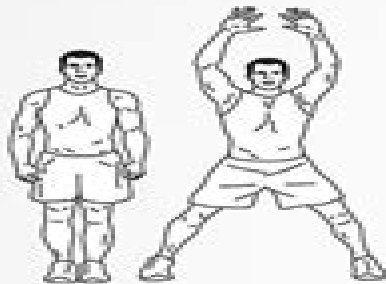


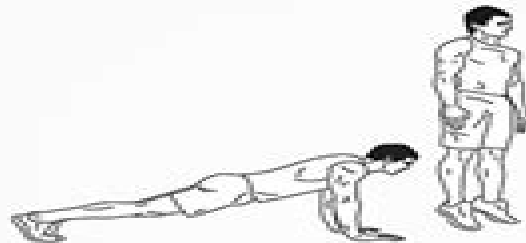
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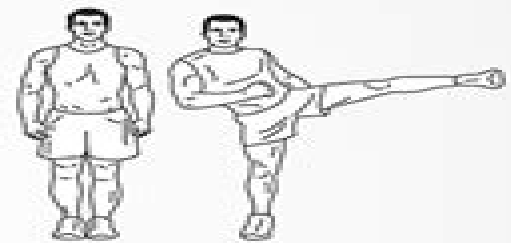
3 sets 2 minutes rest between sets



10 jumping jacks



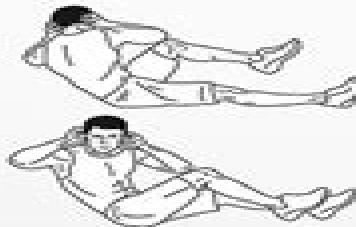
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Fitness Workout Quick Start

Glenn Harrold

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