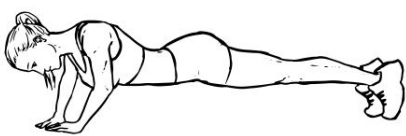
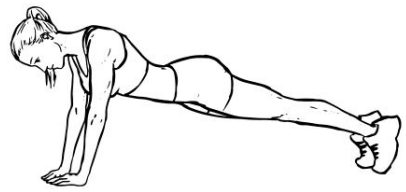


Diamond / Pyramid / Triceps Push-ups



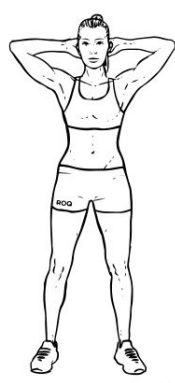
25 reps

Burpees / Squat Thrust



25 reps

Bodyweight Squat



25 reps

Jump Squat



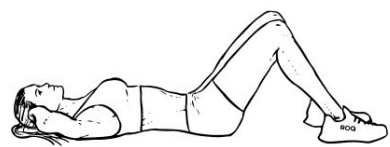
25 reps

Jumping Jacks / Star Jumps



100 reps

Crunches



100 reps