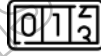


### Go For Time

Complete this workout as fast as possible



### 2 Sets

Complete 2 sets of each exercise below



### Notes

Modify or substitute any exercise to suit your fitness level



**50**  
Jumping  
Jacks



**50** Sit Ups



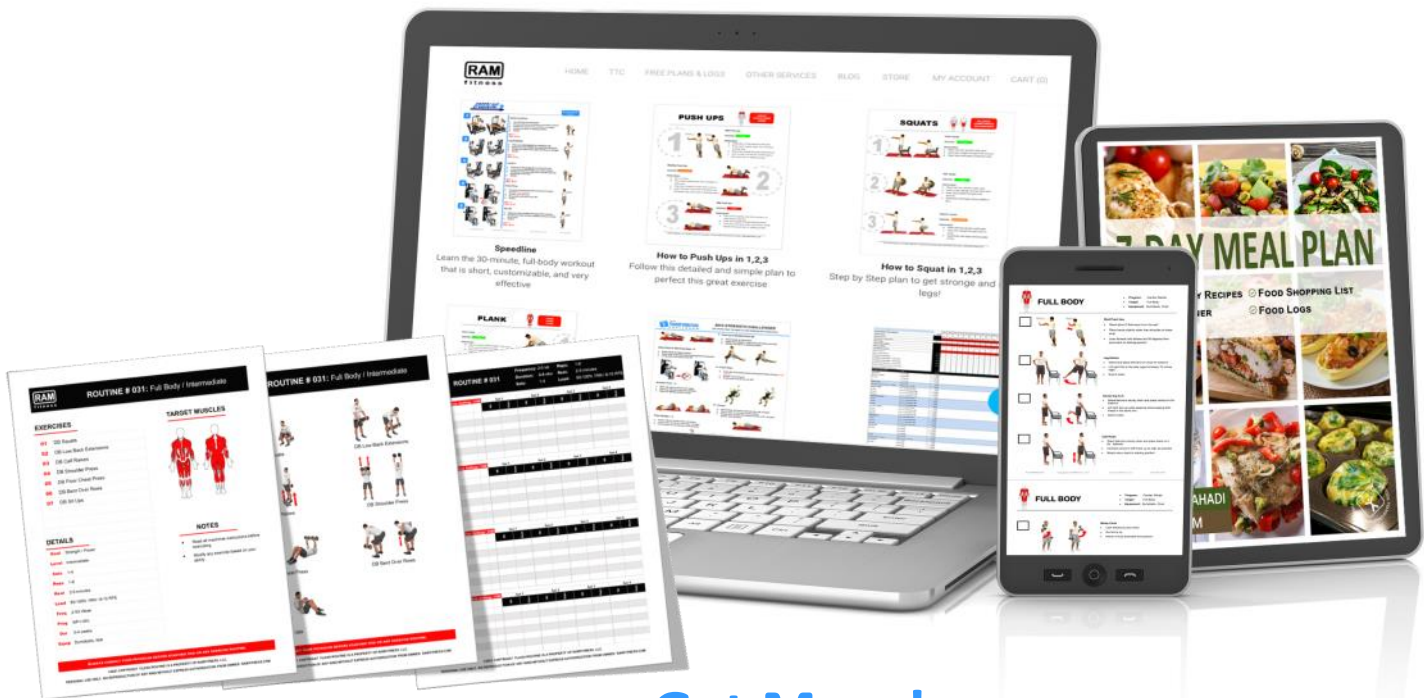
**50** Push Ups

**50** Lunges

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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