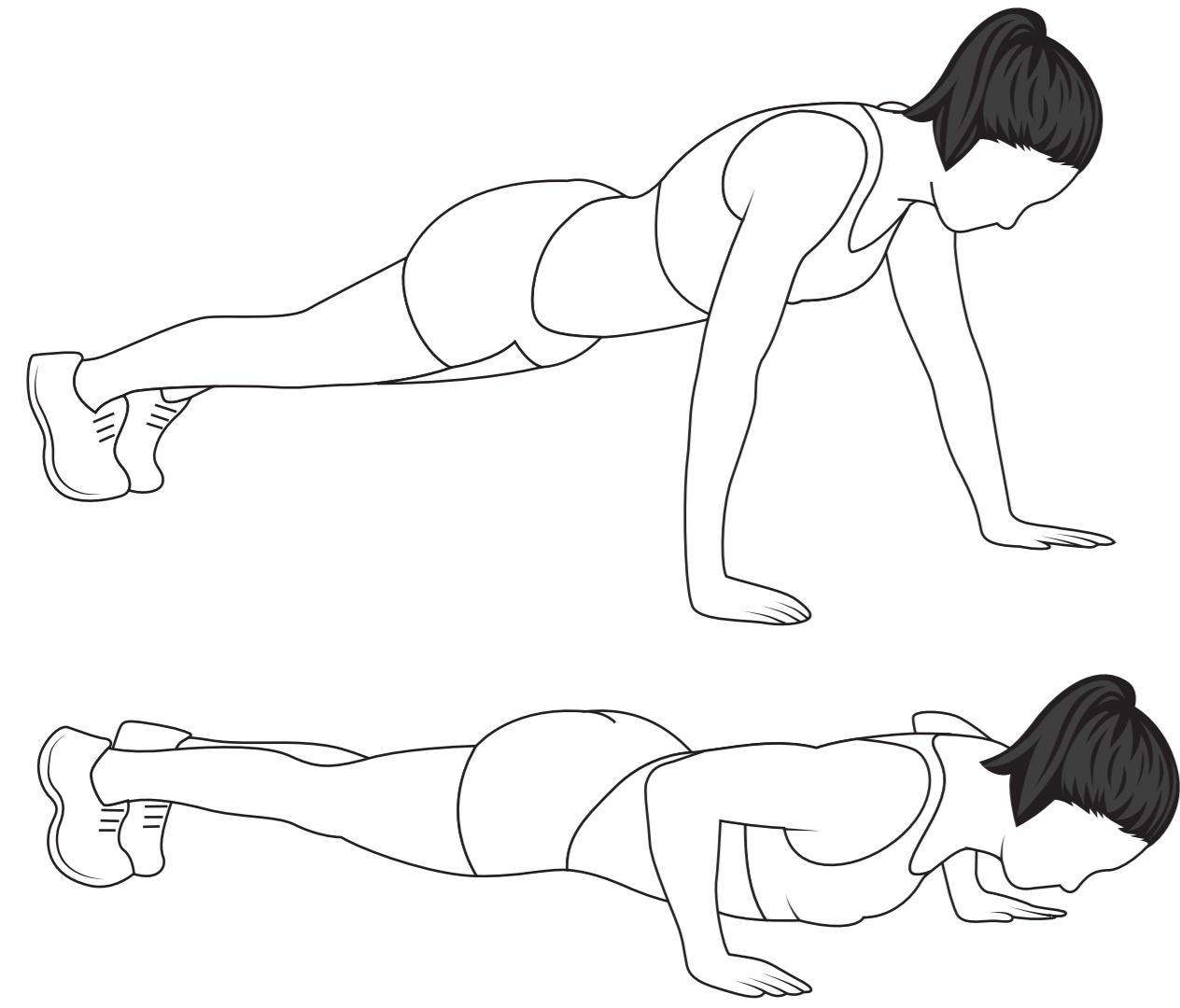
