

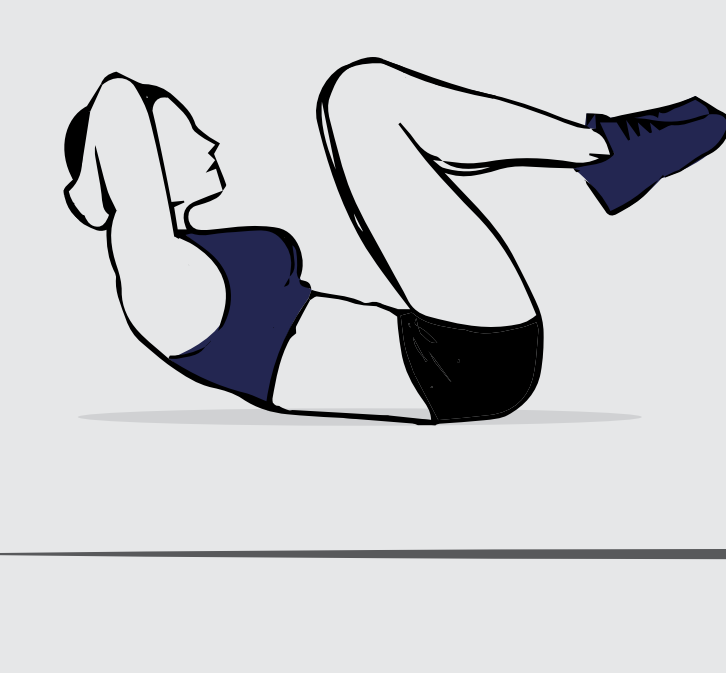


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## Incredible Workout To Melt Insane Amount Of Body Fat

- 1 Crunches
- 2 Squat Jumps
- 3 Jackknife from Lying Flat
- 4 Bodyweight Pistol Squats
- 5 Squat with Lateral Leg Raise
- 6 Glute Bridge to Leg Raise
- 7 Glute Bridge
- 8 Donkey Kick
- 9 Swimmers
- 10 Plank Rotations

