



SIT-UPS



LUNGES



HIGH KNEES



MOUNTAIN CLIMBERS



PUSH-UPS



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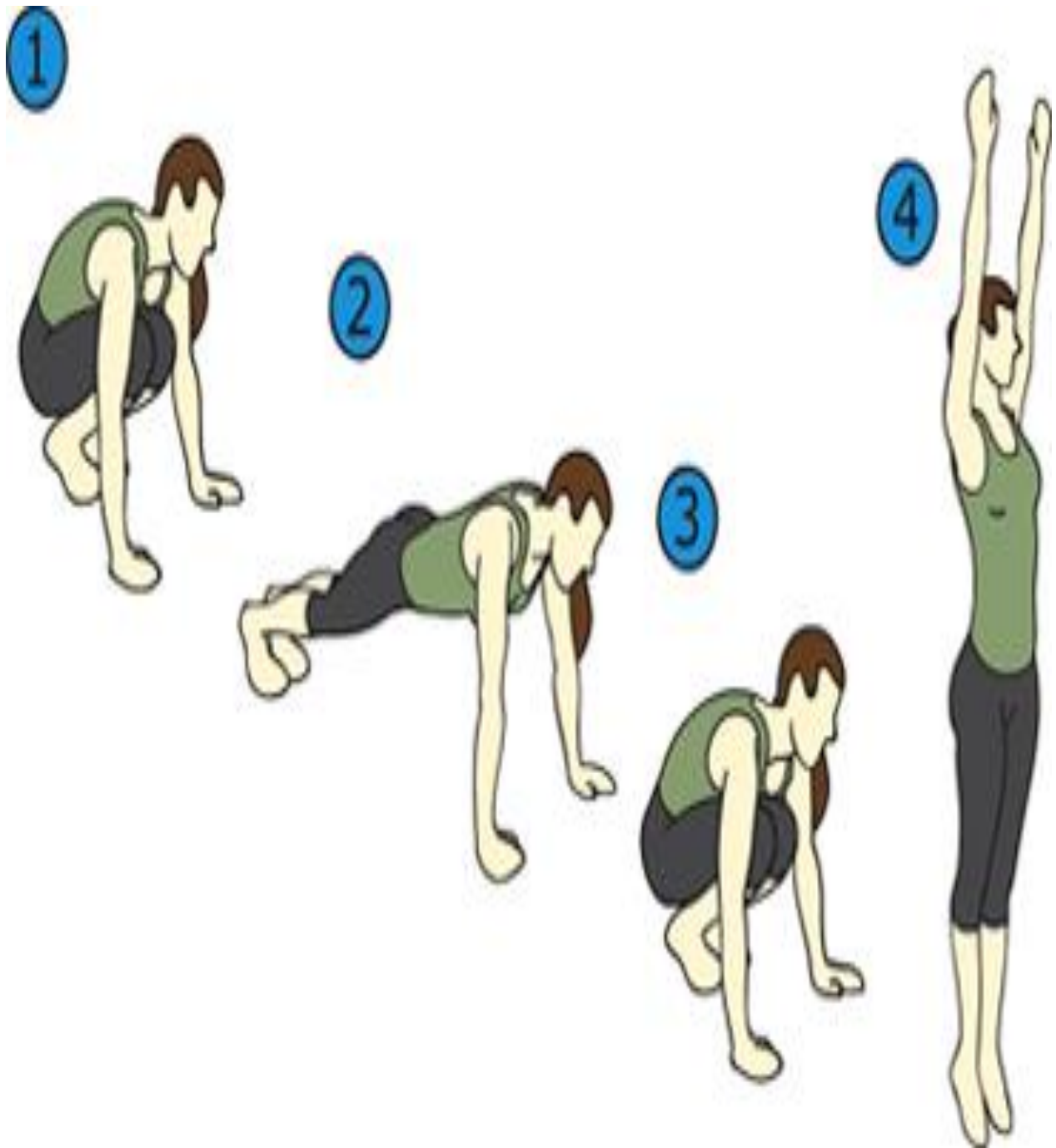
JUMPING JACKS



