



**NEW NINJA
EXERCISE VIDEOS**

WELCOME, NINJA!

This Exercise Library lays out all of our foundational movement patterns at Mark Fisher Fitness. It will be a great resource to refer back to for pro tips throughout your fitness journey.

If you are a brand new Ninja starting **Classes**, the most helpful videos to watch before your first time are:

- **The Cues**
- **Plank**
- **Dead Bug**
- **Push Up**
- **Band Row**
- **Goblet Squat**
- **Split Squat**
- **Kettlebell Deadlift**

If you are a brand new Ninja starting **Small Group Personal Training**, the most helpful videos to watch before your first time are:

- **The Cues**
- **Plank**
- **Dead Bug**
- **Dumbbell Floor Press**
- **3 Point Row**
- **Lat Pull Down**
- **Goblet Squat**
- **Split Squat**
- **Kettlebell Deadlift**
- **Single Leg Deadlift**

Once you have these movements down, you are well on your way to the best MFF experience possible! We look forward to seeing you at the clubhouse!





THE CUES

Porn Star

Sad Dog

Rib Cage Boner

PLANKS

Plank

Short Lever Plank

RKC Plank

CORE

Deadbug

Supine Cross Crawl

PUSH UPS

Push Up

Modified Push Up

Incline Push Up

PRESSES

Dumbbell Floor Press

Dumbbell Bench Press

Barbell Bench Press

ROWS

Band Row

Dumbbell Row

3 Point Row

Barbell Row





PULL UPS

Lat Pull Down

Chin Up

Pull Up

SQUATS

Goblet Squat

2 Kettlebell Squat

Zercher Squat

Barbell Front Squat

SPLIT SQUATS

Bodyweight Split Squat

Reverse Lunge

Alternating Reverse Lunge

Loaded Split Squat

Rear Foot Elevated Split

HINGES

Kettlebell Deadlift

2 Kettlebell Deadlift

Hexbar Deadlift

Barbell Sumo Deadlift

Kettlebell Power Swing

Kettlebell Swing

SINGLE LEG HINGES

Single Leg Deadlift

Loaded Single Leg Deadlift

Single Leg Hip Thrust

Foot Elevated Single Leg Glute

Bridge

