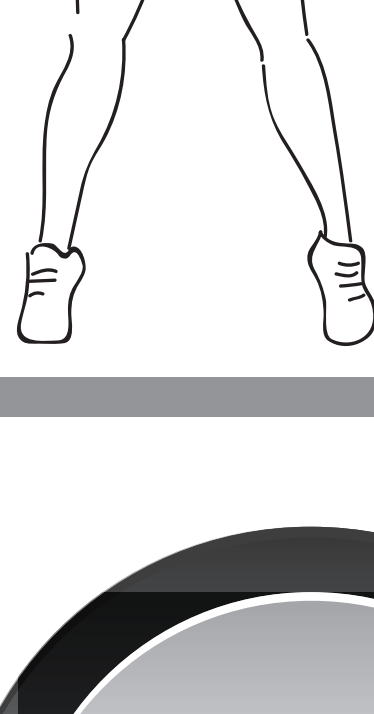




change IN seconds
MOTIVATION TO LOSE WEIGHT

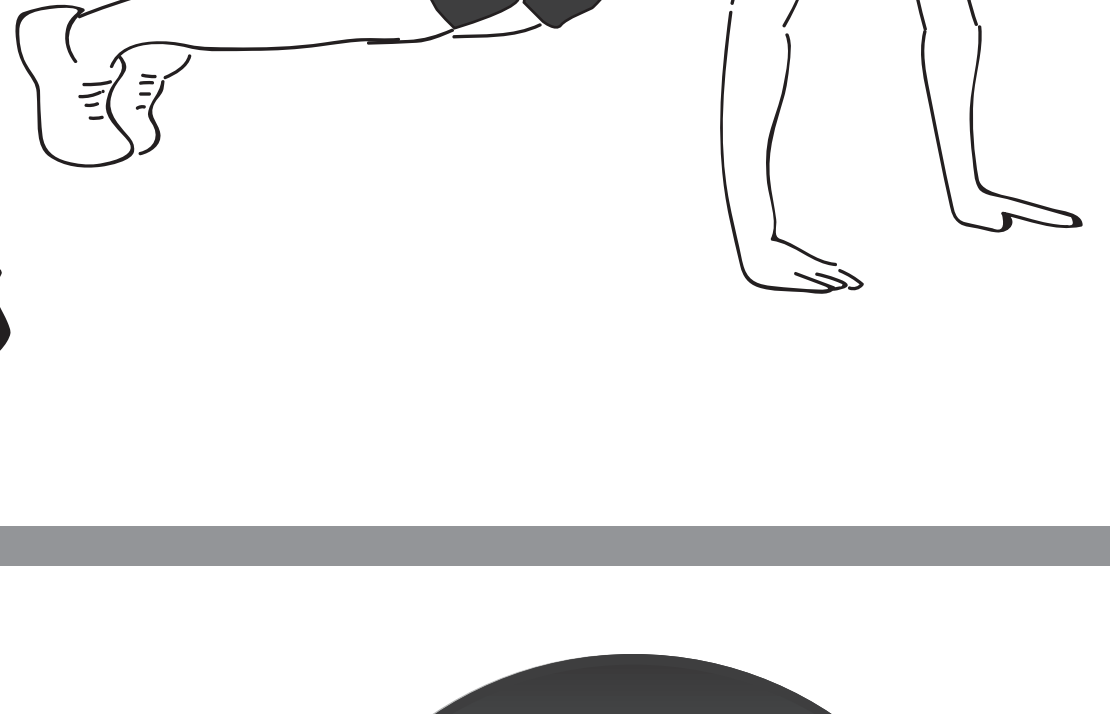
Full Body Workout At Home



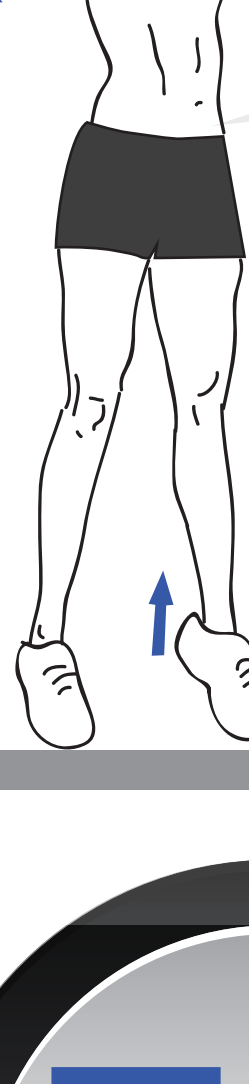
50

Jumping Jacks

25