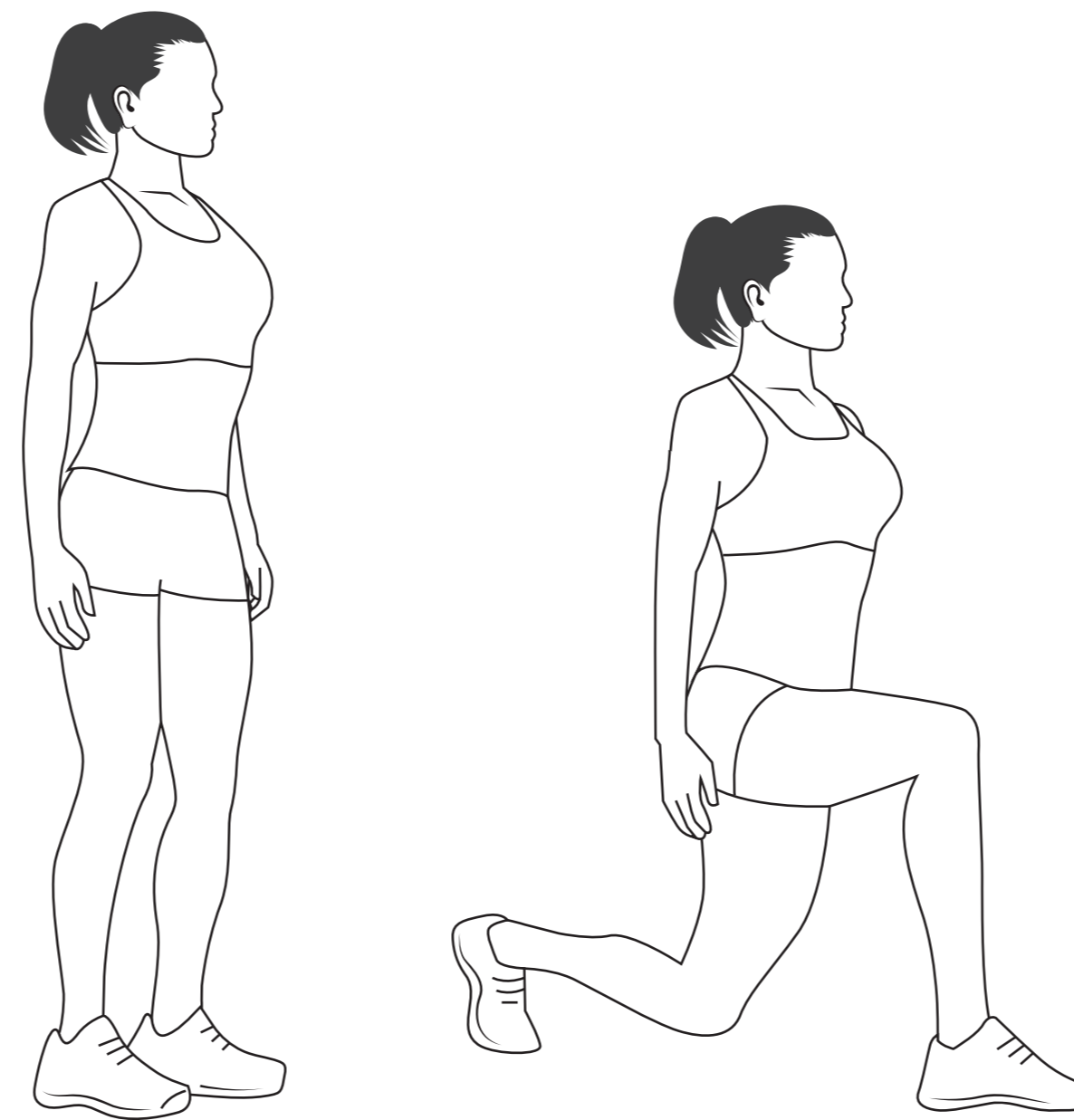


