH_DIP_AND_KICK
TRICEPS_EXTENSION	SINGLE_LEG_DIP
TRICEPS_EXTENSION	STATIC_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SUSPENDED_DIP
TRICEPS_EXTENSION	SWISS_BALL_DUMBBELL_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SWISS_BALL_EZ_BAR_LYING_TRICEPS_EXTENSION
TRICEPS_EXTENSION	SWISS_BALL_EZ_BAR_OVERHEAD_TRICEPS_EXTENSION
TRICEPS_EXTENSION	TABLETOP_DIP
TRICEPS_EXTENSION	TRICEPS_EXTENSION_ON_FLOOR
TRICEPS_EXTENSION	TRICEPS_PRESS
TRICEPS_EXTENSION	TRICEPS_PRESSDOWN
TRICEPS_EXTENSION	WEIGHTED_BENCH_DIP
TRICEPS_EXTENSION	WEIGHTED_DIP
TRICEPS_EXTENSION	WEIGHTED_INCLINE_DIP
TRICEPS_EXTENSION	WEIGHTED_SINGLE_LEG_BENCH_DIP_AND_KICK
TRICEPS_EXTENSION	WEIGHTED_SINGLE_LEG_DIP
TRICEPS_EXTENSION	WEIGHTED_SUSPENDED_DIP
TRICEPS_EXTENSION	WEIGHTED_TABLETOP_DIP
WARM_UP	ANKLE_CIRCLES
WARM_UP	ANKLE_DORSIFLEXION_WITH_BAND

WARM_UP	ANKLE_INTERNAL_ROTATION
WARM_UP	ARM_CIRCLES
WARM_UP	BENT_OVER_REACH_TO_SKY
WARM_UP	BICEPS_STRETCH
WARM_UP	CAT_CAMEL
WARM_UP	ELBOW_TO_FOOT_LUNGE
WARM_UP	FORWARD_AND_BACKWARD_LEG_SWINGS
WARM_UP	GLUTES_STRETCH
WARM_UP	GROINERS
WARM_UP	INVERTED_HAMSTRING_STRETCH
WARM_UP	LATERAL_DUCK_UNDER
WARM_UP	NECK_ROTATIONS
WARM_UP	NECK_ROTATION_WHEELCHAIR
WARM_UP	NECK_TILTS
WARM_UP	OPPOSITE_ARM_AND_LEG_BALANCE
WARM_UP	QUADRUPED_ROCKING
WARM_UP	REACH_ROLL_AND_LIFT
WARM_UP	SHOULDER_CIRCLES
WARM_UP	SIDE_TO_SIDE_LEG_SWINGS
WARM_UP	SLEEPER_STRETCH
WARM_UP	SLIDE_OUT
WARM_UP	STANDING_HAMSTRING_STRETCH
WARM_UP	STRETCH_90_90
WARM_UP	STRETCH_ABS
WARM_UP	STRETCH_BUTTERFLY
WARM_UP	STRETCH_CALF
WARM_UP	STRETCH_CAT_COW
WARM_UP	STRETCH_CHILDS_POSE
WARM_UP	STRETCH_COBRA
WARM_UP	STRETCH_FOREARMS
WARM_UP	STRETCH_FORWARD_GLUTES
WARM_UP	STRETCH_FRONT_SPLIT
WARM_UP	STRETCH_HAMSTRING
WARM_UP	STRETCH_HIP_FLEXOR_AND_QUAD
WARM_UP	STRETCH_LAT
WARM_UP	STRETCH_LEVATOR_SCAPULAE
WARM_UP	STRETCH_LUNGE_WITH_SPINAL_TWIST
WARM_UP	STRETCH_LUNGING_HIP_FLEXOR
WARM_UP	STRETCH_LYING_ABDUCTION
WARM_UP	STRETCH_LYING_IT_BAND
WARM_UP	STRETCH_LYING_KNEE_TO_CHEST
WARM_UP	STRETCH_LYING_PIRIFORMIS