### 10 exercises

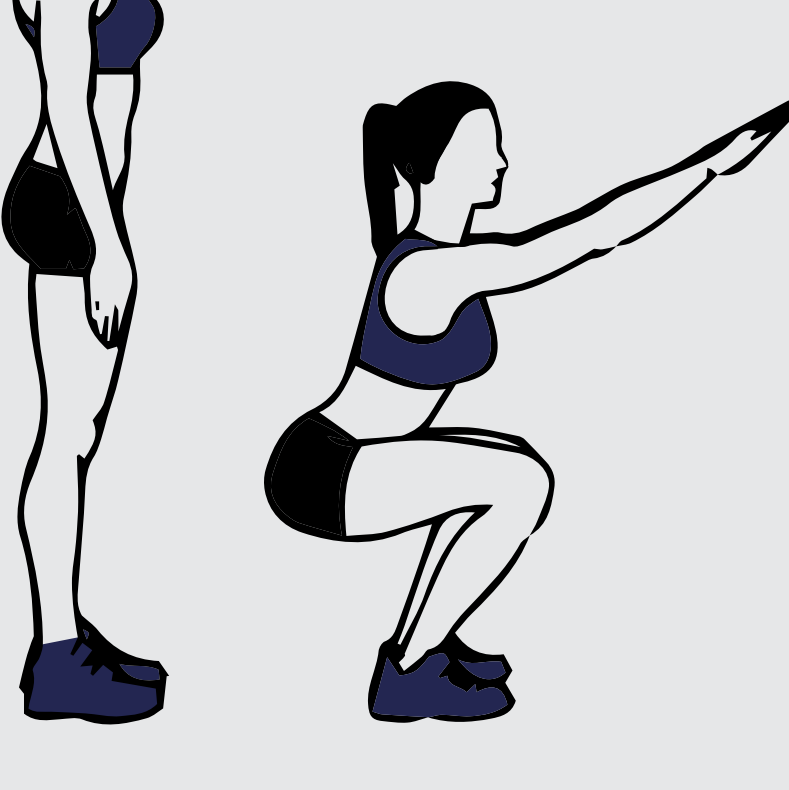


Crunches

3 sets 40 sec

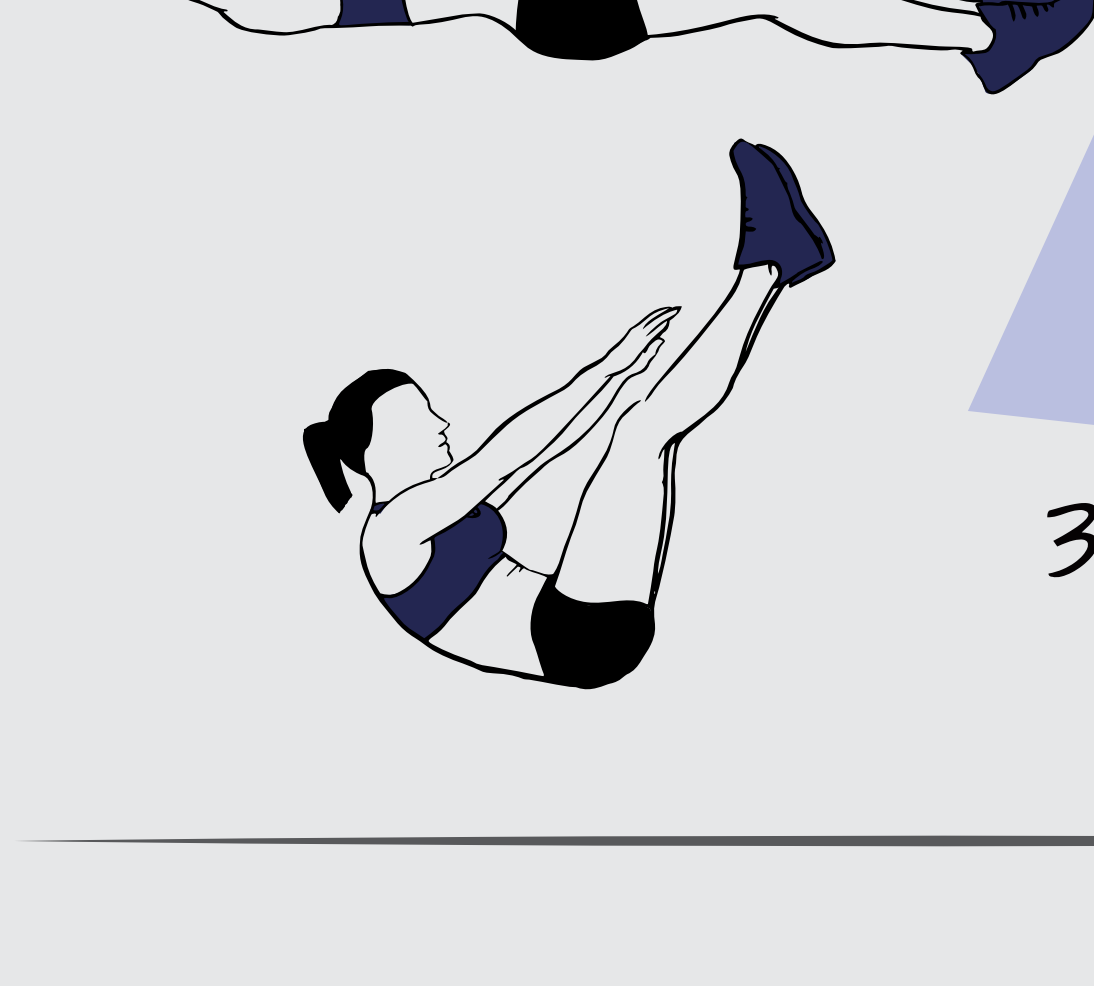
