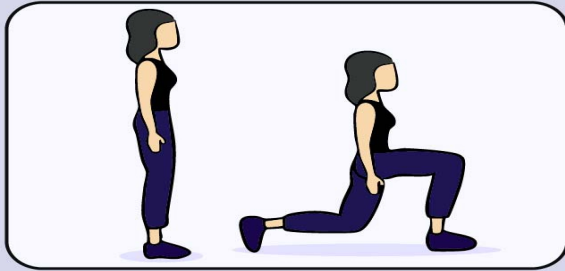
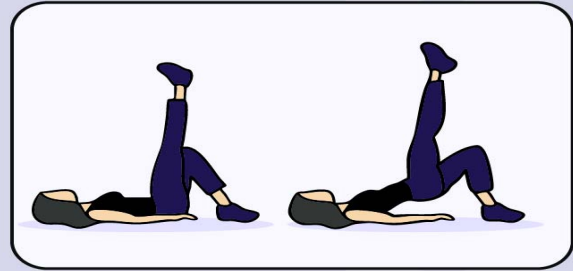


HOME WORKOUT

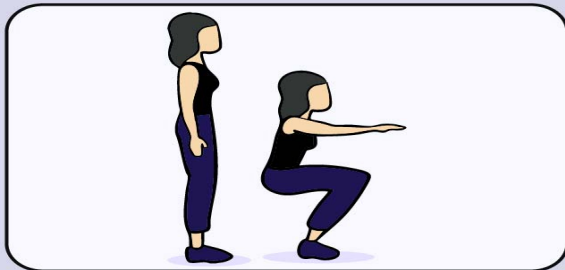
Full-Body Workout



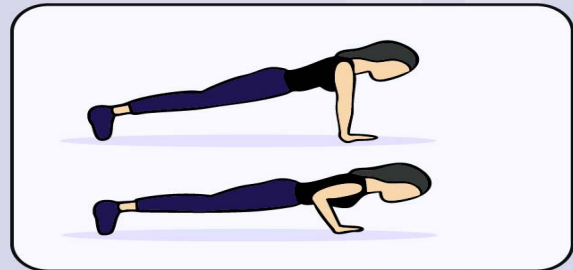
Lunges 2x15



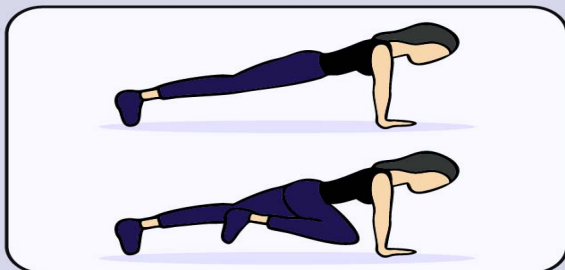
Single Leg Bridge 2x15



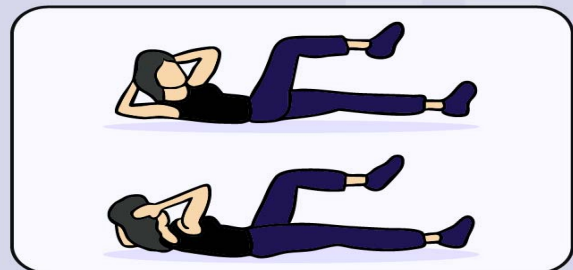
Squats 2x15



Push Ups 2x15



Mountain Climber 2x15



Bicycle Crunches 2x15