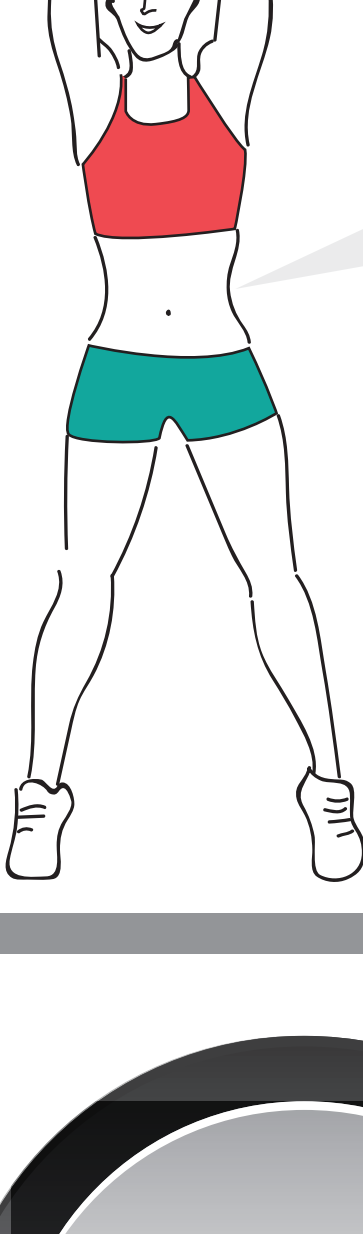




**change IN seconds**

MOTIVATION TO LOSE WEIGHT

# Fat Burning Evening Workout

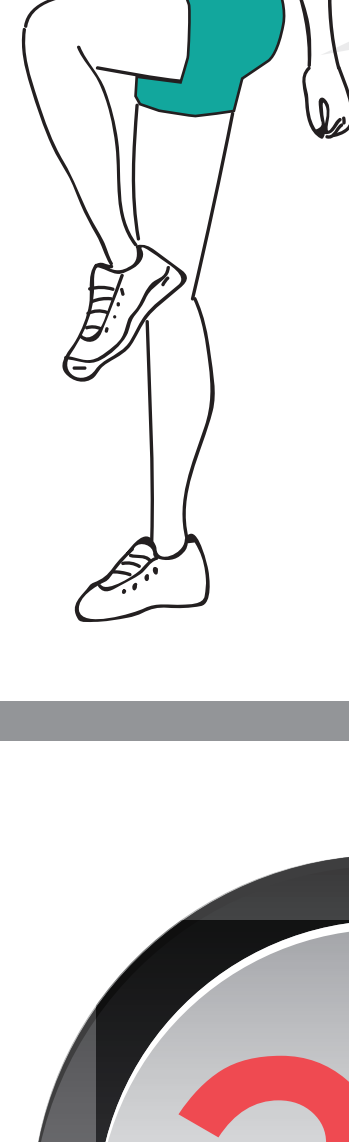
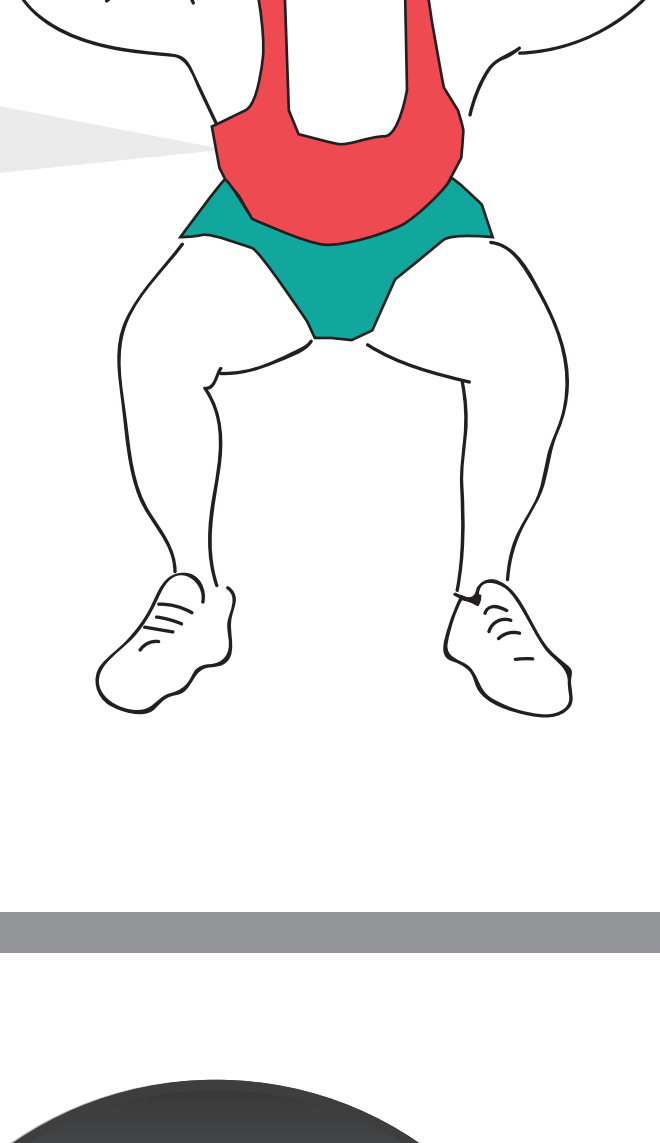


