

30-SECOND HIGH KNEES
20 JUMPING JACKS
15 SQUATS
**10 PUSH UPS (ELEVATE LEGS FOR
ADDED CHALLENGE)**
10 LUNGES (EACH LEG)
15 BENCH DIPS
20 RUSSIAN TWISTS
30 PLANK JACKS
**REPEAT 4 SETS WITH 30 SECONDS
REST BETWEEN SETS**

**HIGH INTENSITY, FULL-BODY
HOME WORKOUT**

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