Squat Jumps

3 sets 60 sec



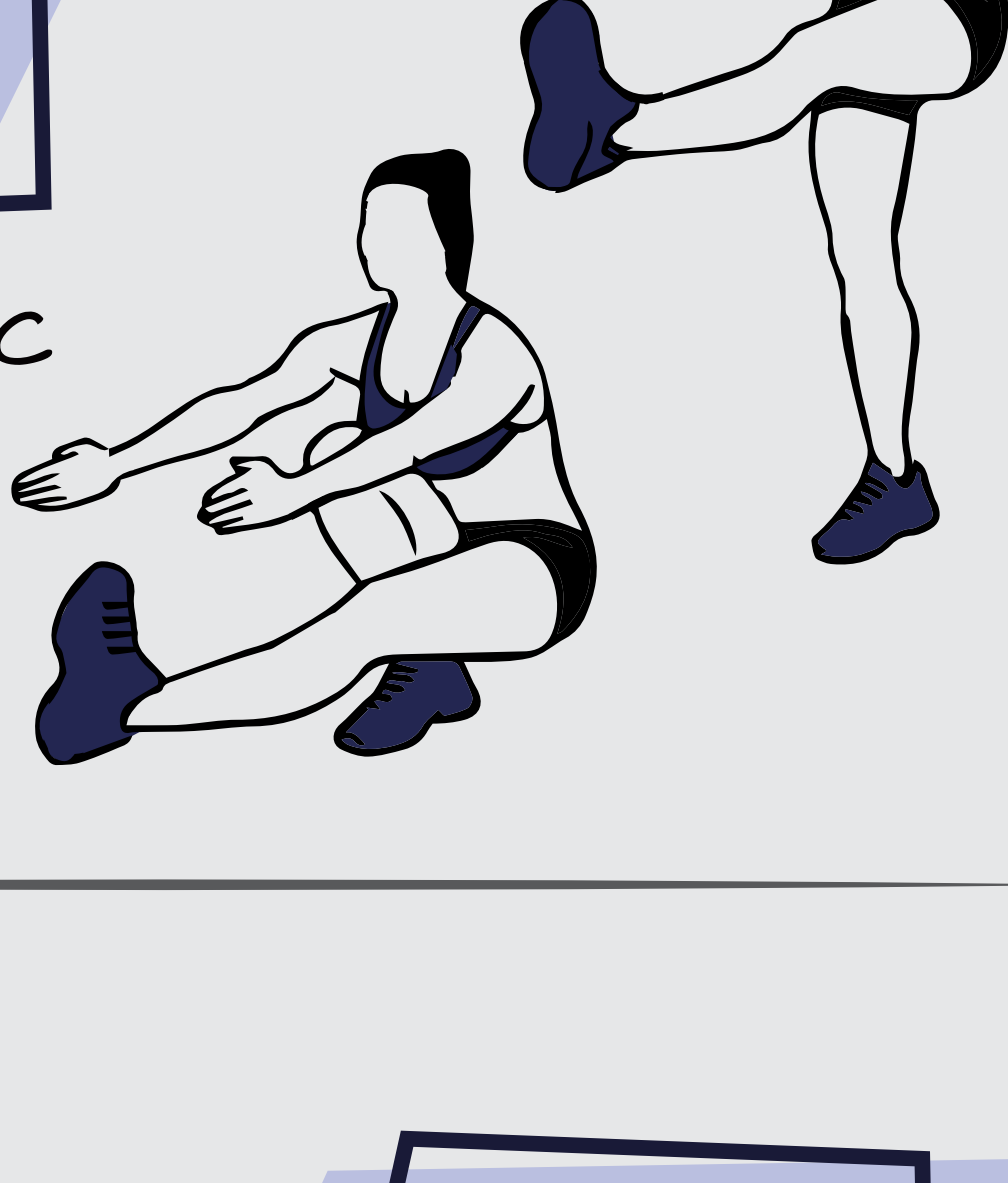
Jackknife from Lying Flat