**50**

*Jumping Jacks*

**30**

*Squats*

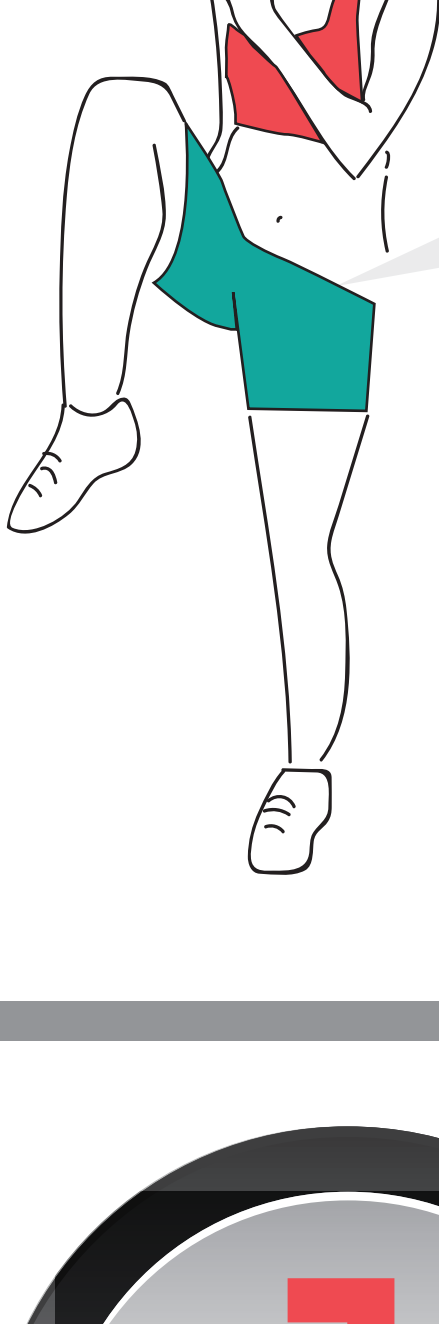
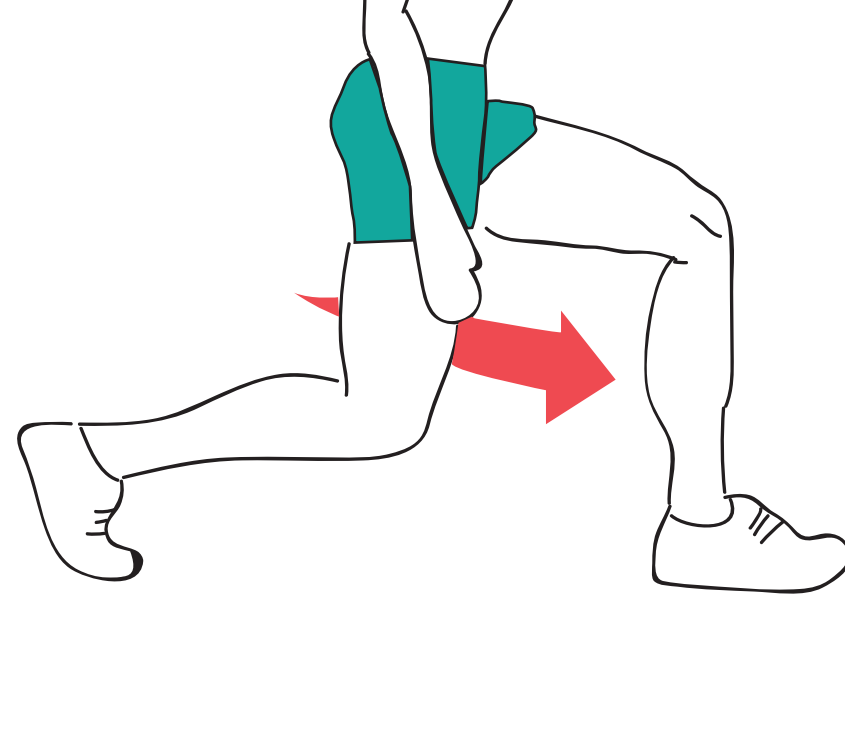


