

**JAM Fitness Feature: Workout on the Road!  
(No Equipment Necessary)**

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**Exercise #1**

Push Up from Knees



Push Up from Feet



Elevated Feet Push Up



**Exercise #2**

Bent Over Row



**Exercise #3**

Tricep Overhead Press



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**Exercise #4**

Static Lunge



**Exercise #5**

Standing Bicep Curl



**Exercise #6**

Body Plank Ab



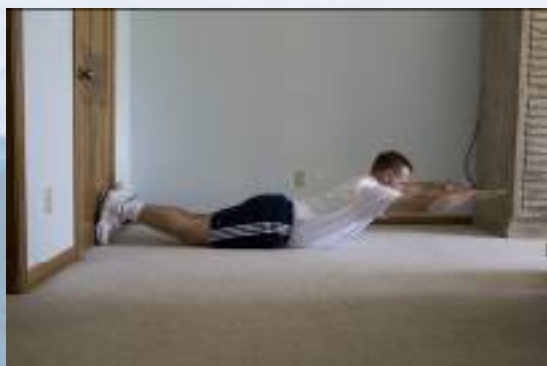
**Exercise #7**

Crunch on Floor



**Exercise #8**

Lower Back Extension on Floor



**Exercise #9**

Bicycles