3 sets 30 sec



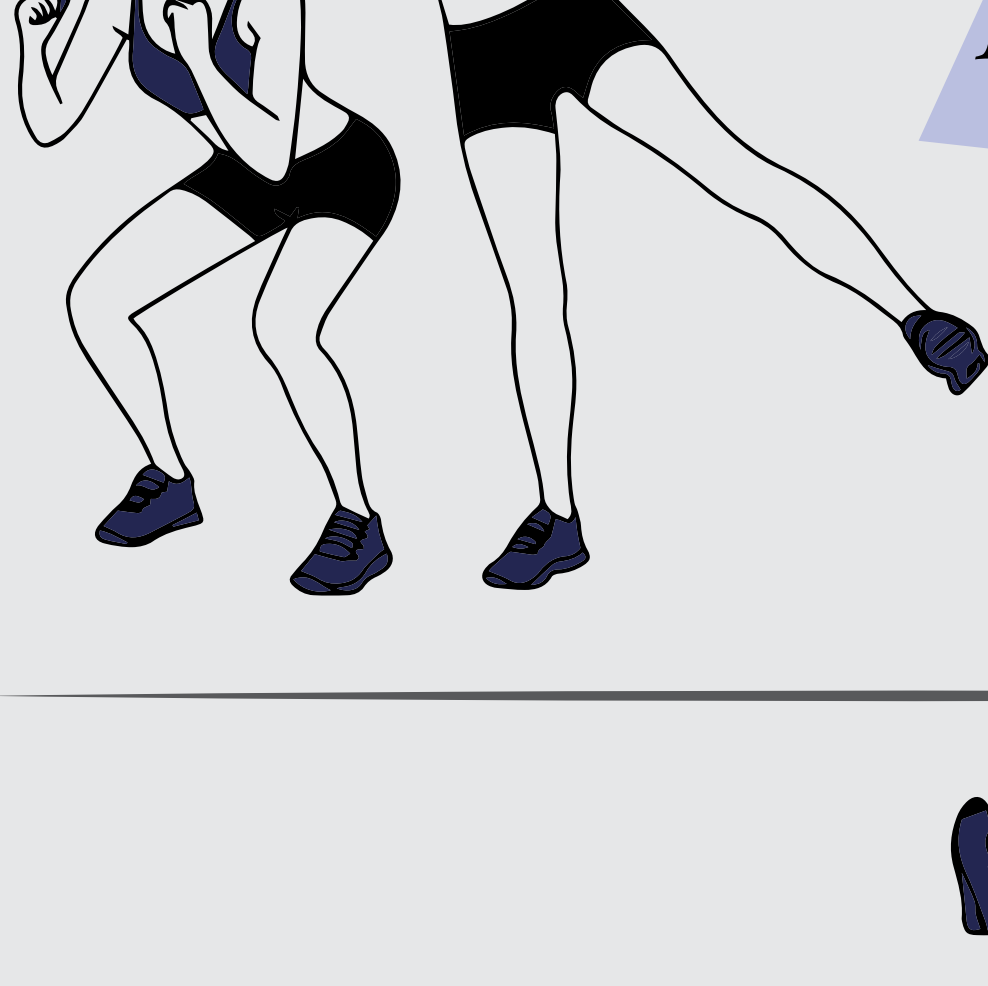
Bodyweight Pistol Squats

3 sets 60 sec



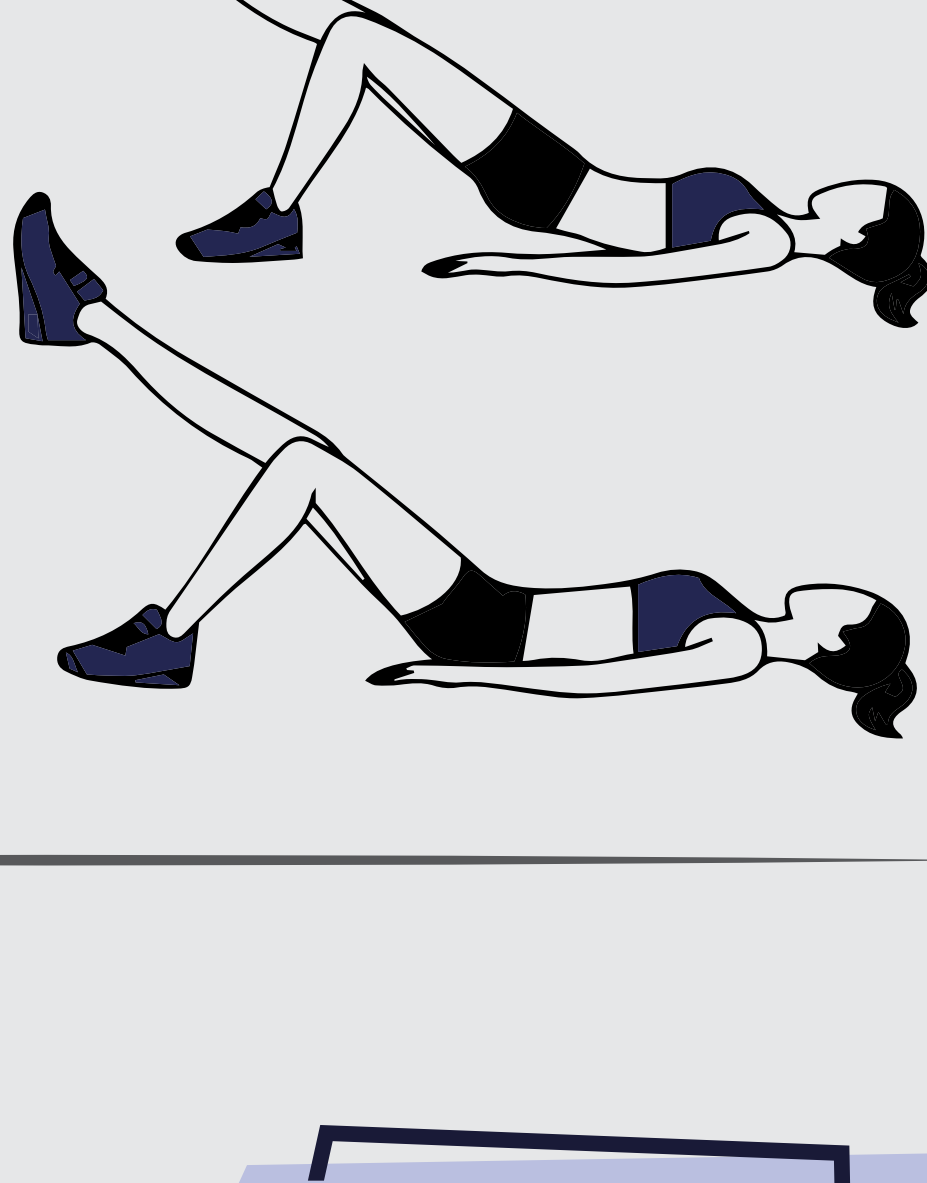
