

Lunges

<http://www.youtube.com/watch?v=dJ95qwNaD78>

Plyometric Jump w/ Knee Tuck

<http://www.youtube.com/watch?v=Q2yH1vixV4g>

Body Rows

<http://www.youtube.com/watch?v=lidgi91mFWE>

Pikes

<http://www.youtube.com/watch?v=2QZvUuTwB4s>

Thrusters

<http://www.youtube.com/watch?v=4OhqIGYqELk>