

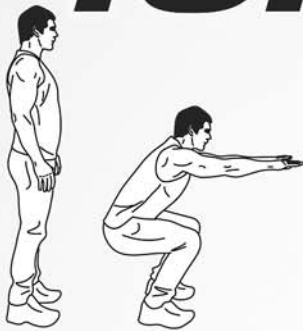
HERO *for hire*

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OFFICE WORKOUT

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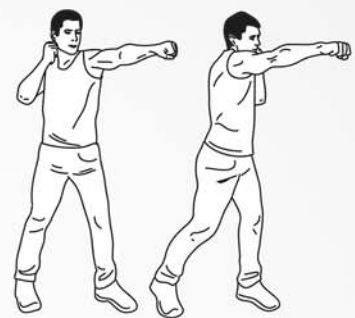
3 sets | 1 minute rest



10 squats



10 reverse lunges



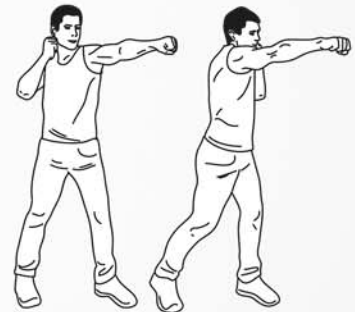
20 punches



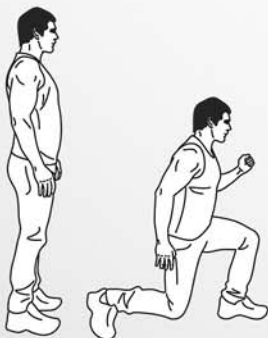
10 side leg raises



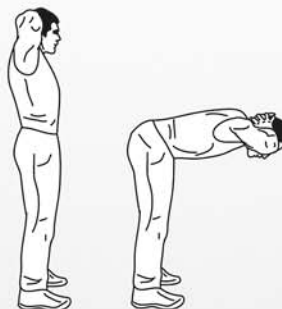
10 calf raises



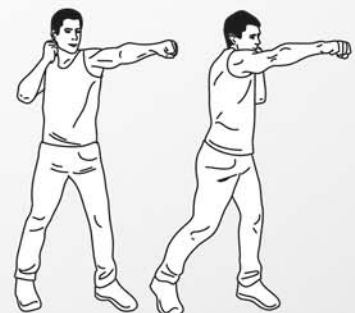
20 punches



10 forward lunges



10 forward bends



20 punches