



change **IN** seconds

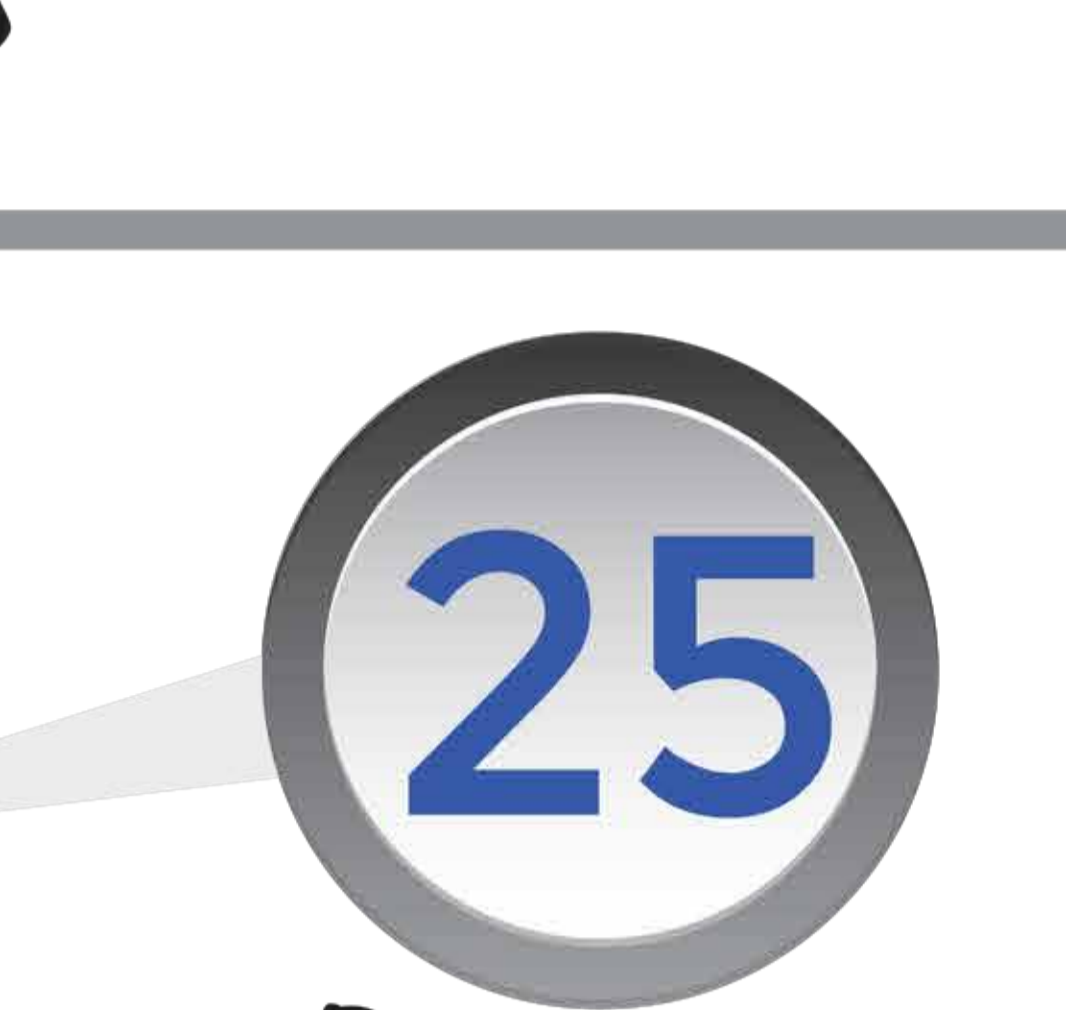
Full Body Workout At Home



50

Jumping Jacks

25



Push Ups



25

Burpees

