Level 3: Regular Push-Ups 30 reps
Level 2: Regular Push-Ups 15 reps
Level 1: Modified 10 reps

Push-Up
Jumping Jacks

Level 1: Alternating Feet taps side to side 10 Reps
Level 2: Regular Jumping Jacks 30 Reps
Level 3: Regular Jumping Jacks 50 Reps
Level 3: 30 Squat Jumps
Level 2: 20 Squat Jumps
Level 1: 20 Body Weight Squats
Lunges

Level 1: 10 each leg
Level 2: 15 each leg
Level 3: 20 each leg
Planks

Level 3: Regular Plank 2 min
Level 2: Regular Plank 1 min
Level 1: Modified on knees and forearms 30 seconds
Sit-Ups

Level 3: 30 Full Sit-Ups
Level 2: 25 Full Sit-Ups
Level 1: 20 Crunches
Level 3: 30 Mountain Climbers (each way)
Level 2: 20 Mountain Climbers (each way)
Level 1: 15 Mountain Climbers (each way)
Level 3 Full Burpee 20 reps
Level 2 Full Burpee 15 reps
Level 1 10 push-up position to kicking both legs into chest and extending back
Level 3: High Knees 30 reps each leg
Level 2: High Knees 20 reps each leg
Level 1: Marching 10 reps each leg

High Knees
Russian Twists

Level 1: 10 reps
Level 2: 20 reps
Level 3: 30 reps
Close Grip Push-Ups

Level 1 Modified 10 Reps

Level 2 Regular 20 Reps

Level 3 Regular 30 Reps
Double Leg Raises

Level 1: 10 Reps
Level 2: 20 Reps
Level 3: 30 Reps
Reverse Lunges

Level 1: 10 reps
Level 2: 15 reps
Level 3: 20 reps
Speed Squats

Level 1: 10 Squats
Level 2: 20 Squats
Level 3: 30 Squats
V-Ups

Level 1 10 Reps
Level 2 20 Reps
Level 3 30 Reps
Side Bridge Dips

Level 1: 10 modified each side
Level 2: 20 regular each side
Level 3: 30 regular each side
Superman Extensions

Level 3: 30 reps
Level 2: 20 reps
Level 1: 10 reps
Side Lunges

Level 1: 10 each leg
Level 2: 15 each leg
Level 3: 20 each leg