1. Warm up – jog on spot, star jumps, dynamic stretches
2. Do each exercise for 20-60 seconds with a short 10 second rest between. Then rest for 1 minute before the next round.
3. Repeat for 3-5 rounds.
4. stretch Cool down afterwards

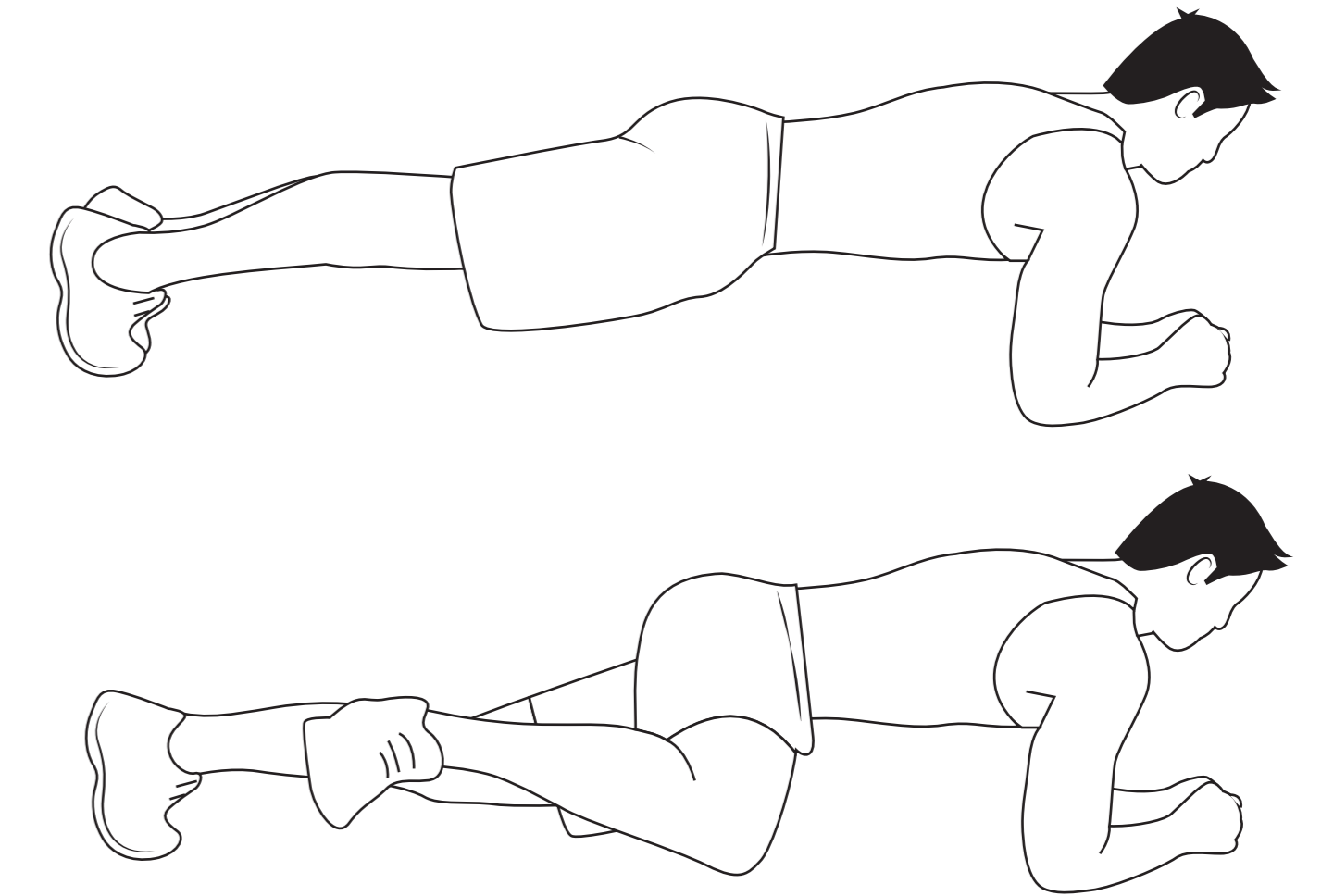
