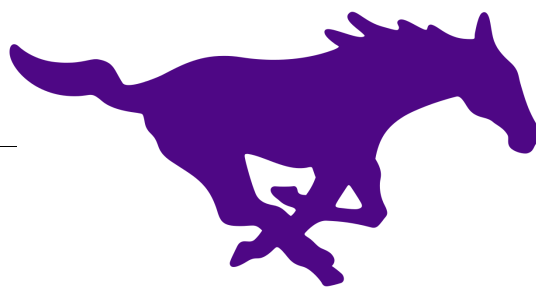


AT-HOME WORKOUT



<u>Full Body Circuit</u>	<u>REPS</u>
1. Push-ups	10 reps
2. Crunches	25 reps
4. Lunges	16 reps
5. Elbow Plank	30 sec
6. Squats	15 reps
7. Mountain Climbers	30 reps
8. Calf Raises	30 reps
9. Reverse Push-ups	8 reps
10. Cross Knee Sit-ups	16 reps

Complete the Full Body Circuit 2 Times.