


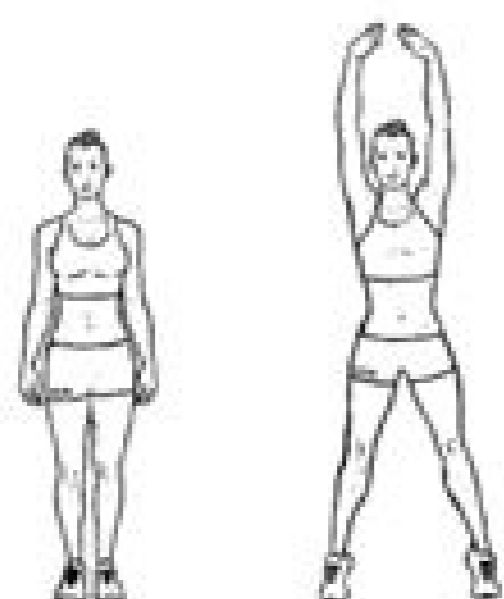
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SUBMIT

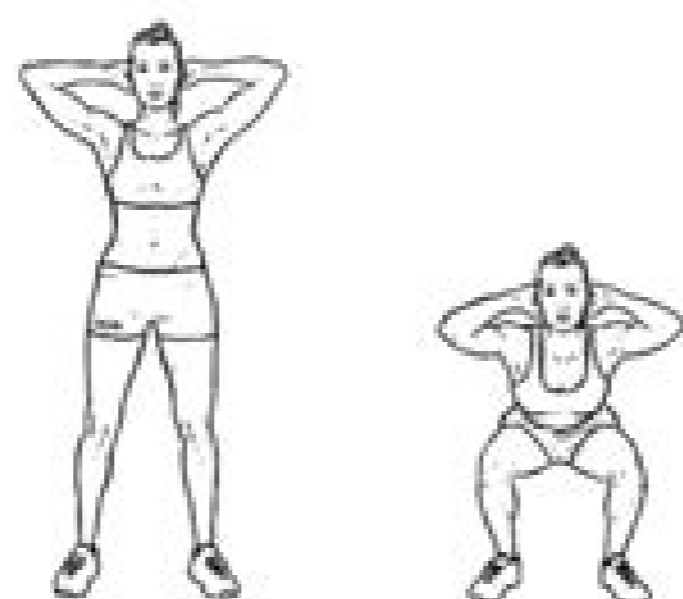


PRINTABLE WORKOUT

Beginners - Start w/1 set build up to 4 sets