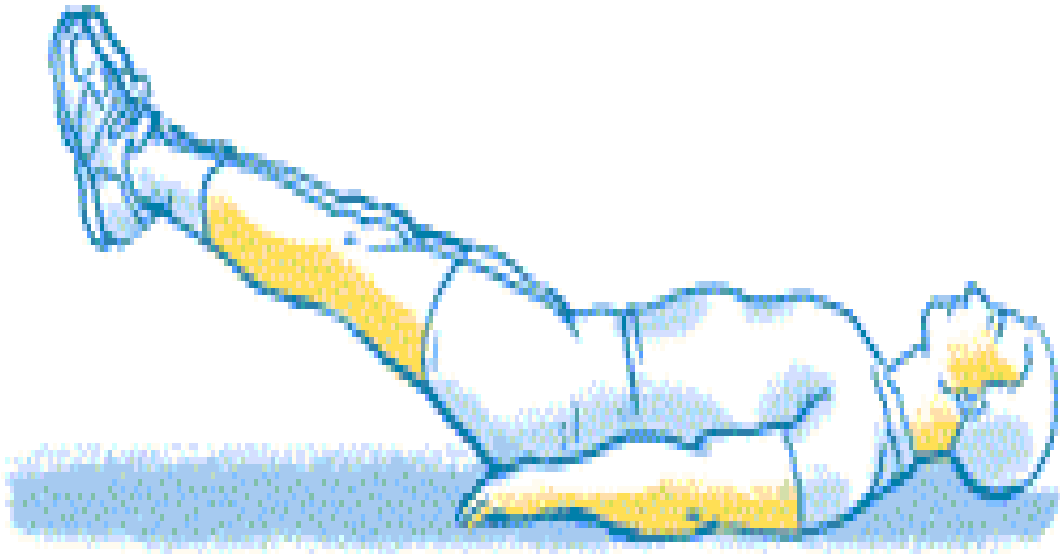
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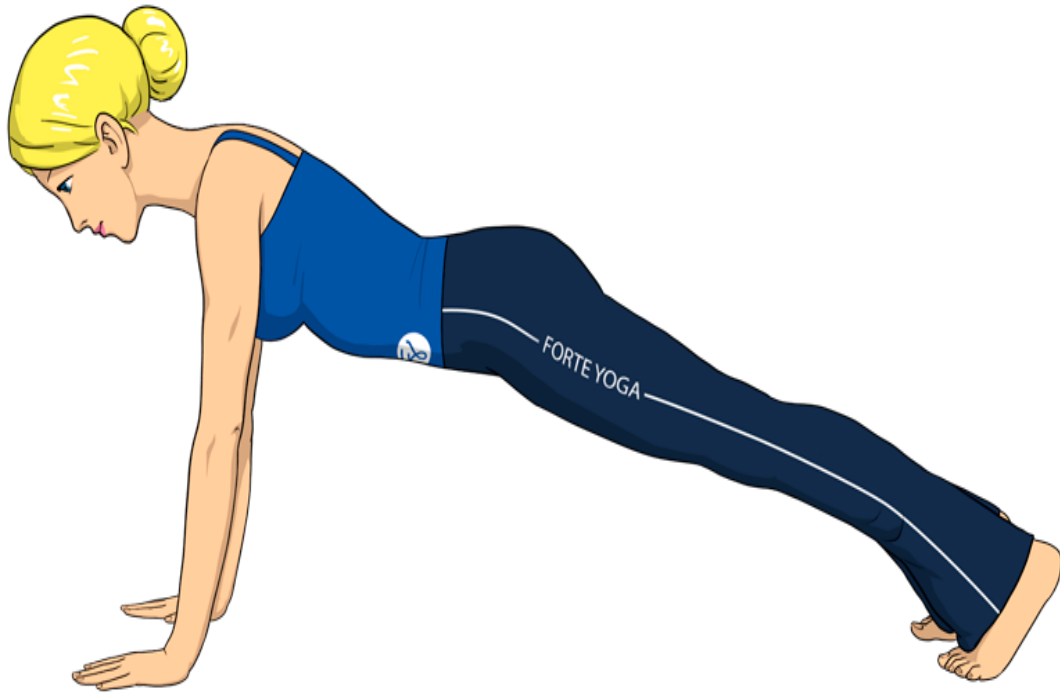
SQUATS