50



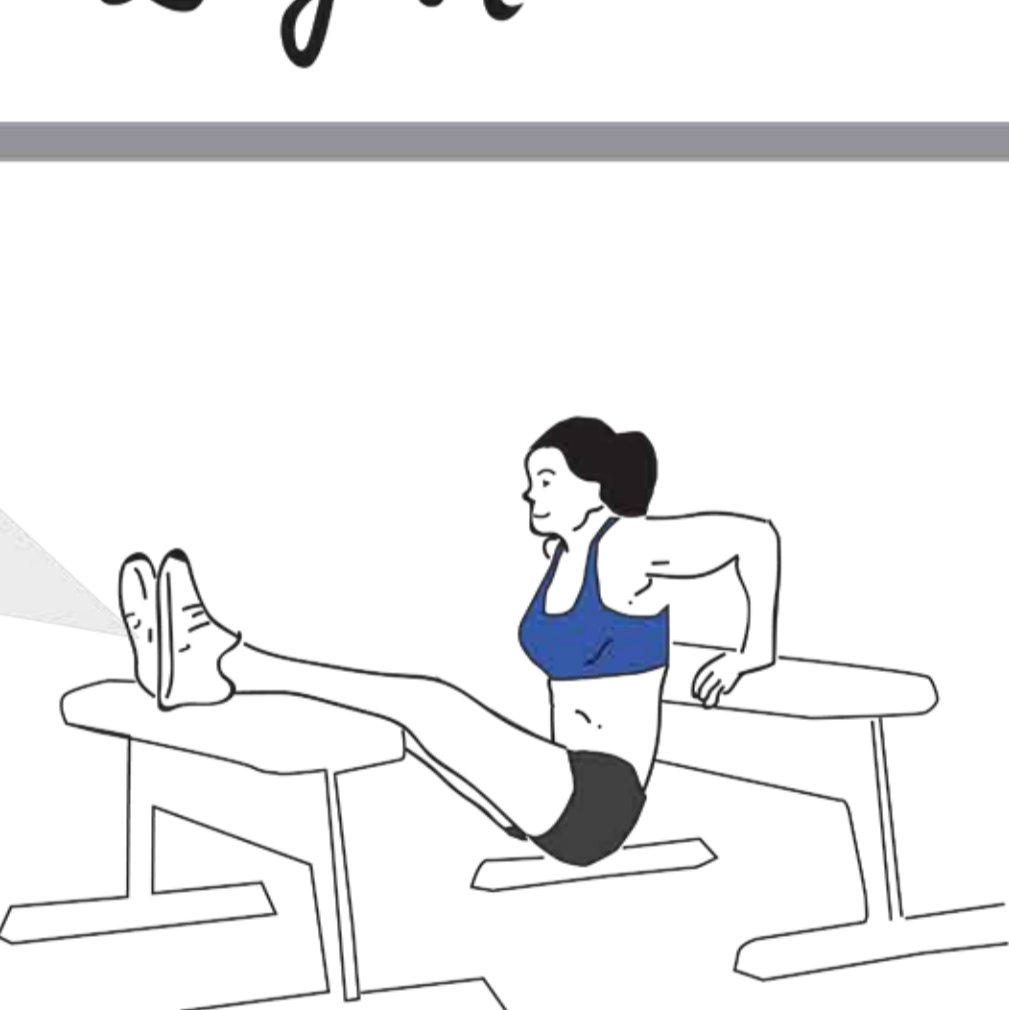
High Knees



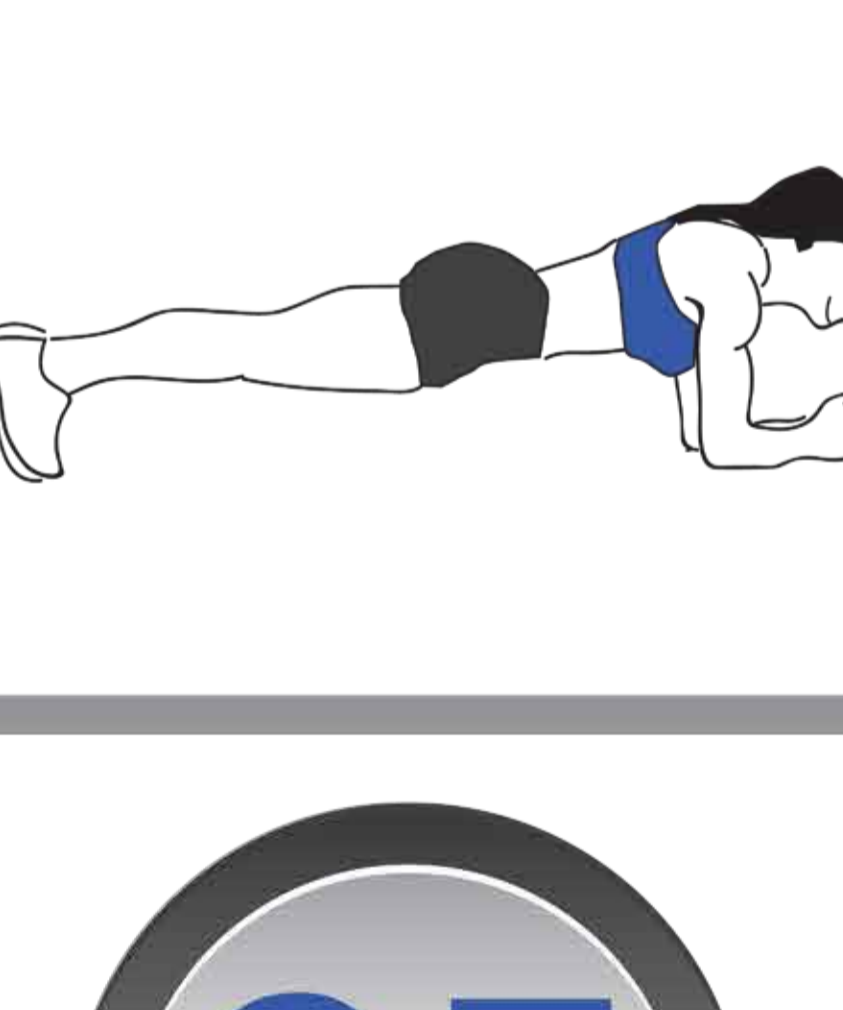
50

Squat Jumps

25



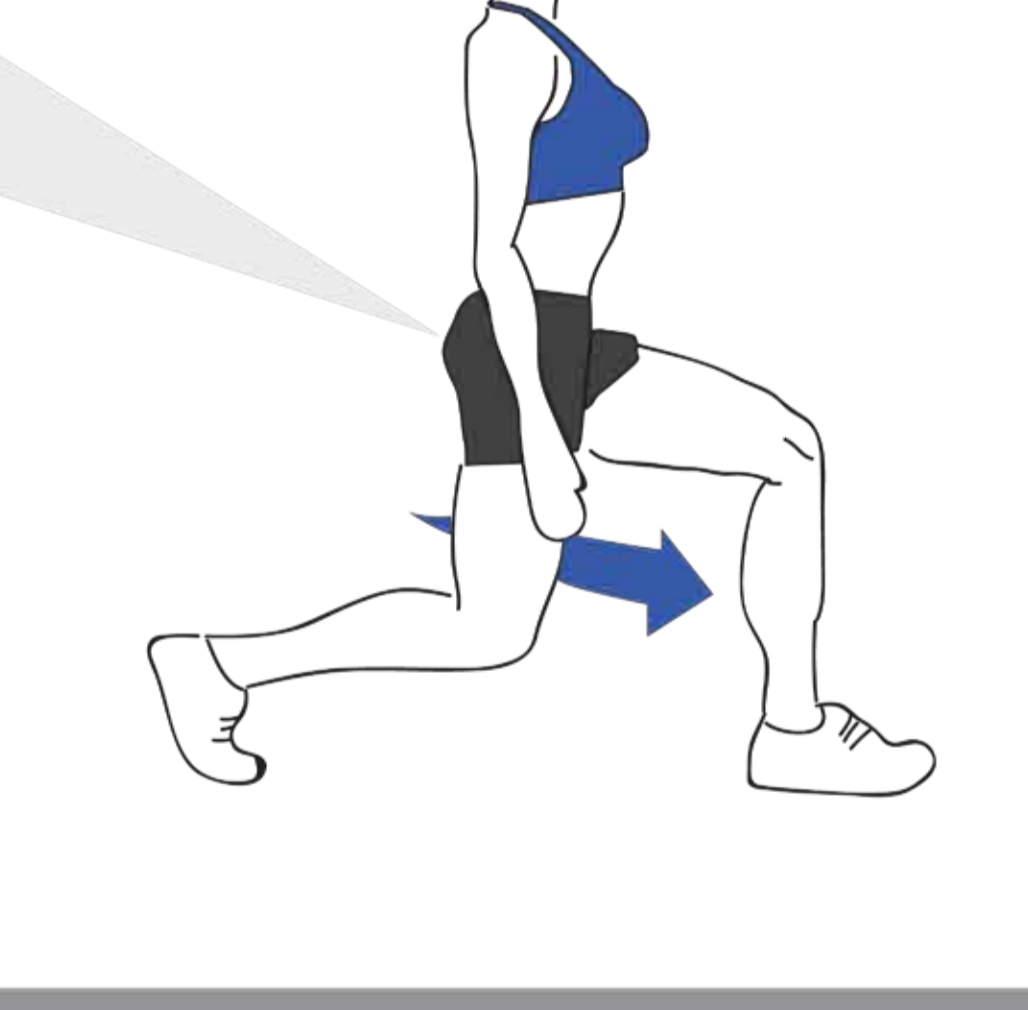