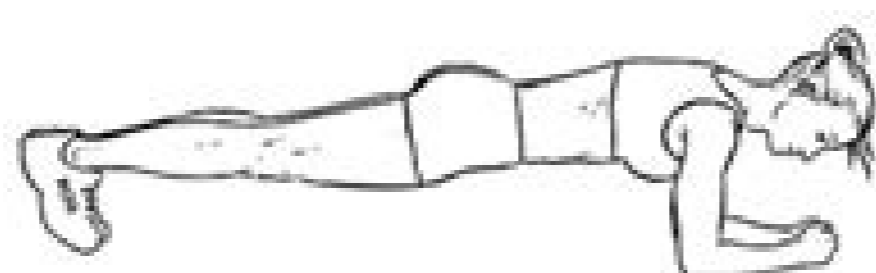
Jumping Jacks / Star Jumps
50 reps



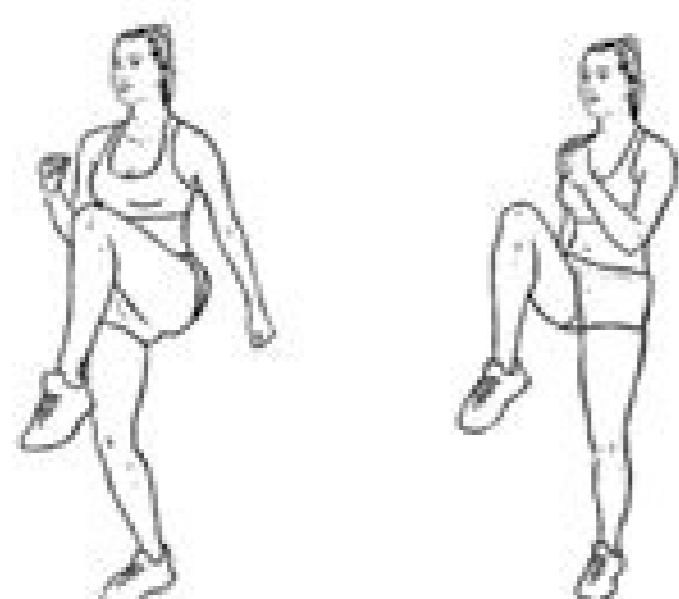
Bodyweight Squat
25 reps



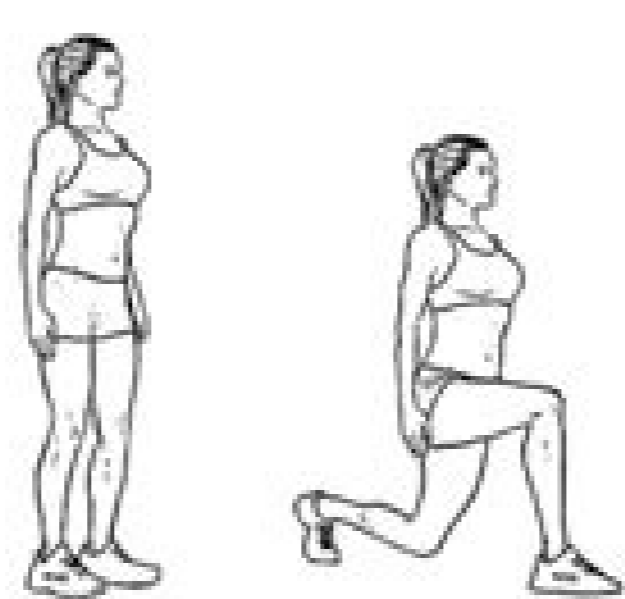
Mountain Climbers /
Alternating Knee-ins
45 secs



