

49 Basic Strength Variations

Variation	1		2		3		4		5		6		7	
	Exercise	#Code	Exercise	#Code	Exercise	#Code	Exercise	#Code	Exercise	#Code	Exercise	#Code	Exercise	#Code
1	Push Up	PU	Squat	SQ	Crunch	CR	Pull Up	PL	Tuck	TK	Dip	Dip	Jack	JK
2	Wide Arm	WPU	Lunge	LNG	Half Crunch	HCR	Hang Hold	HNG	Sit-up	SUP	Bridge	BRG	Calf Raises	CLF
3	Incline	IPU	Sumo	SUM	Oblique	OBQ	Chin Up	CHU	Russian Twist	RUS	Seated	SDP	High Knees	HGK
4	Decline	DPU	Wall Sit	WST	Plank	PLK	Parallel	PAR	Hang Leg Raise	HLR	Decline	DDP	Skier	SKI
5	Dive Bomber	DBU	Cossack Squat	CSQ	Bicycle	BIK	Lat Pull UP	LPU	Flutter Kicks	FK	Incline	IDP	Box Jumps	BXJ
6	Diamond	RPU	Jump Squat	JSQ	Mountain Climber	MC	Dead Hang	DHP	Windshield Wipers	WPR	Raised	RDP	Broad Jump	BDJ
7	Spiderman	SPU	Pistol Squat	PS!	Atomic SUP	AS!	Muscle Up	MU!	V-Up	VUP	Parallel Bar	PRB	Burpee	B!

Distance Equivalents for Cardio based on Movement Medium

	Miles	M	Kilometers	Km	Meters	m	5k a Day		
							M	Km	m
Run		1	1.6		1600		3.2	5	5000
Jog		1	1.6		1600		3.2	5	5000
(For fun, rest/interval or recovery only) Walk		1	1.6		1600		3.2	5	5000
Bike		4	6.4		6400		12.8	20	20000
Stat. Bike		8	12.8		12800		25.6	40	40000
(Set to max. elevation) Elliptical		2	3.2		3200		6.4	10	10000
Row		1	1.6		1600		3.2	5	5000
Swim		0.5	0.8		800		1.6	2.5	2500