

## WGD #9





## **GO FOR TIME**

Complete this workout as fast as possible



## 10 SETS

Complete 10 sets of each exercise below



## **Notes**

Modify or substitute any exercise to suit your fitness level





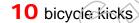
10 leg raises







10 push ups





10 mountain climbers

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

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