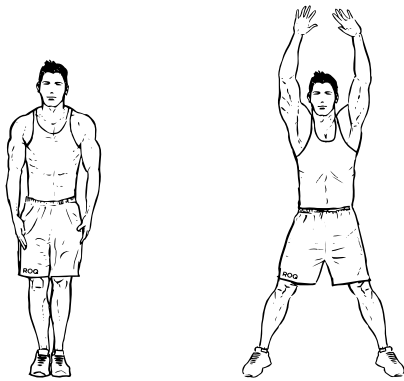
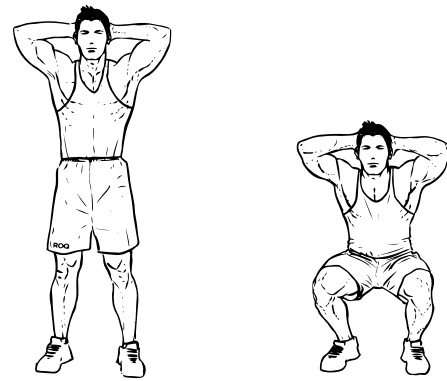


Ultimate At-Home No Equipment Workout

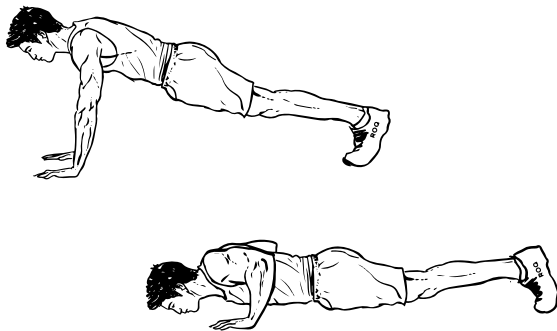
Jumping Jacks



Bodyweight Squat



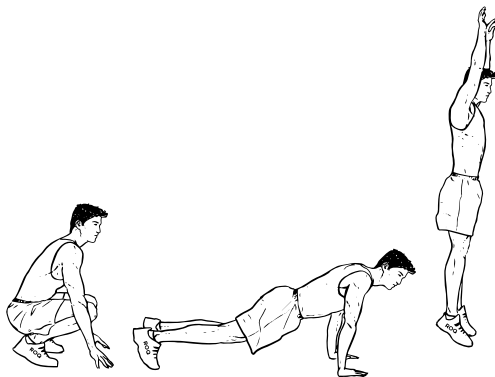
Pushup



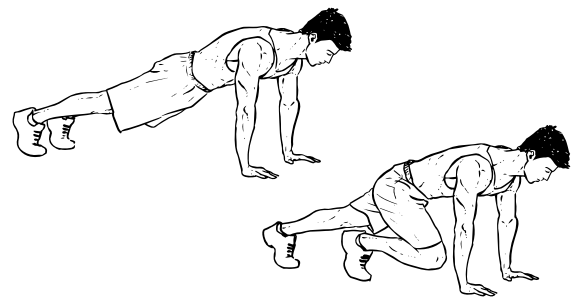
Bicycle Crunches / Air Bikes



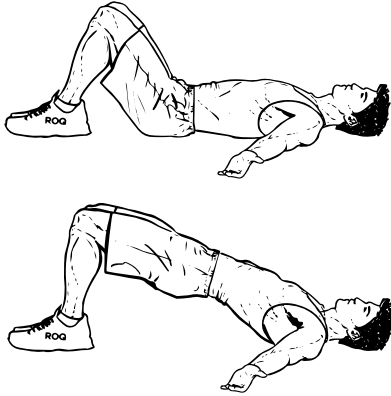
Burpees



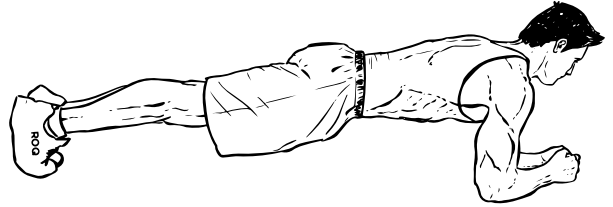
Mountain Climbers



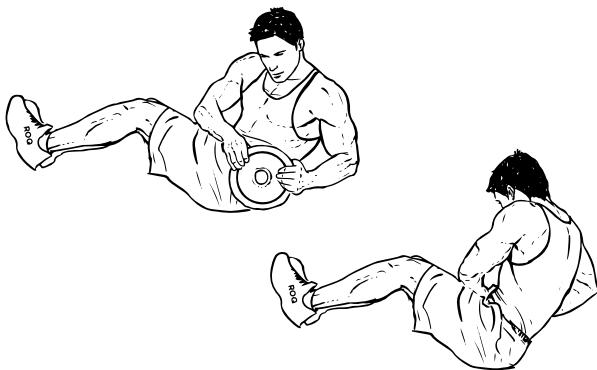
Hip Raise / Butt Lift / Bridge



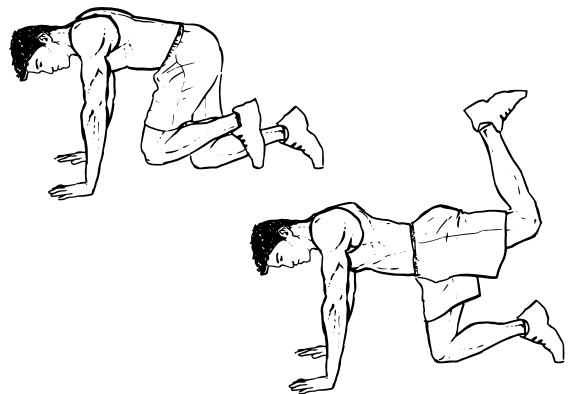
Plank



Weighted Twist



Donkey Kicks



Thanks for downloading this!

In case you missed them...



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