Squat with Lateral Leg Raise

3 sets 30 sec



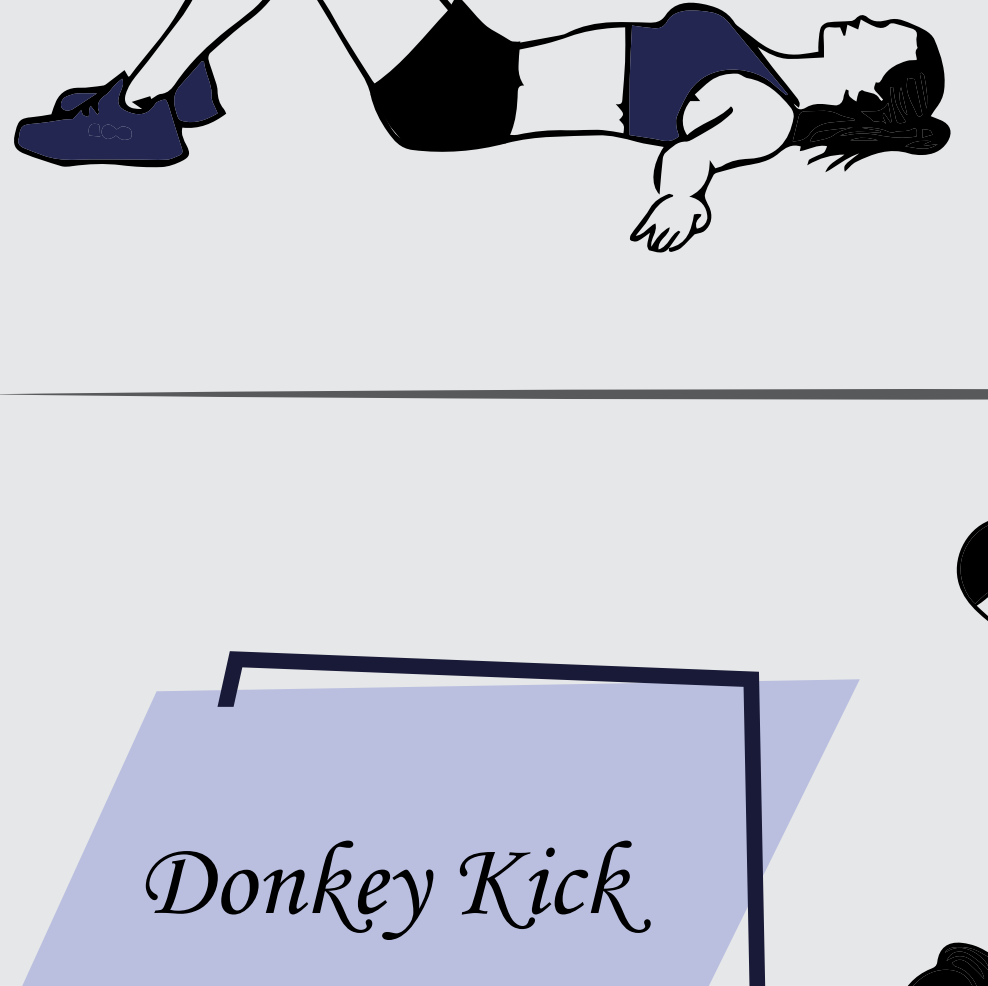
