

# DAILY **WORKOUT**

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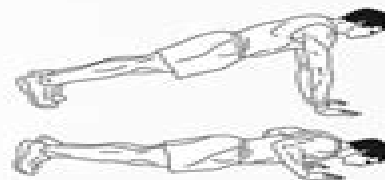
**3 sets** | up to 2 minutes rest between sets



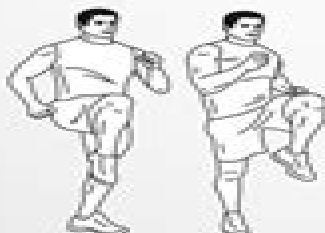
**10** jumping jacks



**2** squats



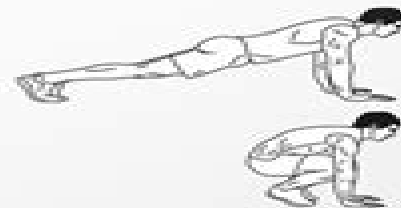
**2** push-ups



**10** high knees



**10** climbers



**2** plank jump-ins

# Alternatives Organically Easy Method For Home Workout Routine That

**SB Merriam**



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