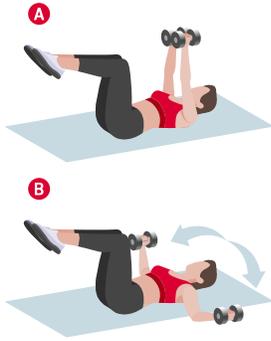


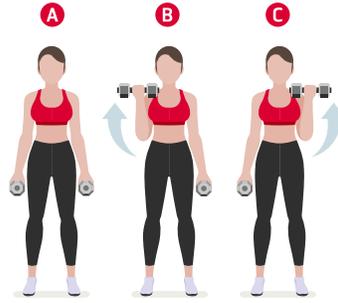
10 EXERCISES IN 10 MINUTES

50 SECONDS WORK/ 10 SECONDS REST
REPEAT 3X FOR A 30 MINUTE WORKOUT

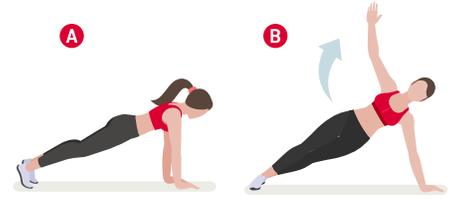
Always get a doctors permission before starting any exercise routine.



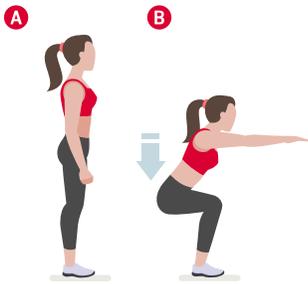
1. LYING DUMBBELL CHEST FLY



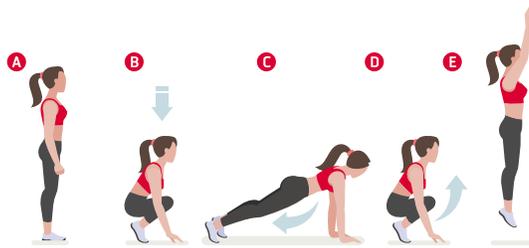
2. DUMBBELL CURLS



3. ROTATING PLANK



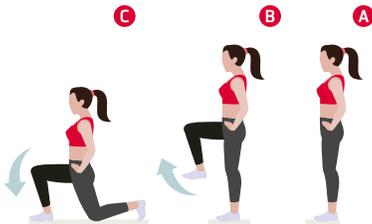
4. BODYWEIGHT SQUAT



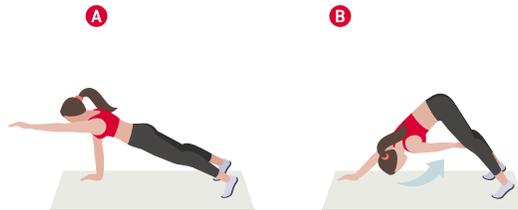
5. BURPEE



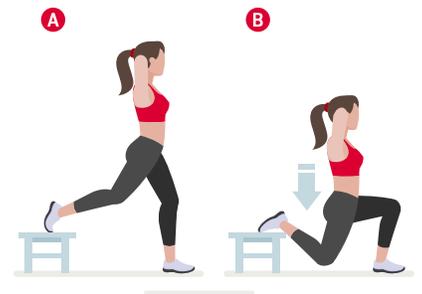
6. TRICEP EXTENSION



7. FORWARD LUNGE



8. PLANK TOE TOUCH



9. BULGARIAN SPLIT SQUAT



10. GLUTE BRIDGE

SlimFast