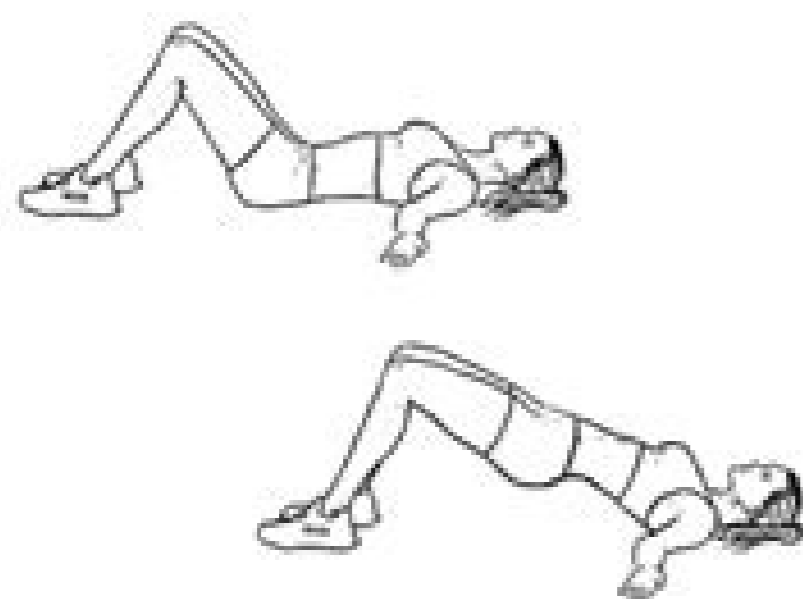
Plank
45 secs



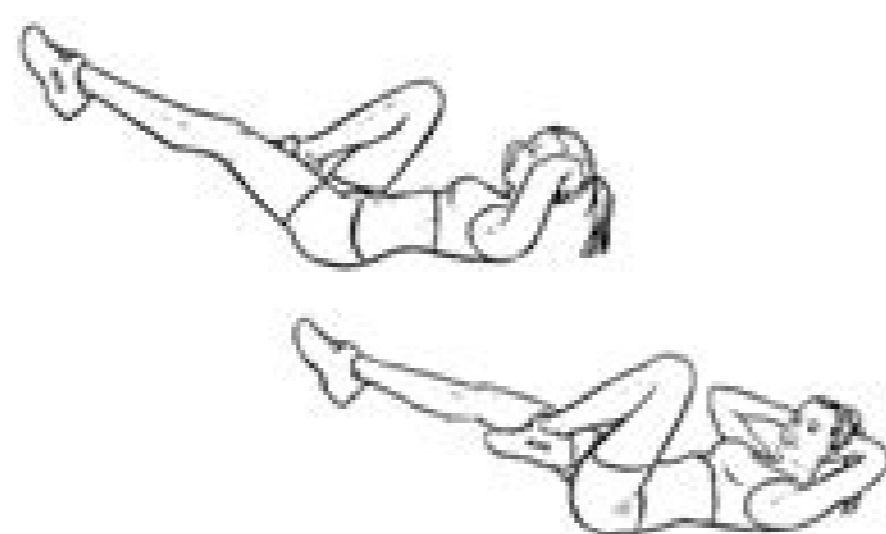
High Knees / Front Knee
Lifts
45 secs



Bodyweight Walking Lunge
40 reps



Hip Raise / Butt Lift /
Bridge
25 reps



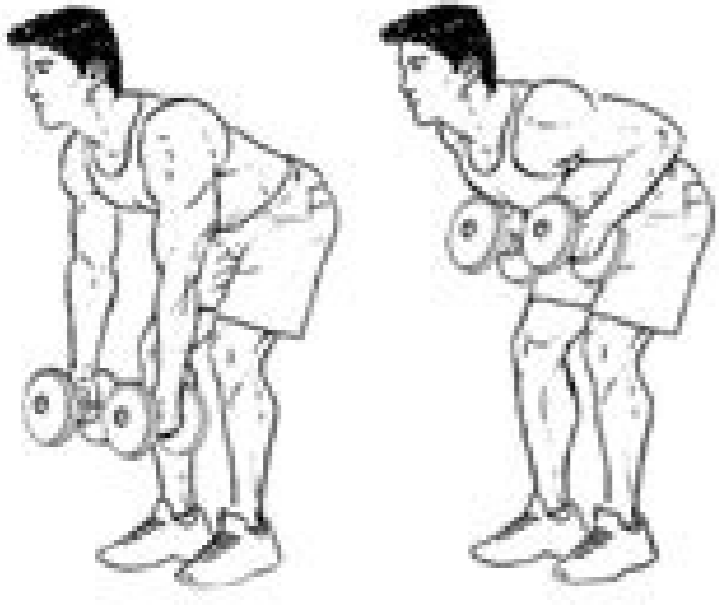
Bicycles / Elbow-to-Knee
Crunches / Cross-body
Crunch
45 secs



