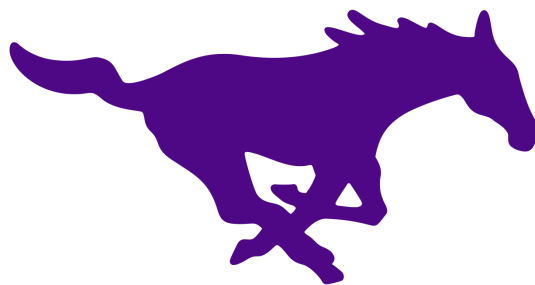


AT-HOME WORKOUT



<u>Body Weight Circuit</u>	<u>REPS</u>
1. Squats	12 reps,
2. Burpees	10 reps
4. Lunges	12 reps
5. Jumping Jacks	30 reps

Complete the Body Weight Circuit 3 Times.

<u>Core Strength</u>	<u>REPS</u>
1. Crunches	30
2. Elbow Plank	30 sec
3. Russian Twist	25
4. Flutter Kicks	30 sec
5. Mountain Climbers	40
6. V-Sits	20

Complete circuit 2 times