

AT HOME WORKOUT



PIKE PUSH UPS

10 reps



JUMP SQUATS

10 reps



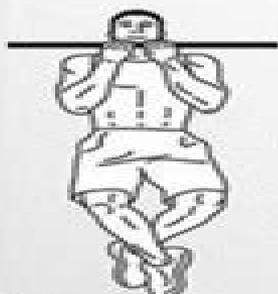
MOUNTAIN CLIMBERS

20 reps/side

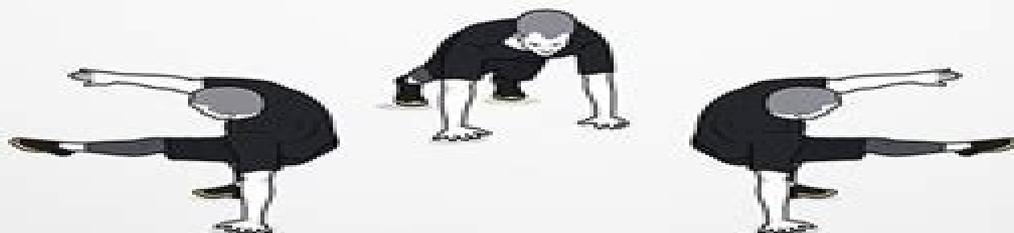


SIDE LUNGES

10 reps/side



chin up 10 reps



SIDE KICK THROUGHS

10 reps/side

Move from exercise to exercise. Rest 20-30 seconds in between. Complete 5x.

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L Cohen



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