Quick 10 - 20 min no equipment workout



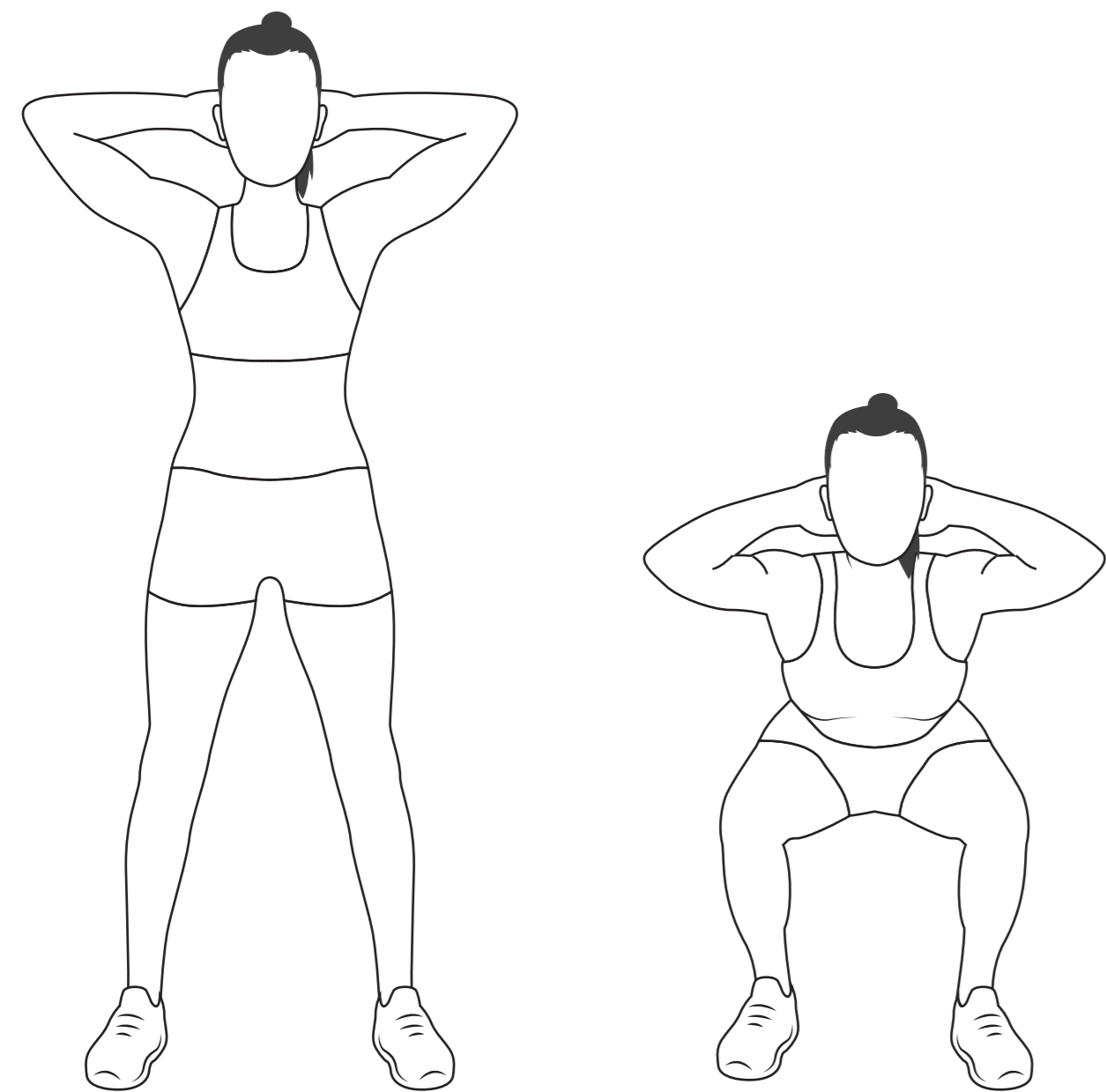
Press ups



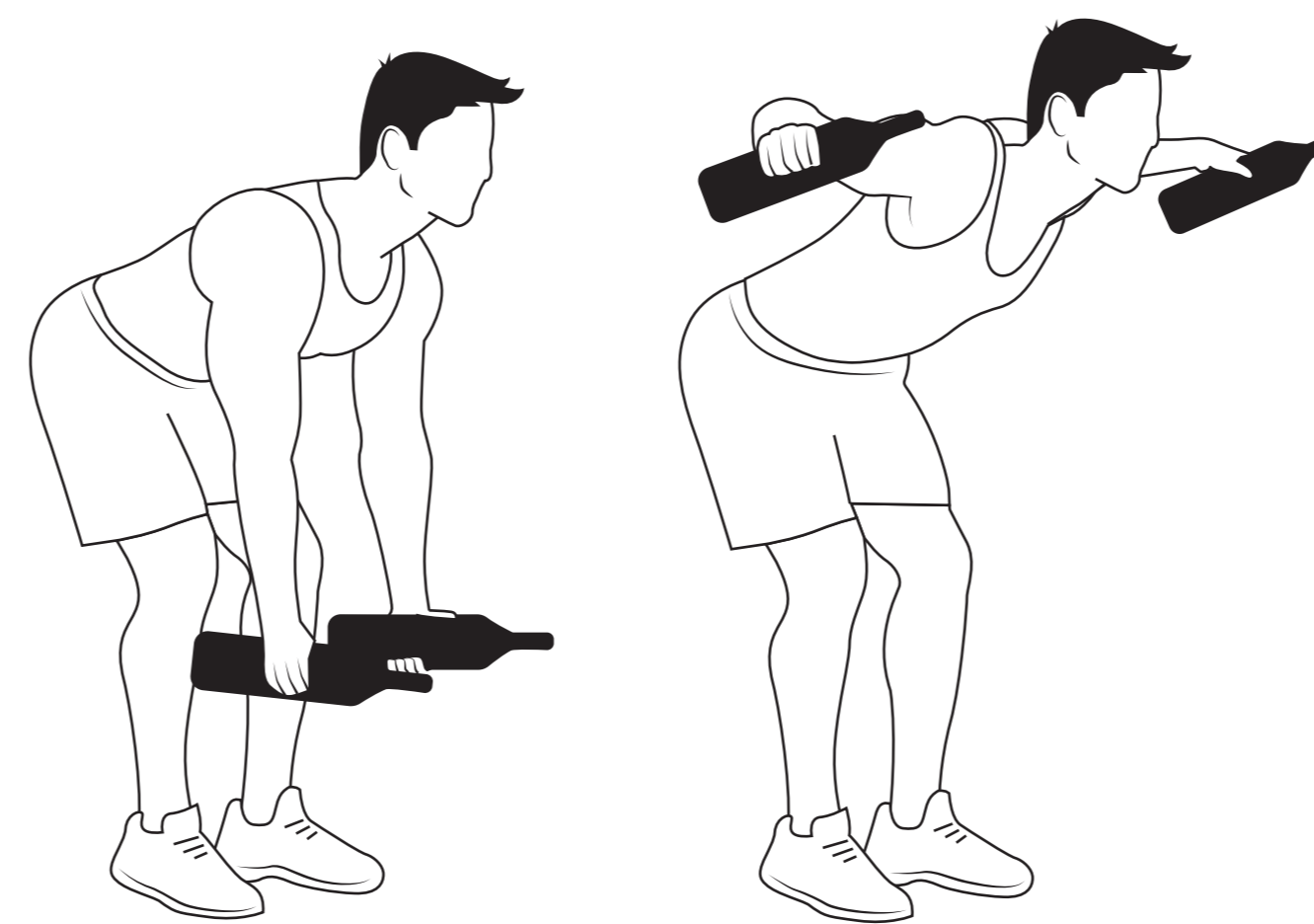
Lunges



