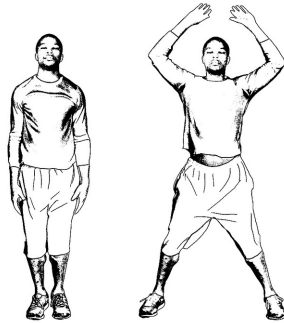


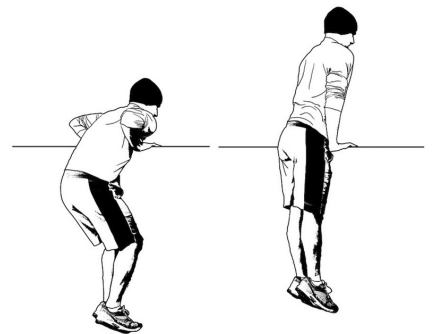
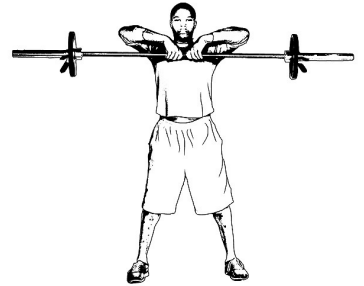
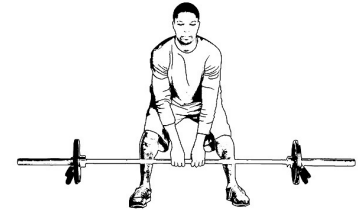
Warm-up

50 Jumping Jacks
20 Cossack Squats



Circuit

8 Sumo Deadlift High Pulls
8 Windmills (each side)
Dips



Cool-down

3x through
20-second Planks Splits
20 Toe Touch Crunches

