

COSMIC

Exercise List

Plates	Bodyweight	Barbell
 Heel Raise Squats	 Duck Walks	 Back Squat
 Lateral Raises	 Push Ups	 RDL
 Russian Twists	 Mountain Climbers	 Row
 Sit Up and Press	 Plank Twists	 Shoulder Press
 Reverse Lunge + Raise	 Jump Lunges	 High Pull
 Plate Swings	 Inchworm	 Clean & Press

 Lower Body

 Upper Body

 Core

 Cardio/Full Body