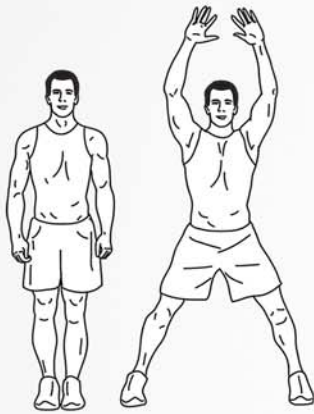


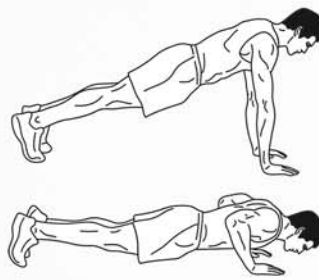
five minute **blast**

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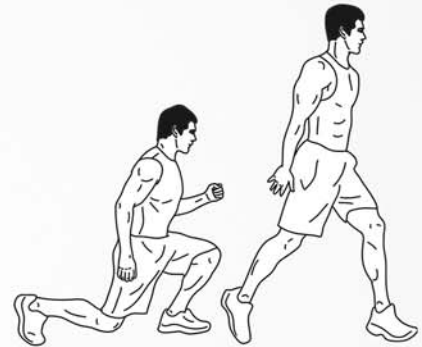
Instructions: Set a timer & survive.



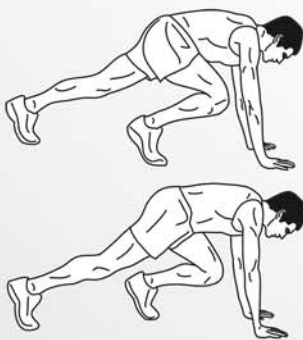
60sec jumping jacks



60sec push-ups



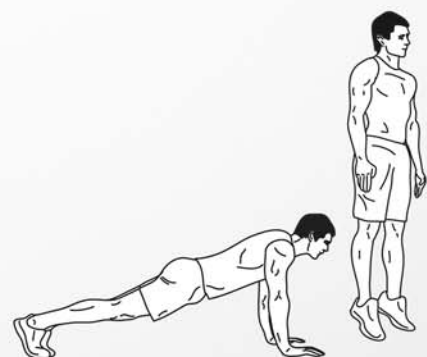
30sec jumping lunges



60sec climbers



60sec high knees



30sec basic burpees