**FBI: MissionSlimpossible Levels**

**PUSH UP LEVEL SQUAT LEVEL**

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| **Level 1: Chest Press (on chair or floor)** | **Level 1: Seated Knee Raises** |
| **Level 2: Wall Push Ups** | **Level 2: Lying Wall Squats** |
| **Level 3: Elevated Push Ups** | **Level 3: Frog Taps** |
| **Level 4: Hand Release Push Ups** | **Level 4: Chair Squats or Sumo Squats** |
| **Level 5: Knee Push Ups** | **Level 5: Air Squats** |
| **Level 6: Toe Push Ups** | **Level 6: Reverse "Frog" Squats** |
| **Level 7: Clapping Push Ups** | **Level 7: Prisoner Squats** |

**AB LEVEL CARDIO LEVEL**

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| **Level 1: Chair Sit Ups** | **Level 1: Chair Jacks** |
| **Level 2: Floor Crunches** | **Level 2: Mountain Climbers** |
| **Level 3: Bicycles** | **Level 3: High Knees** |
| **Level 4: Leg Lifts** | **Level 4: Squat Jump** |
| **Level 5: Body Saw** | **Level 5: Squat Thrust** |
| **Level 6: Rocking Chairs** | **Level 6: Burpees** |
| **Level 7: Superman Bananas** | **Level 7: Ninja Jumps** |