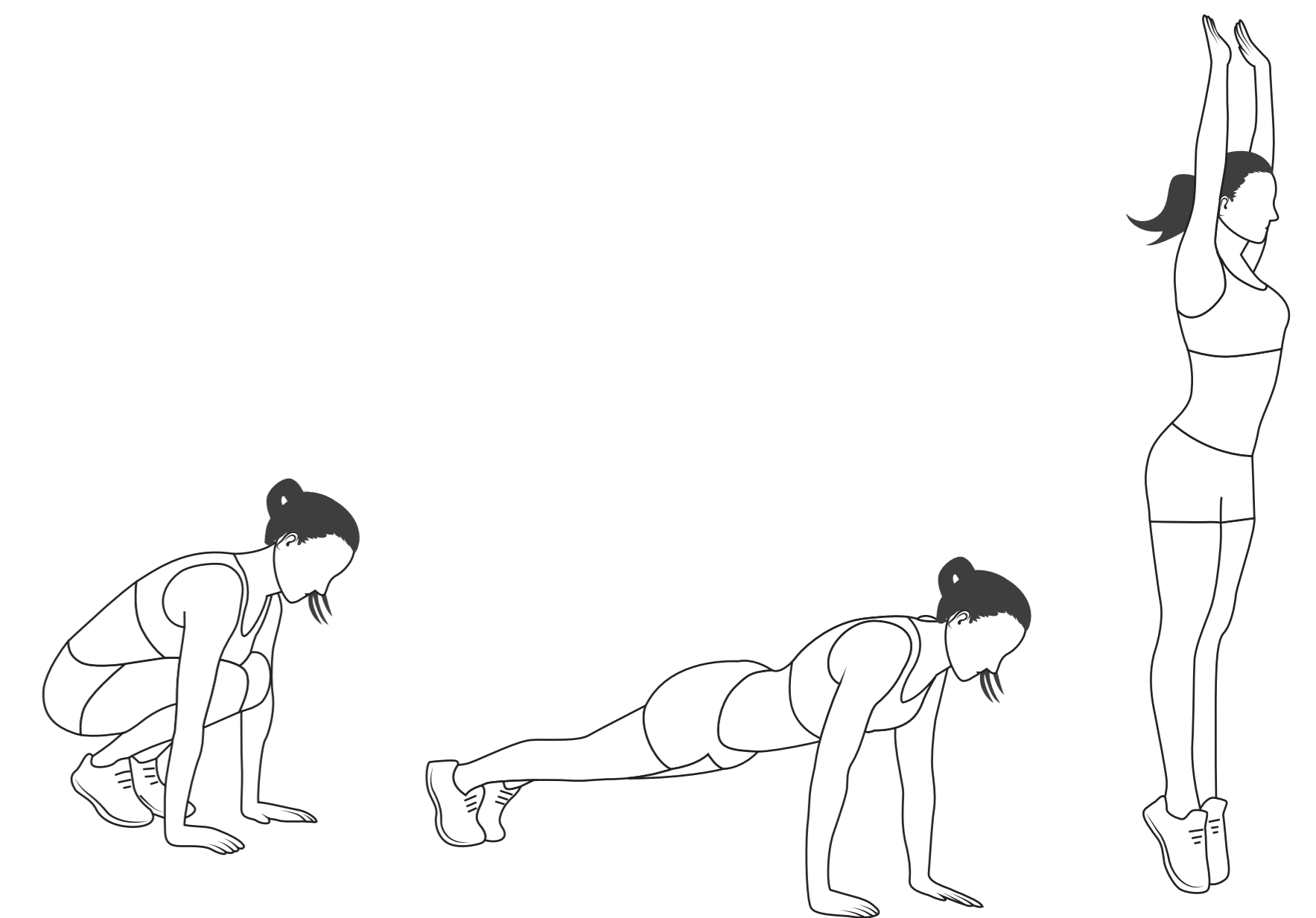
Plank crunch



Squats



Revers flys : Use full wine bottles or similar in place of dumbbells



Burpress

