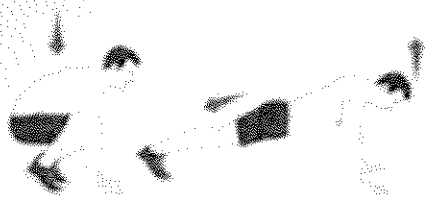


Wake up! & make it happen workout

beginner: 3 sets
intermediate: 4-5 sets
advanced: 6 sets



1. burpees 10 reps



2.

push ups



15 reps

3.

mountain
climbers

20
reps



4.

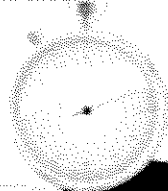
bicycle
crunches



30
reps

5.

plank



45 seconds

