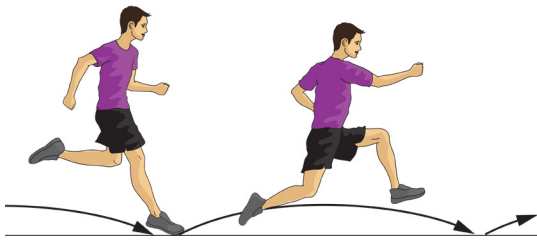




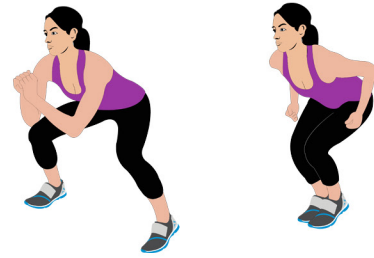
HOMework WORKOUT 3

1 Minute Each Exercise | No Rest Between Exercises

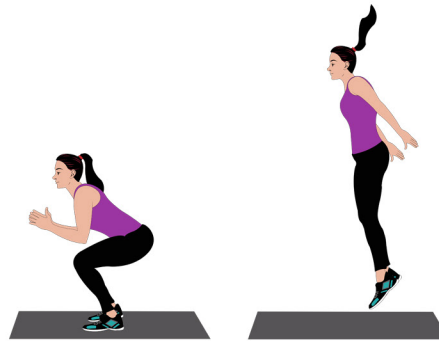
BOUNDING FOR DISTANCE



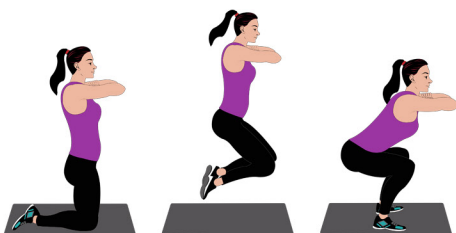
SQUAT JACKS



CHAIR JUMPS



KNEELING EXPLOSIONS



PLYO SIDE PLANK