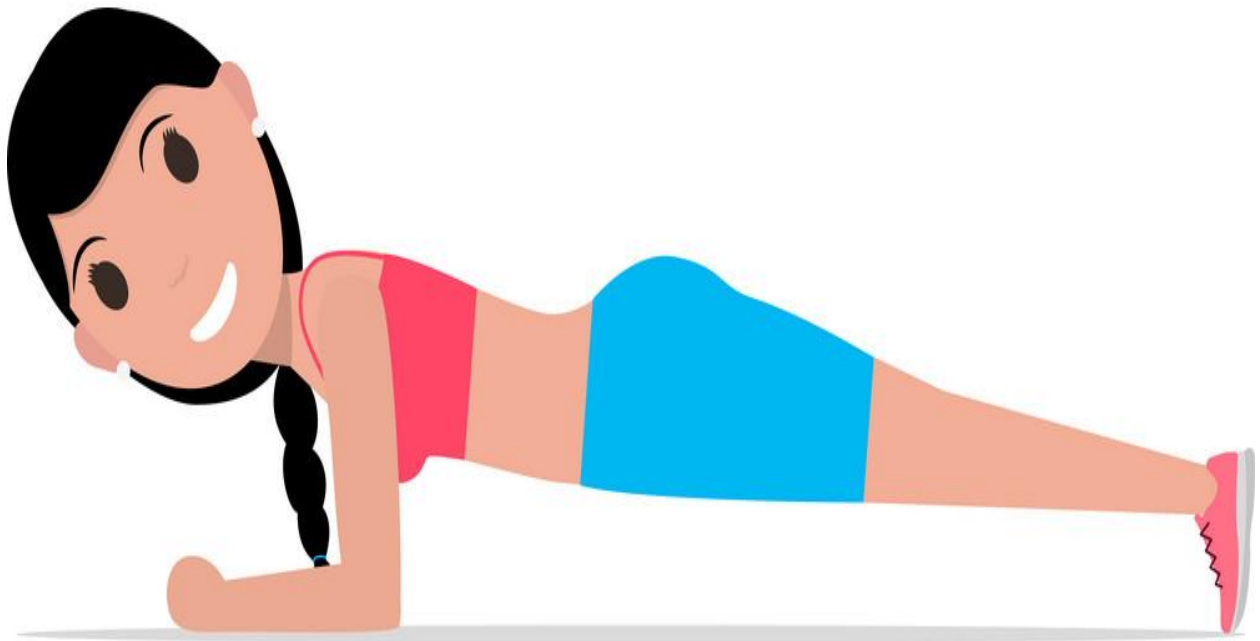
BURPEES



SIX INCHES



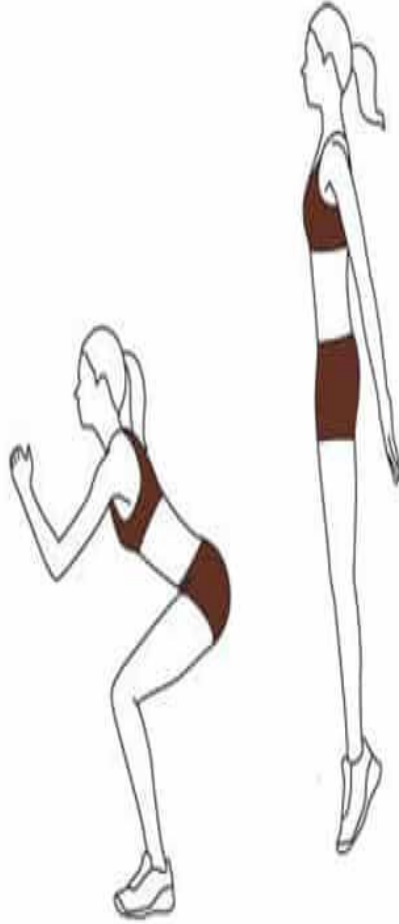
HIGH PLANK



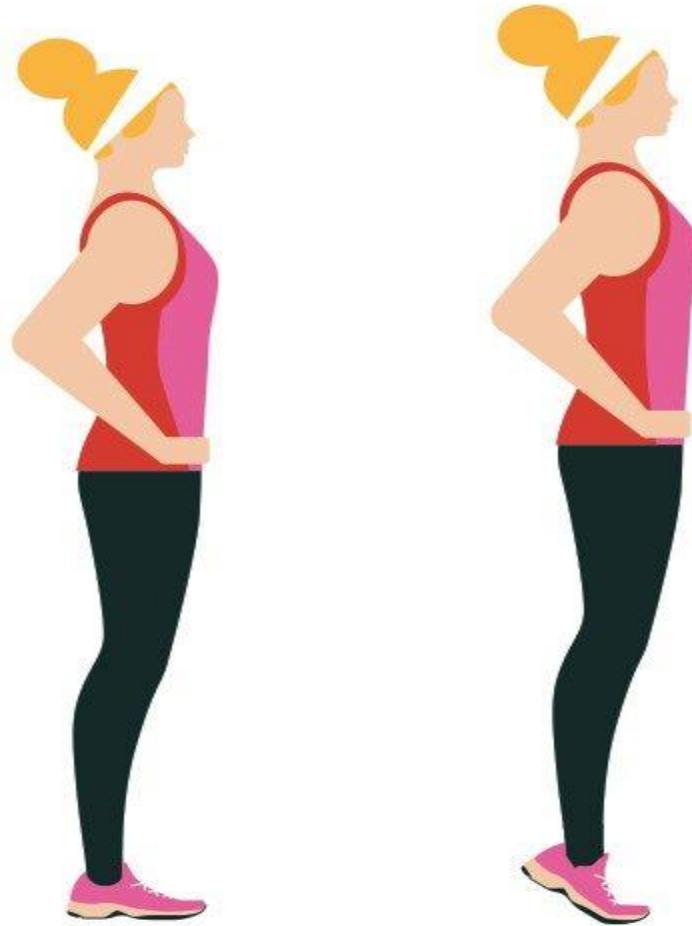
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