

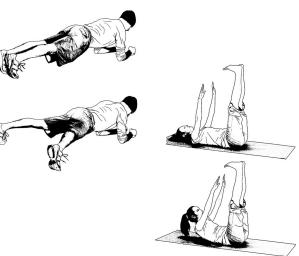
Warm-up

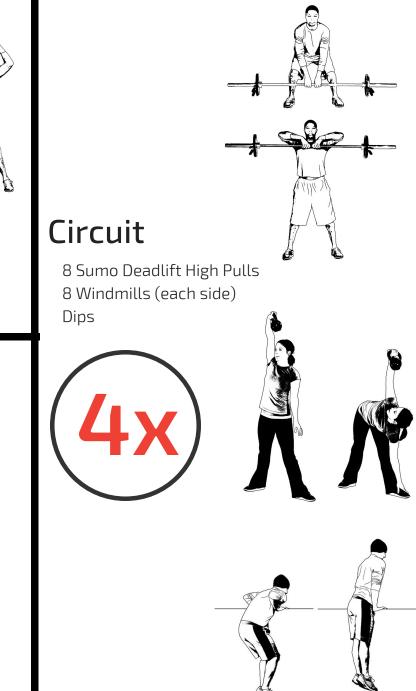
50 Jumping Jacks 20 Cossack Squats



Cool-down

3x through 20-second Planks Splits 20 Toe Touch Crunches





Use at your own risk and consult with a medical professional before beginning this or any exercise program.

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