WARM_UP	STRETCH_LYING_SPINAL_TWIST
WARM_UP	STRETCH_NECK
WARM_UP	STRETCH_OBLIQUES
WARM_UP	STRETCH_OVER_UNDER_SHOULDER
WARM_UP	STRETCH_PECTORAL
WARM_UP	STRETCH_PIGEON_POSE
WARM_UP	STRETCH_PIRIFORMIS
WARM_UP	STRETCH_QUAD
WARM_UP	STRETCH_SCORPION
WARM_UP	STRETCH_SHOULDER
WARM_UP	STRETCH_SIDE
WARM_UP	STRETCH_SIDE_LUNGE
WARM_UP	STRETCH_SIDE_SPLIT
WARM_UP	STRETCH_STANDING_IT_BAND
WARM_UP	STRETCH_STRADDLE
WARM_UP	STRETCH_TRICEPS
WARM_UP	STRETCH_WALL_CHEST_AND_SHOULDER
WARM_UP	SWISS_BALL_HIP_CROSSOVER
WARM_UP	SWISS_BALL_REACH_ROLL_AND_LIFT
WARM_UP	SWISS_BALL_WINDSHIELD_WIPERS
WARM_UP	THORACIC_ROTATION
WARM_UP	WALKING_HIGH_KICKS
WARM_UP	WALKING_HIGH_KNEES
WARM_UP	WALKING_KNEE_HUGS
WARM_UP	WALKING_LEG_CRADLES
WARM_UP	WALKOUT
WARM_UP	WALKOUT_FROM_PUSH_UP_POSITION

Appendix C.

Garmin Connect feature overview <https://support.garmin.com/en-US/?faq=fXDWMUWcuw5ACMmLqjjC59&productID=886725&searchQuery=pool%20swim%20workout%20enhancements&tab=topics>

This is an overview of all changes for the Training API and swim workouts

Improvement	JSON/comments
Support for 100 workout steps for all sport types (except Forerunner 935 generation and older, Fenix 5 generation and older)	
Handling pool size mismatches on devices. If your pool size provided via API differs from the pool size set on the watch, users are given the option on your device to convert the workout and do it anyway	
"Unspecified" pool size support. Workouts created with unspecified pool sizes can be completed in any size of the pool. The step distances specified in the workout are shown on the device without conversion.	"poolLength" : null, "poolLengthUnit": null Please note "poolLengthUnit" must be set using send-off time, CSS-Based Send-Off Time, and pace secondary target. Valid values: YARD, METER
Swim target supported as secondary target (no primary target must be specified) 1. Text-based Intensity target 2. CSS (valid values -60 to 60) 3. Pace is officially supported as a secondary target	"targetType": null, "secondaryTargetType": "SWIM_INSTRUCTION", "secondaryTargetValueLow": "RECOVERY" "targetType": null, "secondaryTargetType": "SWIM_CSS_OFFSET", "secondaryTargetValueLow": -5, "targetType": null, "secondaryTargetType": "PACE_ZONE", "secondaryTargetValueLow": 0.5555555555555556 (the number needs to be provided in m/s) Please note "poolLengthUnit" must be set using send-off time and pace secondary target. Valid values: YARD, METER
New drill types ("Kick", "Pull", and "Drill") are shown separately from the stroke type on the user's device. E.g. "Free Pull" or "Butterfly Kick".	"strokeType": "BUTTERFLY" "drillType": "KICK" (targetType will is not supported with use of strokeType, please use secondary target to specify targets).
New stroke types: - RIMO (Reverse IM order) - IM by Round - Choice	"strokeType": "RIMO"
New Step Intensity - Main	"intensity": "MAIN"
New Duration types for Swim Rest Step added: CSS-Based Send-Off Time and Send-off time Send-off times and target paces defined relative to your CSS will automatically adjust when your CSS changes. Default CSS is 2:00 / 100 m.	REPETITION_SWIM_CSS_OFFSET (CSS-Based Send-Off Time) valid values -60 to 60 FIXED_REPETITION (Send-off time) Please note "poolLengthUnit" must be set with use of send-off time and pace secondary target. Valid values:

	YARD, METER
skipLastRestStep	Optional Flag to support Garmin Connect Skip Rest step feature. Set to true for all LAP_SWIMMING workout to support backward compatibility.
Time-Based steps support. On the device, an alert sounds when the target time has elapsed. Continue swimming to the wall and press Lap to advance to the next step.	Range: 1 minute - 59 minutes.