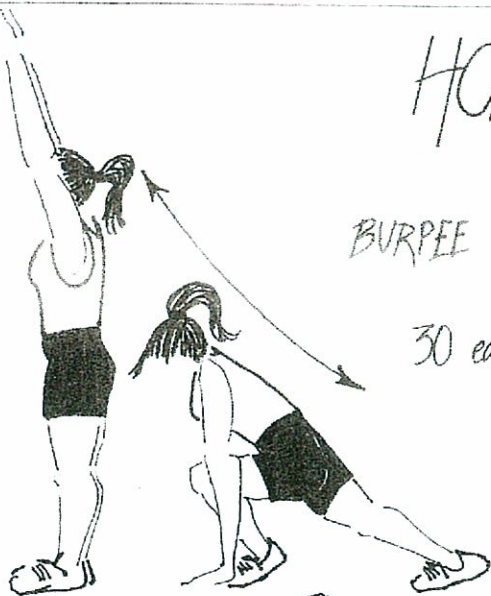


HOME EXERCISES

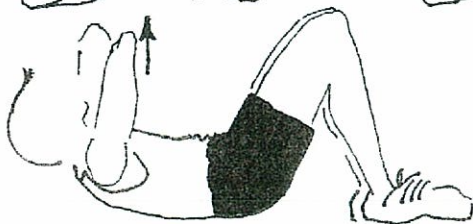
1.



BURPEE

30 each LEG

2.

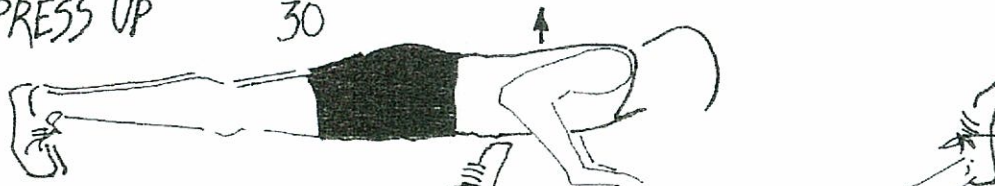


CURL
30

3.

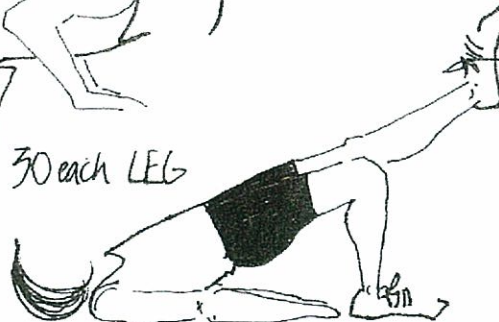
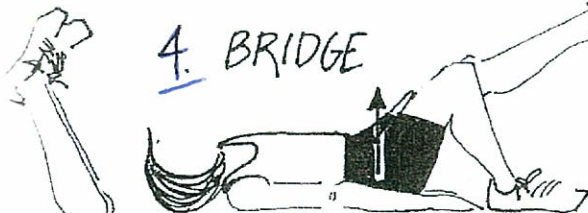
PRESS UP

30



4. BRIDGE

30 each LEG

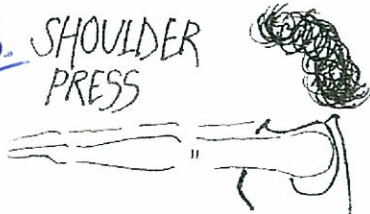


5. CRUNCH

3x 1 minute

6. SHOULDER
PRESS

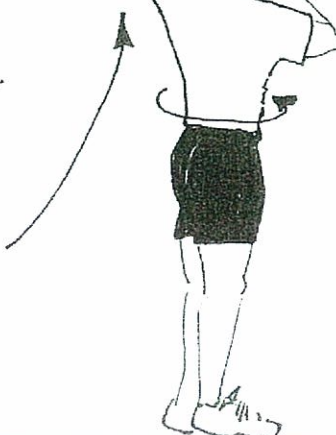
60



7.

SQUAT FLING

30 each SIDE

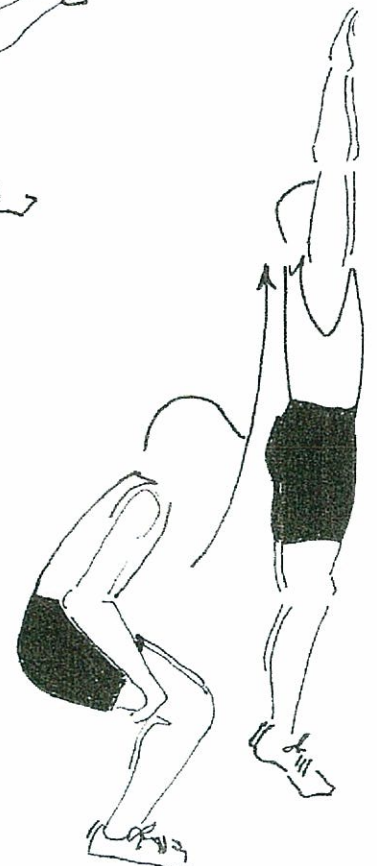


CHORUS:



40
each
LEG

RUN



SQUAT JUMP
20

8