**20**

*High Knees*

**25**

*Lunges Each Leg*

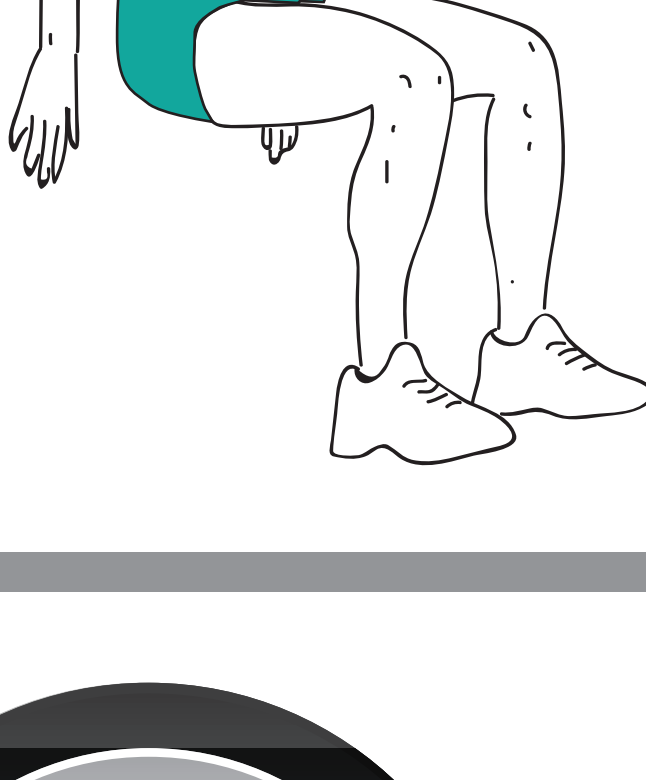


**1**  
Minute

*March Or Jog  
On The Spot*

**1**  
Minute

*Wall Sit*



**5**

*Seated Dips*

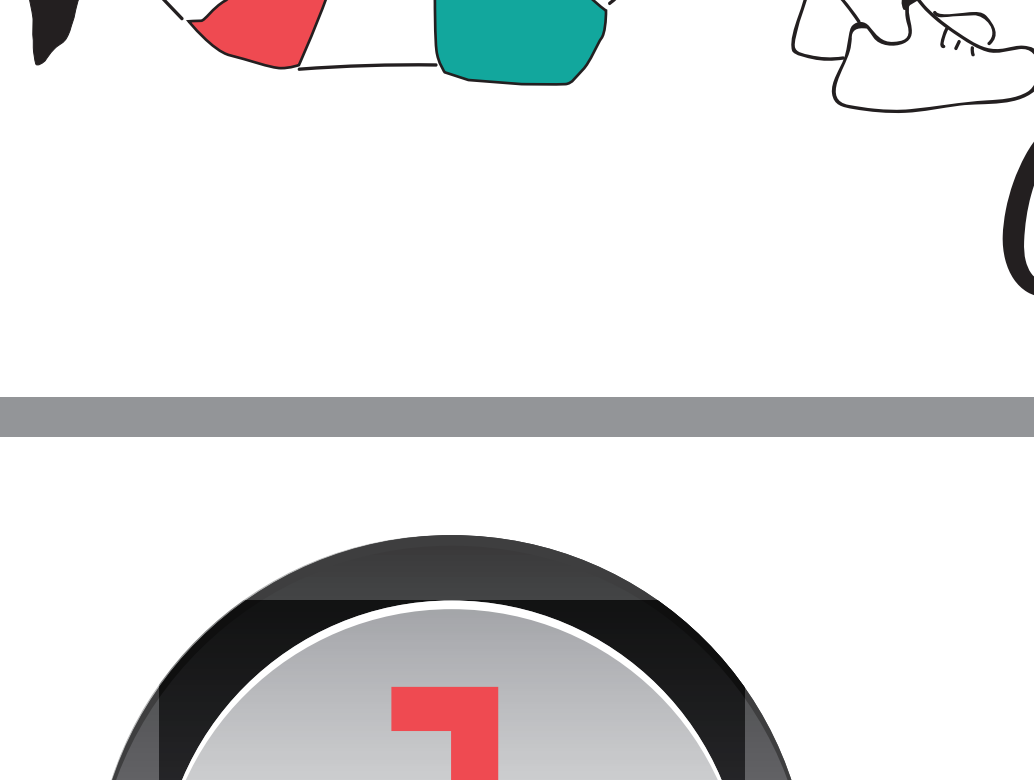
**20**

*Push Ups*



**50**

*Crunches*



**1**  
Minute

*Plank*



**Rest then repeat 1 more time**

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MOTIVATION TO LOSE WEIGHT

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