Glute Bridge to Leg Raise

3 sets 30 sec



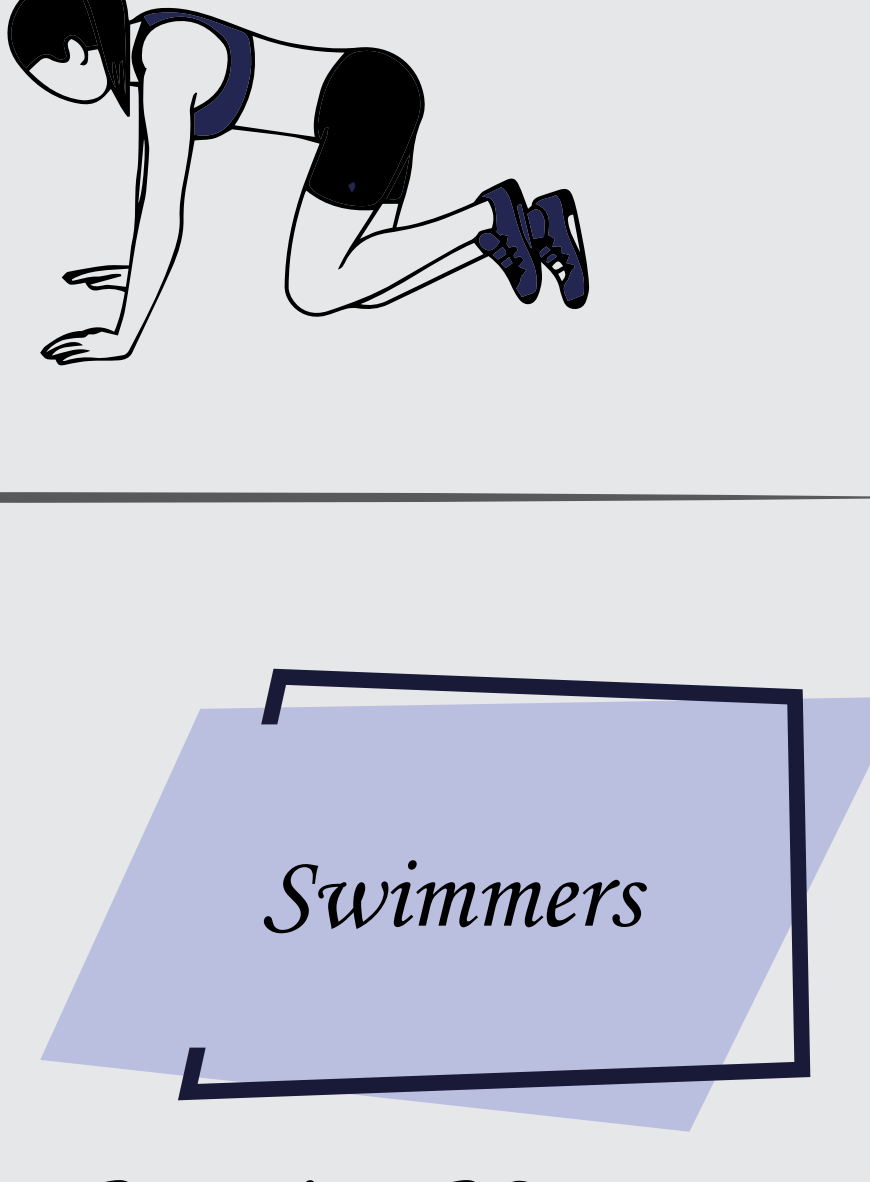
Glute Bridge

3 sets 30 sec



