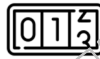




Go For Time

Complete this workout as fast as possible



3 Sets

Complete 3 sets of each exercise below



Notes

Perform 21 reps on the 1st set, 15 reps on the 2nd set and 9 reps on the 3rd set



21/15/9 Side Plank with Hip Lifts



21/15/9 Squats



21/15/9 Burpees

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

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