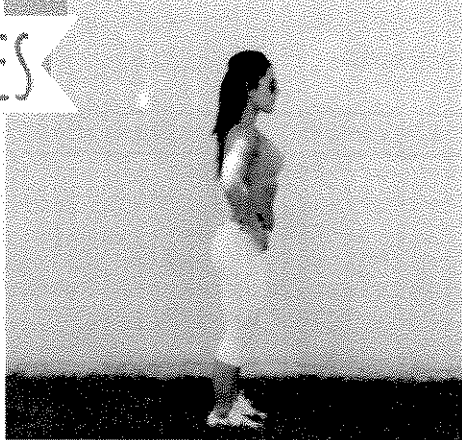


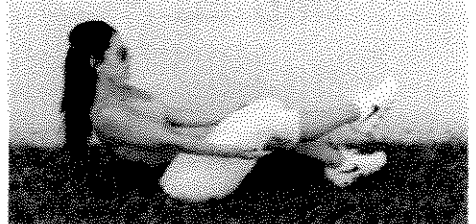
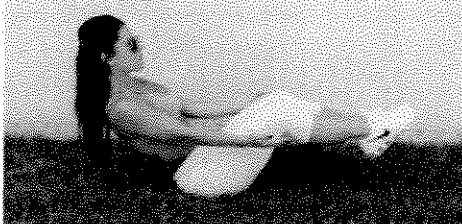
# 30-MINUTE FULL BODY HOME WORKOUT

Do as many rounds as possible in 30 minutes.

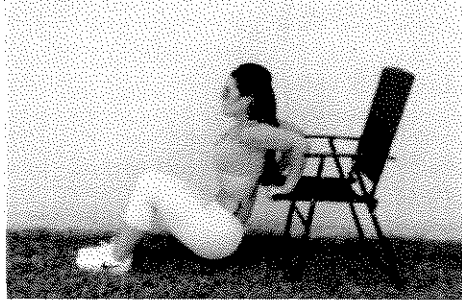
## 20 WALKING LUNGES



## 20 BOAT TOE TAPS

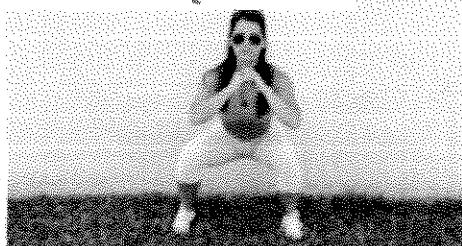
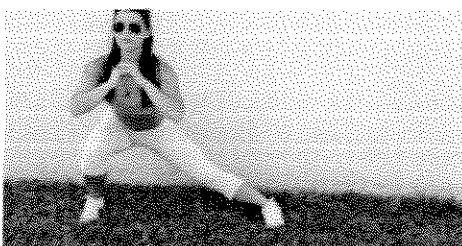


## 20 TRICEP DIPS



2 minutes jump rope

## 20 LATERAL LUNGES WITH SQUAT



## 20 STAR CRUNCHES