


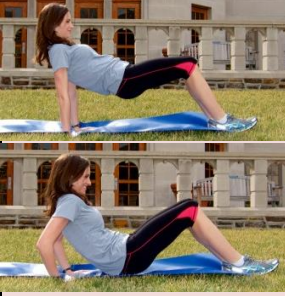

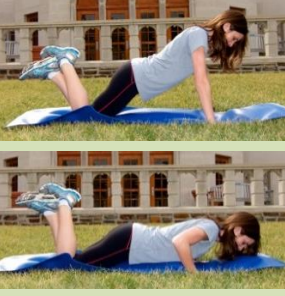



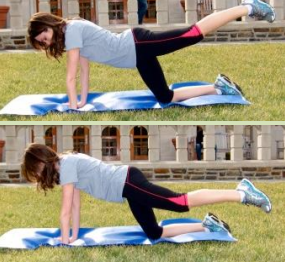







SWEAT: Simple, Without Equipment All-body Training (Easy)

TIME	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3	CIRCUIT 4	CIRCUIT 5
2 MINUTES	CARDIO 0:30	 CIRCLE RUNS	 SKATERS	 JACKS	 ZOMBIE KICK
	UPPER 0:30	0:30 RECOVERY	 WINDMILLS	 CRAB DIPS	 SPEEDBAG
LOWER 0:30	 PUSH UPS	 HIGH-ROWS	0:30 RECOVERY	 BRIDGE	 SQUAT KICK
CORE 0:30	 LEG CIRCLES	 DEAD LIFTS	 REPEATERS 4X	 BRIDGE	 SQUAT KICK
	 DOLPHIN PIKE	 REVERSE CRUNCH	 SIDE PLANK	 BICYCLES	 PLANK

2 MINUTE RECOVERY. REPEAT CIRCUIT UP TO 3 TIMES