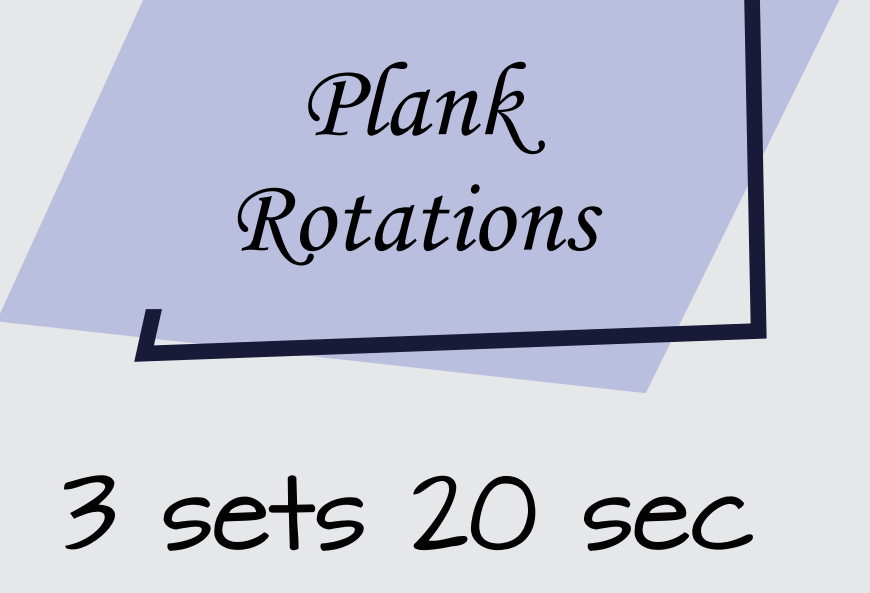
Donkey Kick

3 sets 45 sec



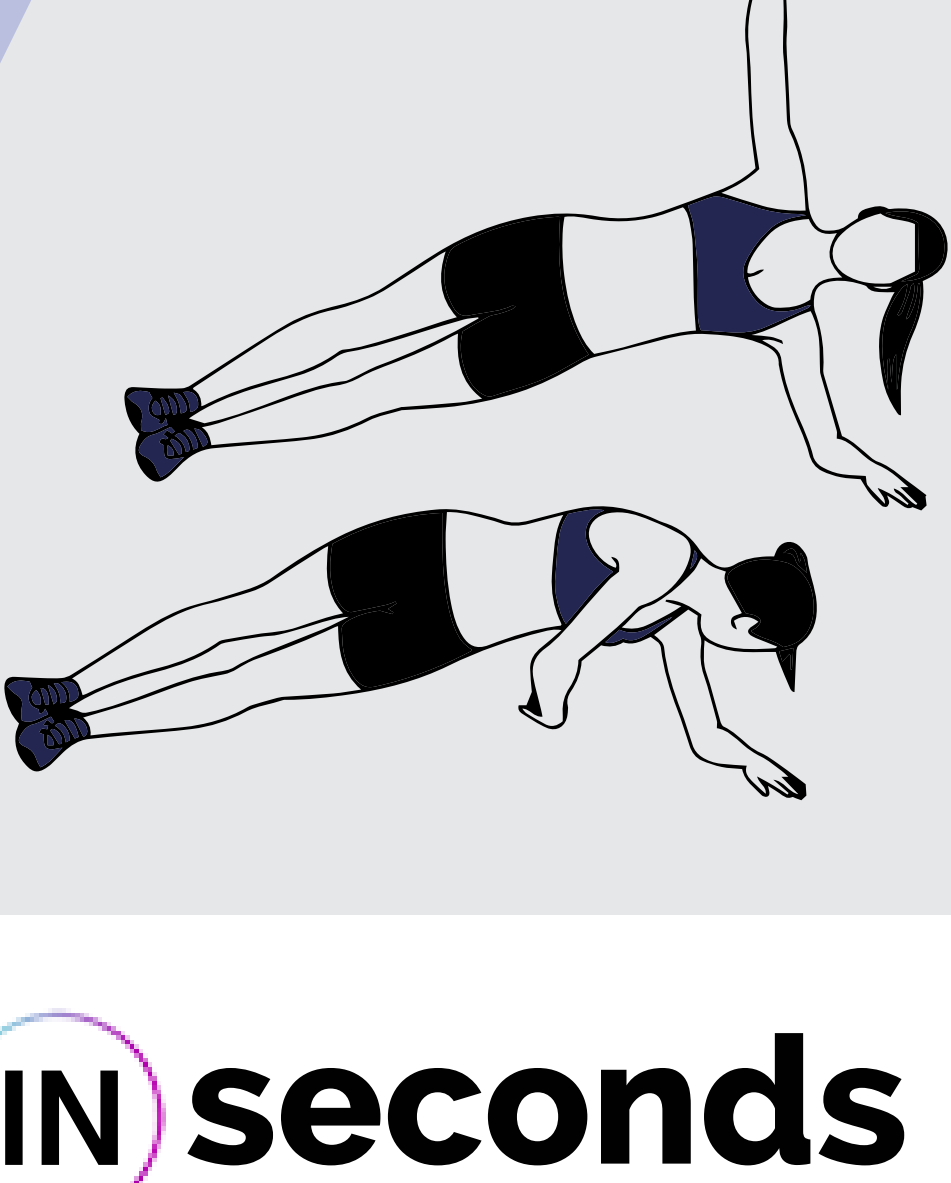
Swimmers

3 sets 30 sec



Plank Rotations

3 sets 20 sec  
(Per Side)



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