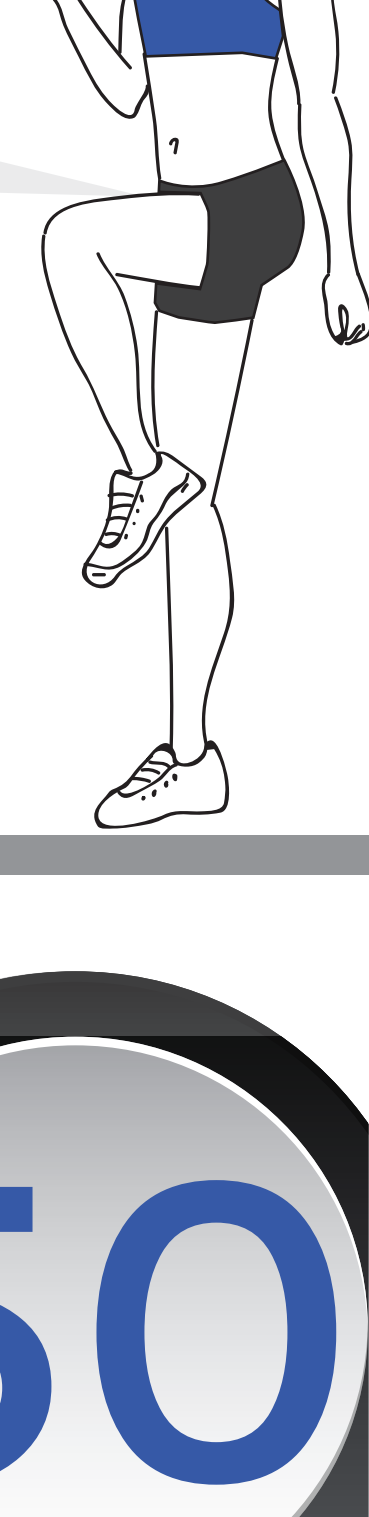
Push Ups



25

Burpees

50



High Knees



50

Squat Jumps

25



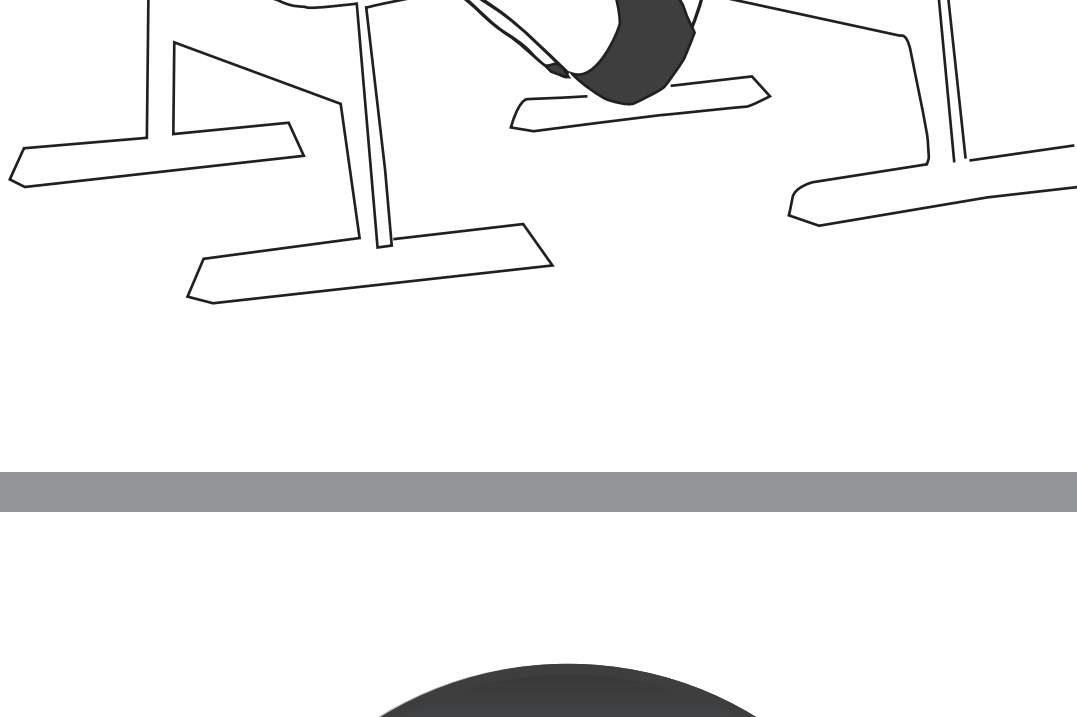
Sit Ups



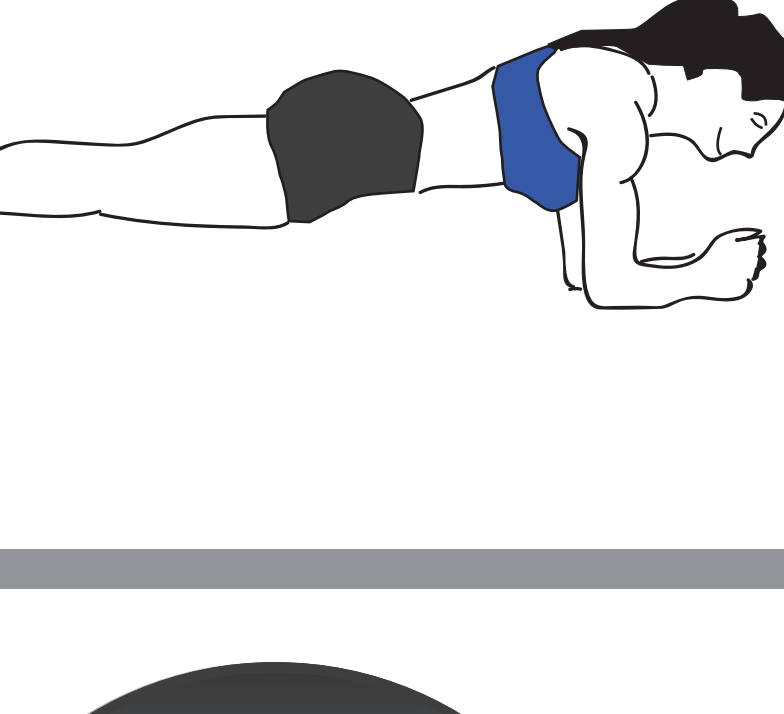
25

Leg Raises