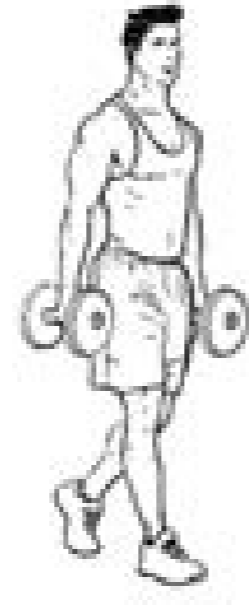
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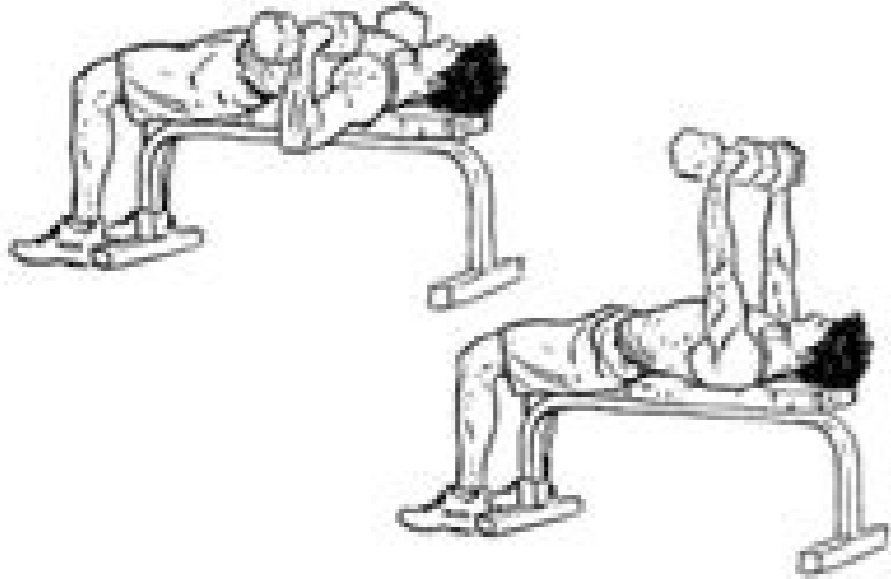
Functional Full-Body Strength Training



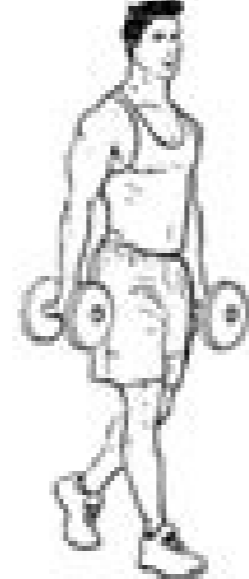
**Standing Two-Armed
Bent Over Dumbbell**
2 sets · 12 reps



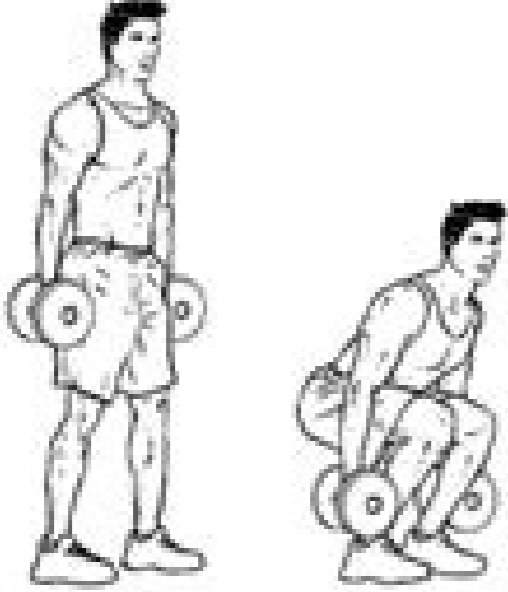
Farmers Walk
2 sets · 20 reps



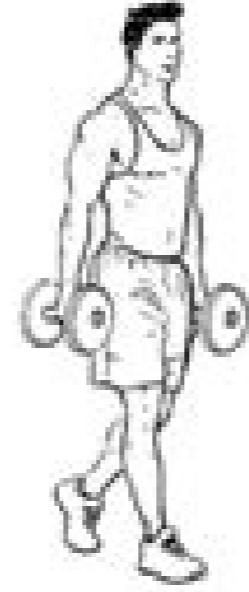
**Dumbbell Flat Bench
Press**
2 sets · 12 reps



Farmers Walk
2 sets · 20 reps



Dumbbell Squats
2 sets · 12 reps



Farmers Walk
2 sets · 20 reps

...and 18 more exercises



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