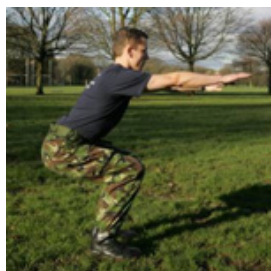


## 8 of the best BMF exercises

We know that all of you love the vast array of exercises our instructors use in sessions...so we've listed below the instructors' favourites!

	<p><b>1. 'Robin Hood' Press-up</b></p> <p>Targeting: Pectoral, triceps and deltoid muscles plus core</p> 
	<p><b>2. Star jump</b></p> <p>Targeting: Calf and quads as well as heart and lungs</p> 
	<p><b>3. Sit-ups</b></p> <p>Targeting: Abdominals and hip flexors</p> 



#### 4. Squat

Targeting: Quadriceps and gluts



#### 5. Alternate crunches

Targeting: Abdominals and obliques



#### 6. Squat-thrust

Targeting: Triceps



#### 7. The Plank

Targeting: Abdominals

	<b>8. Burpees</b>
	Targeting: Everything!
	