Sit Ups



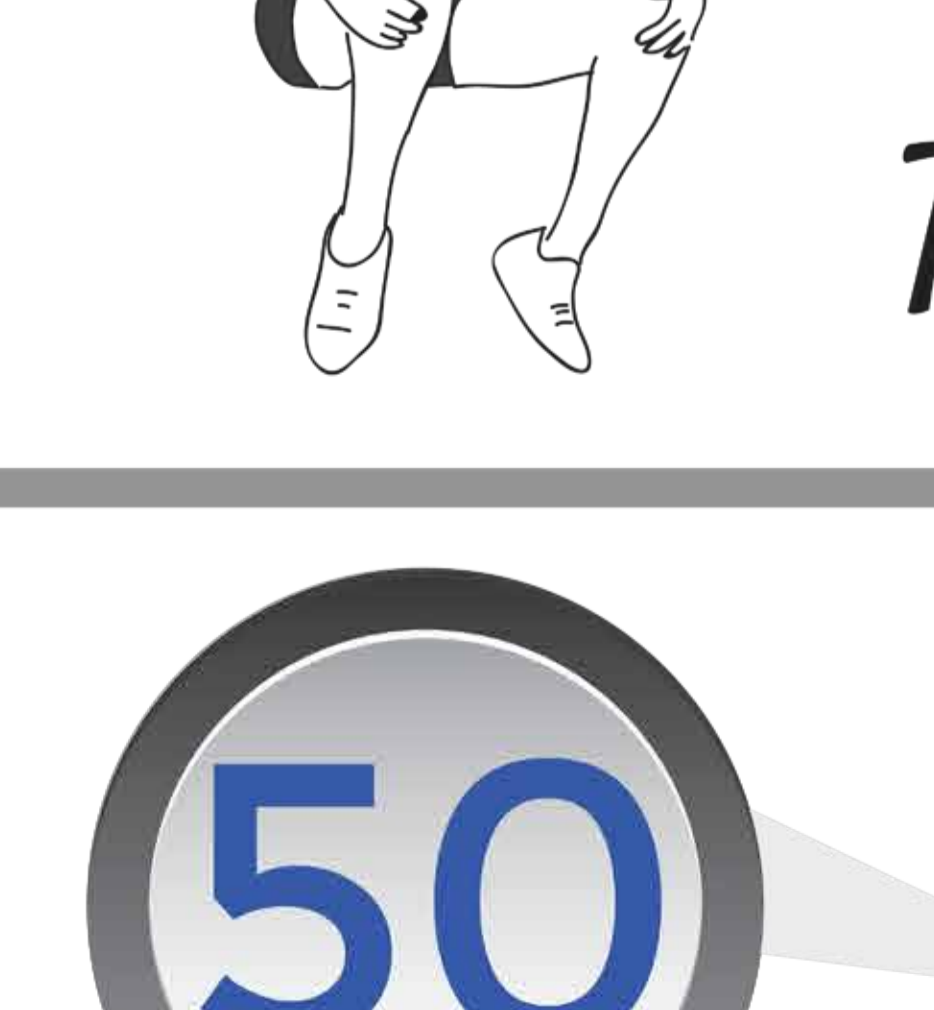
25

Leg Raises

50



Dips



1
Minute

Plank

25



Jump Lunges

Tuck Jumps

Mountain Climbers

50



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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www.changeinseconds.com