50



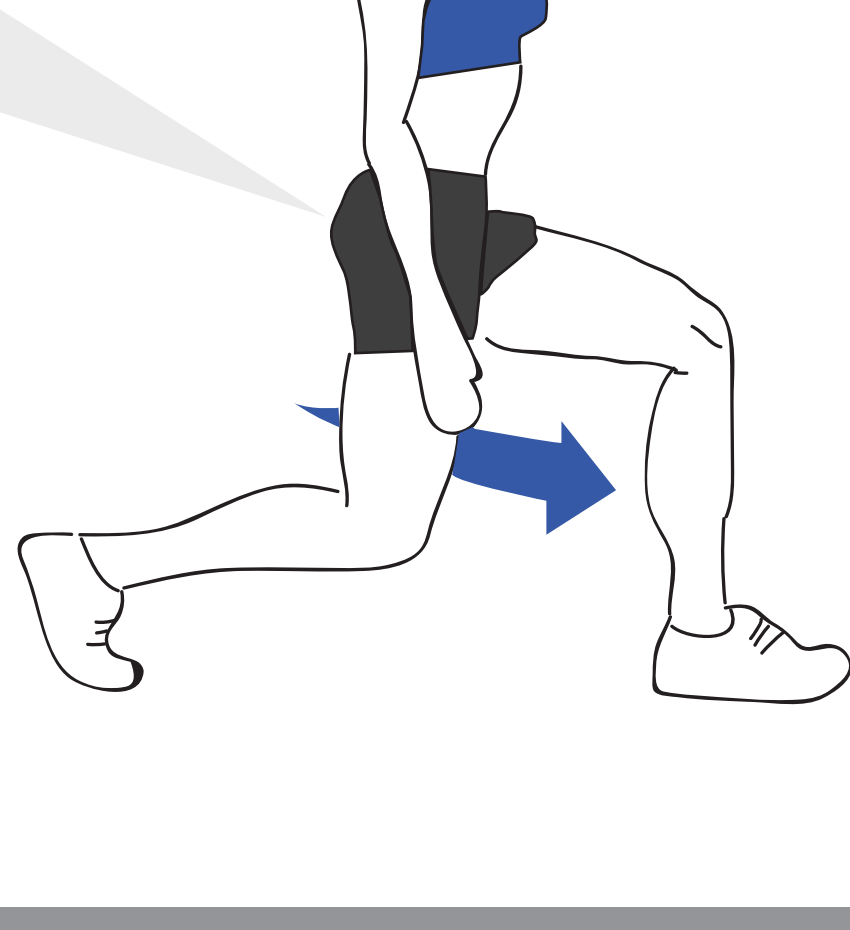
Dips



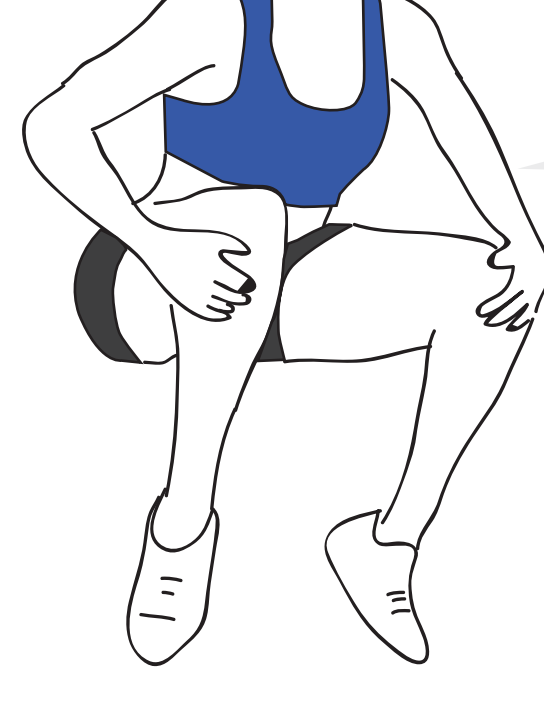
1
Minute

Plank

25



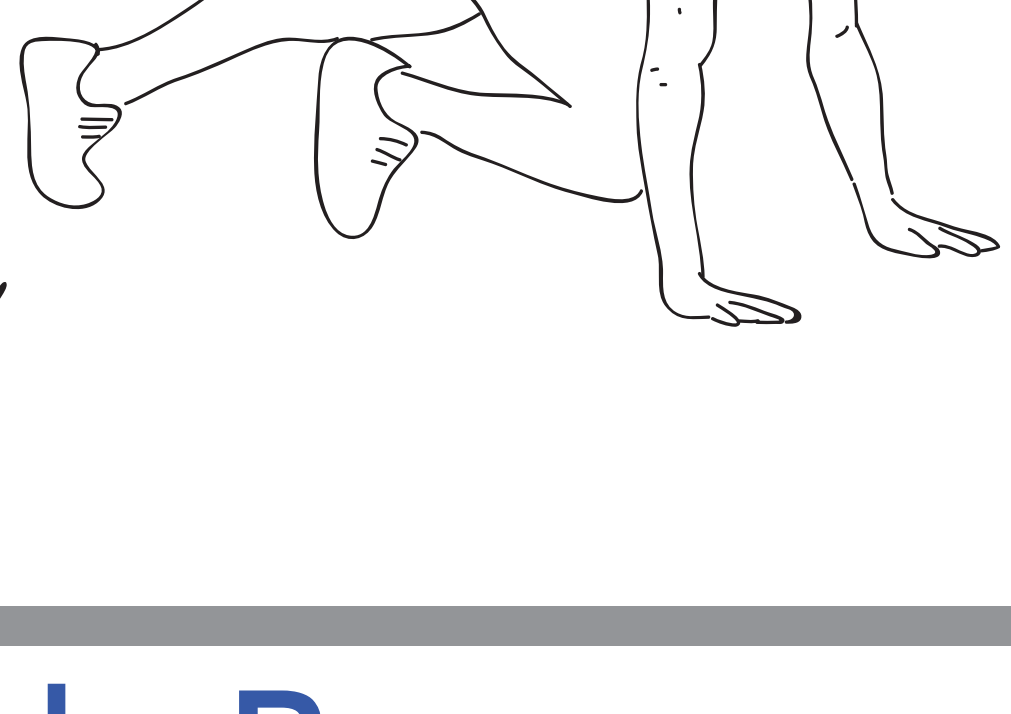
Jump Lunges



25

Tuck Jumps

50



Mountain Climbers

How to do Burpees

Squat

Kick feet back

Push up

Return to squat

Stand and end with jump

How to do Squat Jumps

Squat

Stand and end with jump

Repeat 2 Times
5 Min Cool Down

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