

FULL BODY AT HOME WORKOUT

Day 1 - Lower Body & Abs

1. Jump Squats



2. Lunges



3. Split Squat



4. Side Lunges



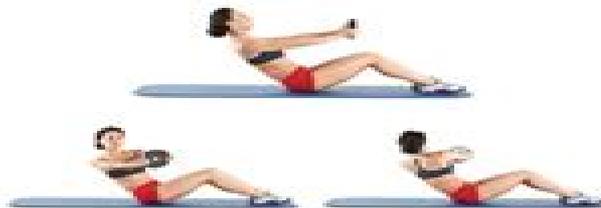
5. Back Extension



6. Jackknife



7. Russian Twist



8. Plank



CIRCUIT A: 1-2
CIRCUIT B: 3-4
CIRCUIT C: 5-8

3 sets of 10 reps each

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Zhe Xu

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