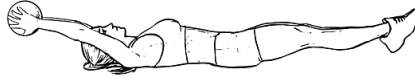


Circuit 1 (Repeat it again if you're up for it)

40 Jumping Jacks

10 Pushups

20 v-ups



WorkoutLabs.com

25 Squats

10 Side Lunges (each leg)

1)



2)



3)



30 sec Wall Sit

