

QUICK MORNING WORKOUT

no equipment required



20 jumping jacks



20 lunges



20 sec plank



20 pushups



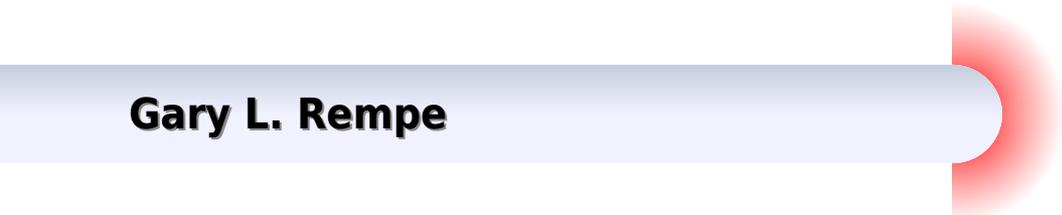
20 mountain climbers

Do three sets - rest one minute in between each set

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Quick Home Workout Tips

Gary L. Rempe



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