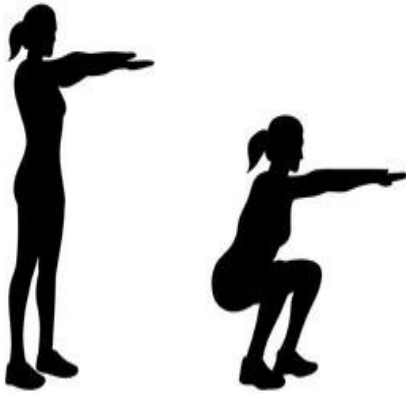


REPEAT THIS CIRCUIT AS MANY TIMES AS POSSIBLE IN 30 MINUTES

1- 3 MINUTE REST BETWEEN SETS

1. Squats- 10 Reps



2. Push Ups- 10 Reps



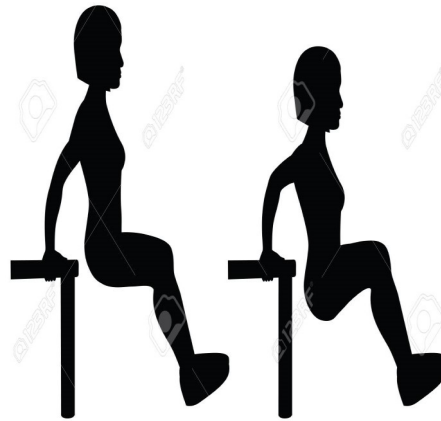
3. Planks- 30 Sec



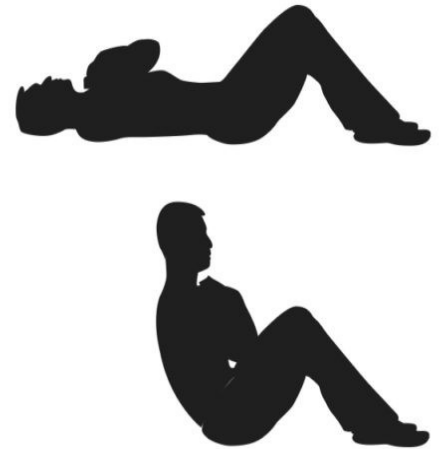
4. Lunge- 10 Reps



5. Dips- 10 Reps



6. Sit Ups- 15 Reps



7. Jumping Jacks- 30 Sec



8. High Knees- 30 Sec



9. Side Planks- 30 Sec

