



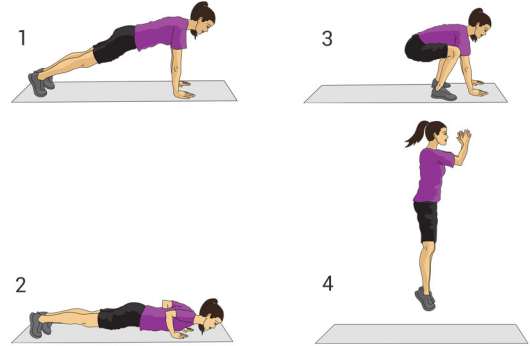
HOMework WORKOUT 4

1 Minute Each Exercise | No Rest Between Exercises

180 SPIDERMAN JUMP



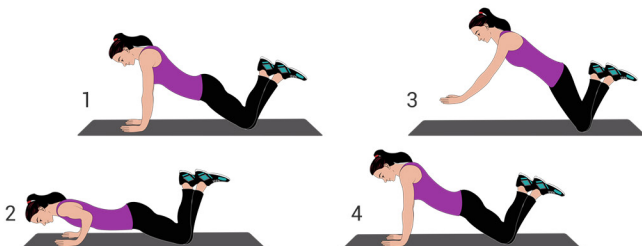
EXPLOSIVE BURPEES



SUMO SQUAT CRISS CROSS JACK



EXPLOSIVE PUSH-UPS



PENDULUM PLANK

