



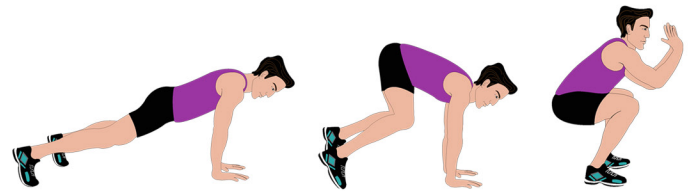
# HOMework WORKOUT 5

1 Minute Each Exercise | No Rest Between Exercises

## JACK IN THE BOXES



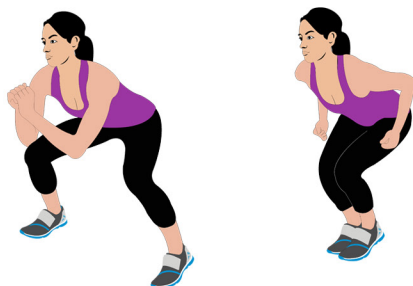
## POP JACK



## SUMO SQUAT CRISS CROSS JACK



## SQUAT JACKS



## PLANK JACK

