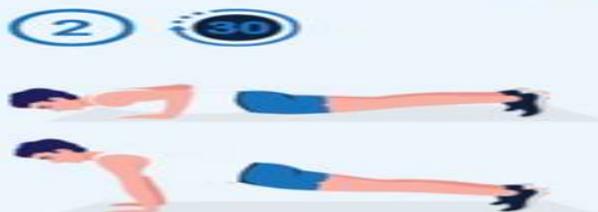


BEGINNER HIIT WORKOUT

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JUMPING JACKS



PUSHUP



KNEE LIFTS



PLANK



BURPEES



REST

REPEAT THIS CIRCUIT 3-4 TIMES, GRADUALLY INCREASING THE NUMBER OF REPS AS YOU PROGRESS. REMEMBER TO MAINTAIN PROPER FORM THROUGHOUT THE WORKOUT.

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