



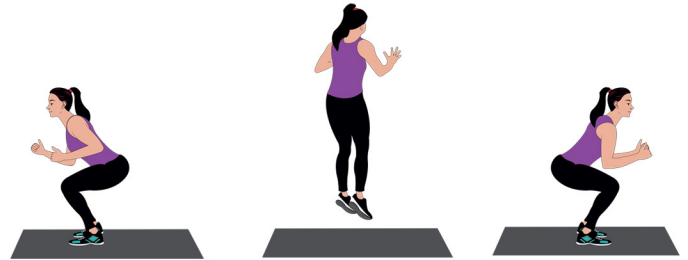
# HOMESCHOOL WORKOUT 1

1 Minute Each Exercise | No Rest Between Exercises

## KNEELING EXPLOSIONS



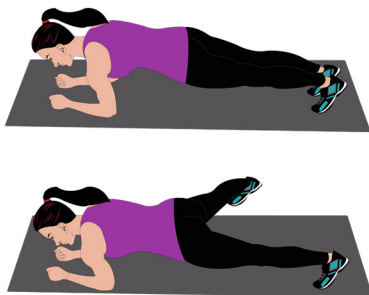
## 180 SPIDERMAN JUMPS



## LATERAL BOUND & HOP



## PENDULUM PLANK



## LUNGE TO HIGH SKIP