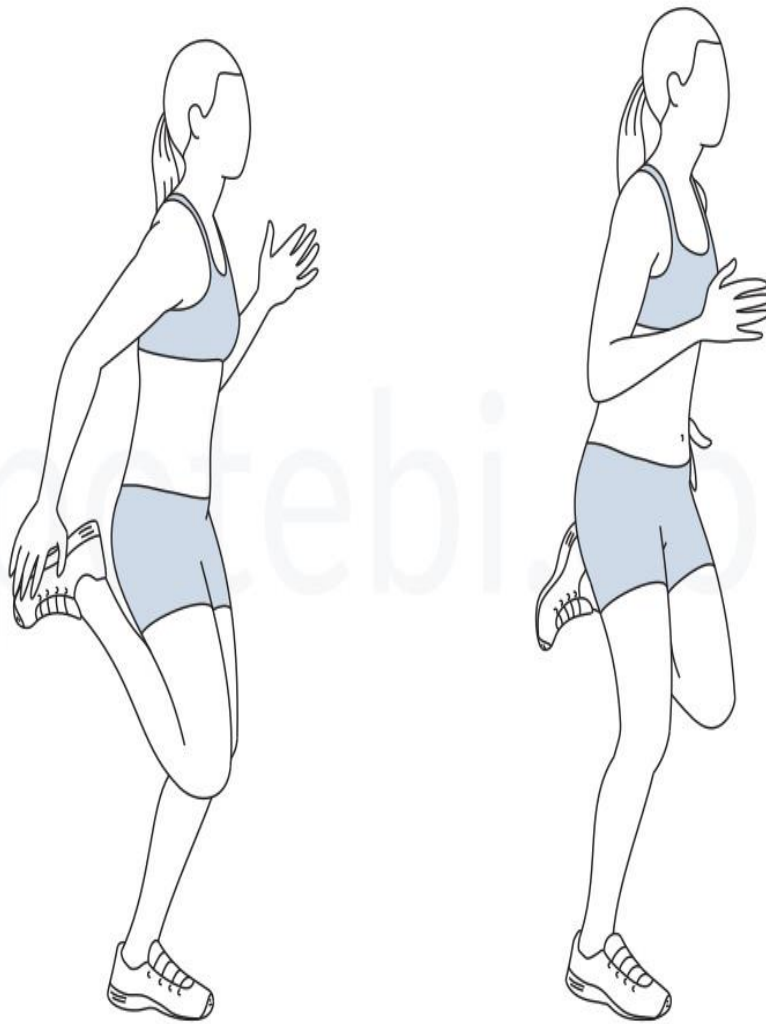
LOW PLANK



JUMP ROPE IN PLACE



CALF RAISES

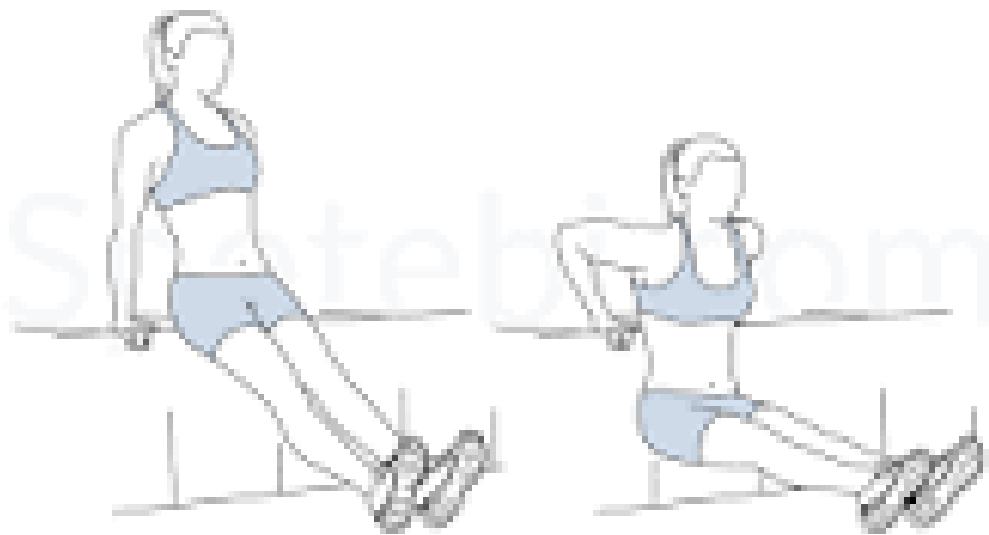


BUTT KICKERS



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WALL SIT



TRICEP DIP