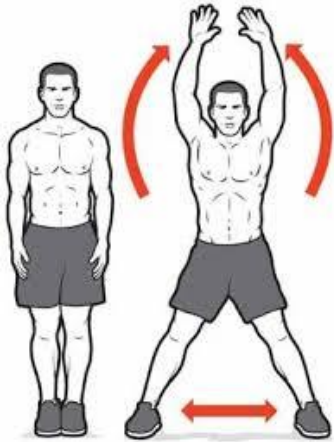


Body Weight Exercises

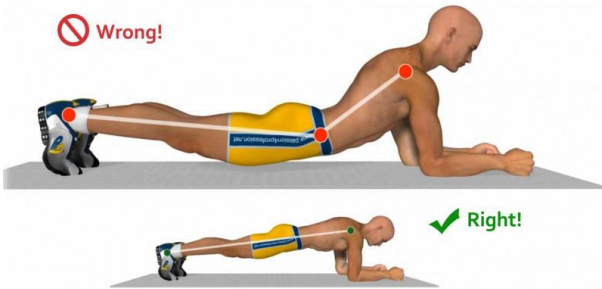
Jumping Jacks-1 minute



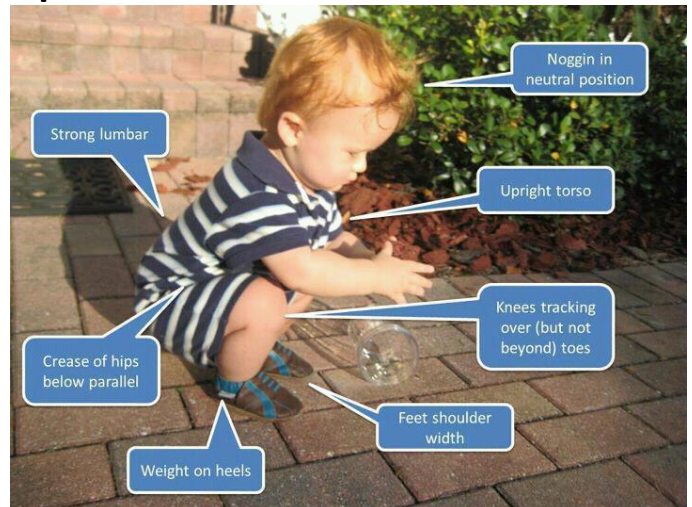
Bridge 10sec 1x-2x-3x-2x-1x



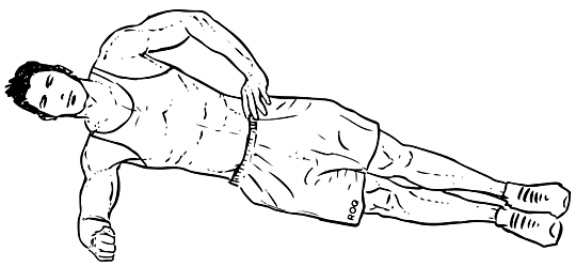
Planks 10sec 1x-2x-3x-2x-1x



Squats for 1 minute

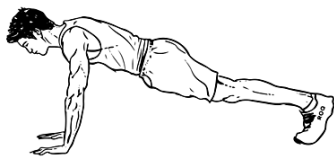


Side Planks 20 sec each side



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Push Up-22



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Bird Dog-10sec, 3x each

