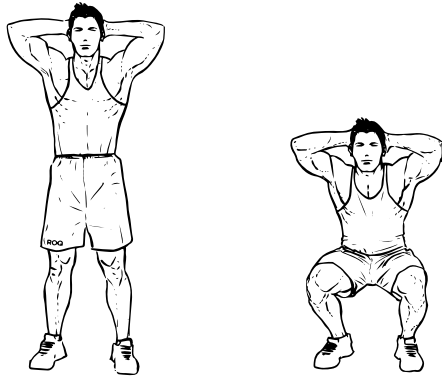
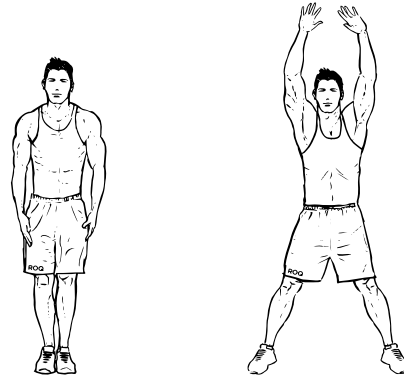


Bodyweight At-Home Slimming Workout

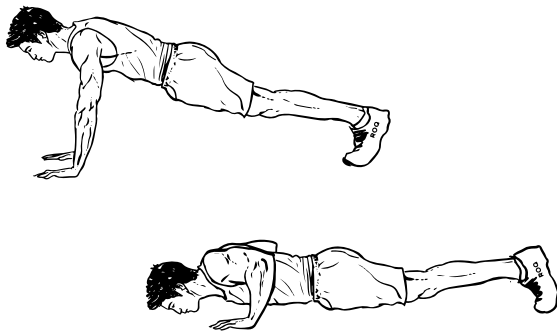
Bodyweight Squat



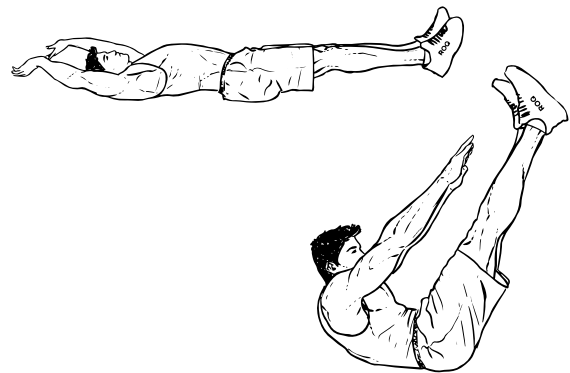
Jumping Jacks



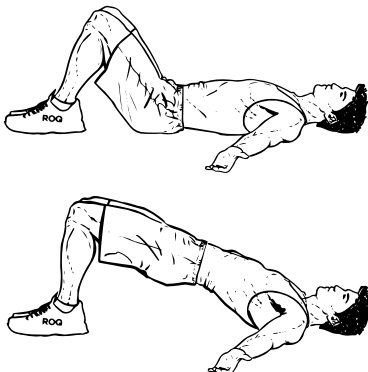
Pushup



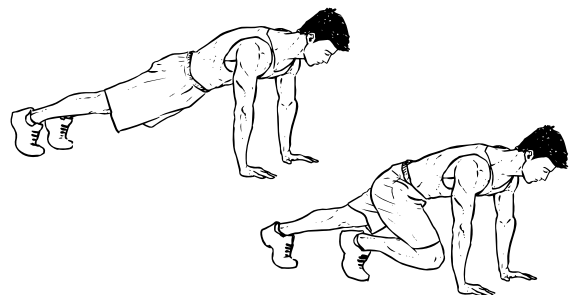
Jackknife Sit-up / Crunch



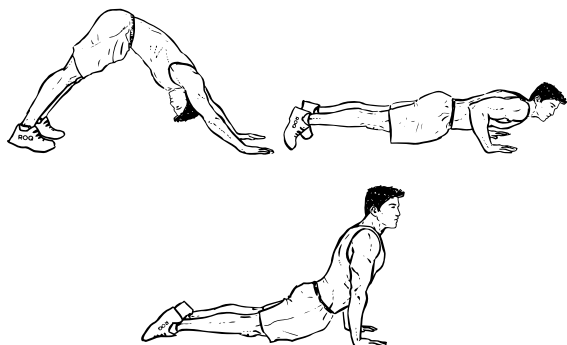
Hip Raise / Butt Lift / Bridge



Mountain Climbers



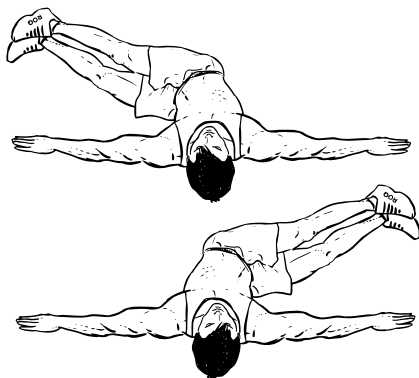
Hindu / Judo Push Up / Dive Bombers



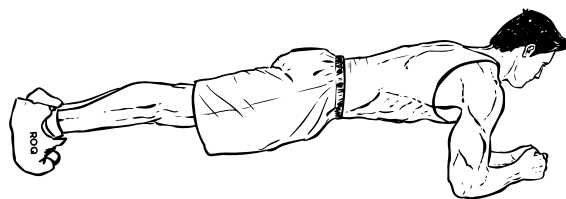
Cross-Body Crunch



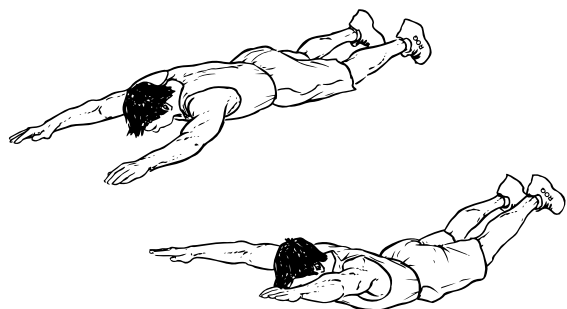
Windshield Wipers



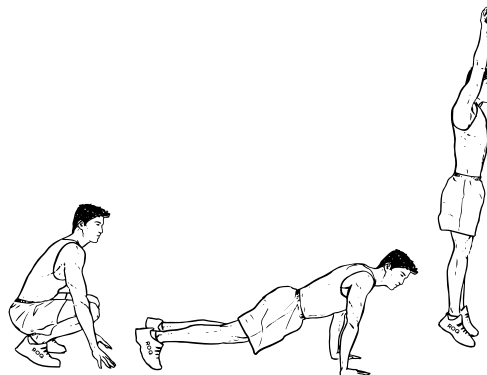
Plank



Superman



Burpees



Thanks for downloading this!

In case you missed them...



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