



Jumping Jacks (30 Reps)



Squats (20 Reps)



Butt Kickers (50 Reps)



Glute Kickbacks (20 Reps)



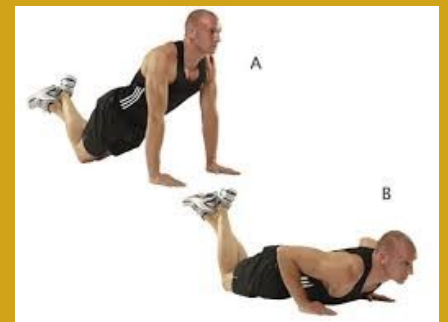
Bicycle Crunches (20 Reps)



Side Lunges (15 Reps)



Plank Hold (30 Sec)



Kneeling Push-ups (10 Reps)

