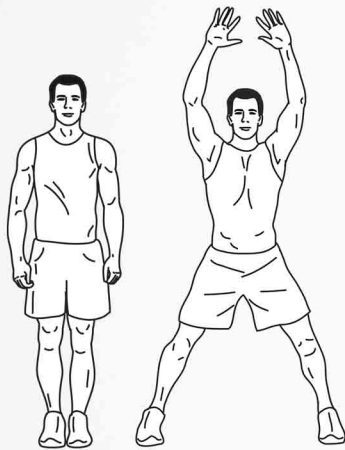


MONDAY

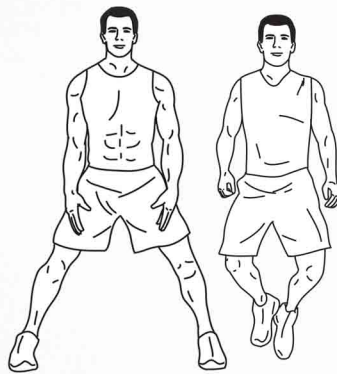
WORKOUT

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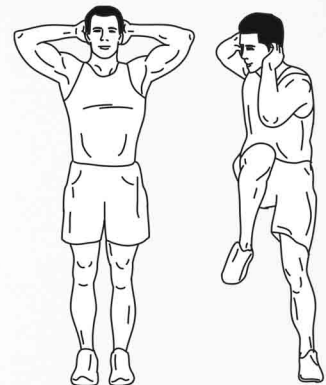
3 sets | 10 reps each
one burpee after each



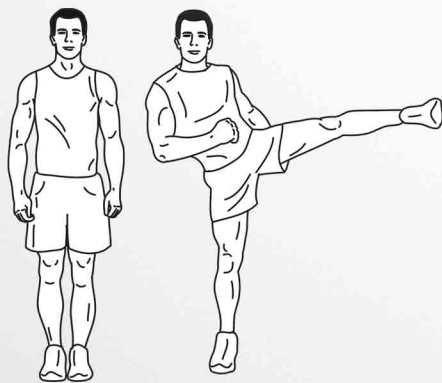
jumping jacks



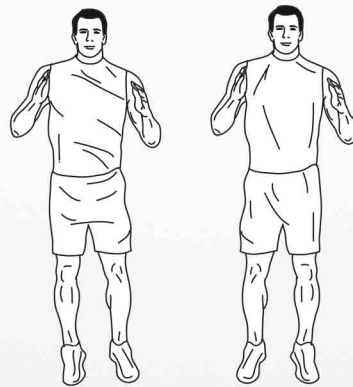
hop heel clicks



knee-to-elbow



side leg raises



side-to-side hops
feet together



high knees