

Upper body exercises:

Floor push ups: <https://youtu.be/LcxvvjnnpNc>

Bench push ups: <https://youtu.be/eW7kC7C30Vo>

Bent over row: <https://youtu.be/78JL3zv2lqU>

Wall sit with wall angels: <https://youtu.be/GIJEbWxV4pA>

Wall angels: <https://youtu.be/JNm0Sz4vyHg>

Tricep dips: https://youtu.be/lu_3MGTQWY8

Core exercises:

Ceiling taps: <https://youtu.be/A6rcKUz-YCI>

Table top ceiling taps: <https://youtu.be/RIVeVh-nku4>

Lateral plank walks: <https://youtu.be/buVWv7Z0tBY>

Side plank: <https://youtu.be/Hnh0xxV9dAY>

Lower body exercises:

Glute bridge: https://youtu.be/rHErh_Q2API

Hamstring bridge: <https://youtu.be/CrXHQckSeD8>

Hamstring slides: <https://youtu.be/iA4bgtnhIP4>

Single leg hamstring bridge: <https://youtu.be/XTOwllY26-Q>

Single leg calf raises: <https://youtu.be/r5dj2MDm-OY>

Squats: <https://youtu.be/iG8eg7lu5wo>

Single leg squats: <https://youtu.be/9d5abgMRQy4>

Squat to press: <https://youtu.be/S1yjqBcvuOY>

Romanian deadlift: https://youtu.be/Kvk7UcnE_z0