

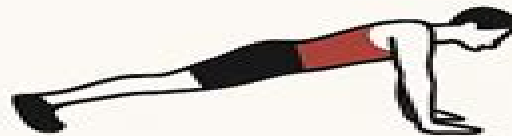
30-MINUTE HOME WORKOUT

NO EQUIPMENT NEEDED

FULL BODY



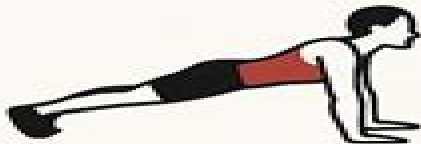
JUMPING JACKS
30 SEC



PUSH-UPS
12 REPS



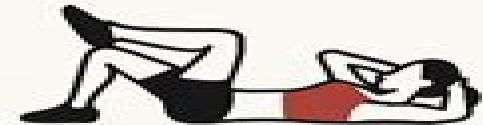
MOUNTAIN CLIMBERS
30 SEC



PLANK
20 SEC



GLUTE BRIDGE
15 REPS



BICYCLE CRUNCHES
20 REPS



BICYCLE CRUNCHES
20 REPS



HIGH KNEES
30 SEC

REST 1 MIN
3 ROUNDS

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