

daily workout

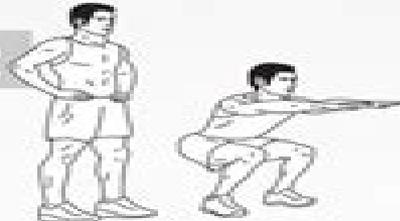
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1



10 jumping jacks

2



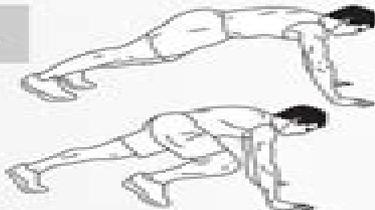
10 squats

3



5 push-ups

4



10 climbers

5



10 plank jump-ins

6



10 high knees

7



10 knee pull-ins

8



10 cross crunches

9



10 leg raises

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Daily Work Outs 1

Rachel Sandford



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