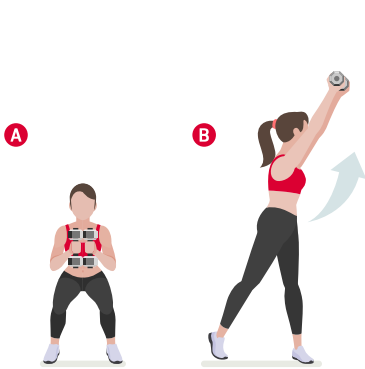


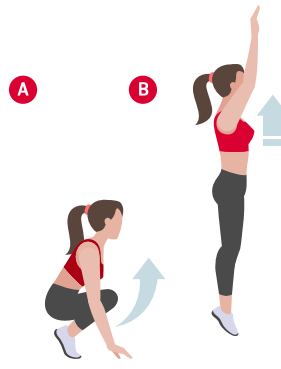
# 10 EXERCISES IN 10 MINUTES

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

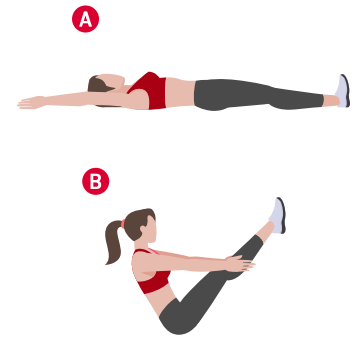
Always get a doctors permission before starting any exercise routine.



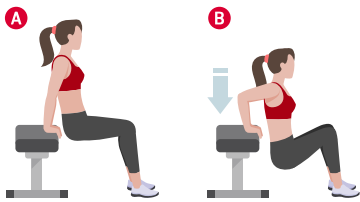
1. WOOD CHOP



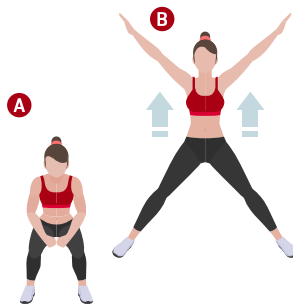
2. JUMP SQUAT



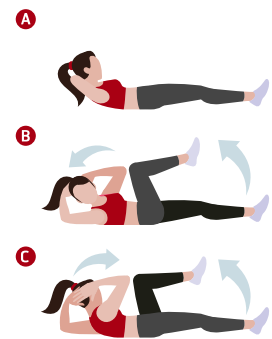
3. V UP



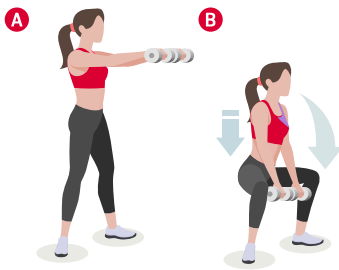
4. BENCH DIPS



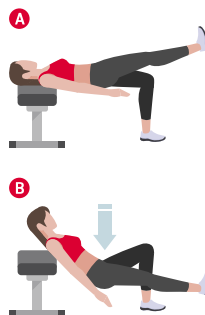
5. STAR JUMP



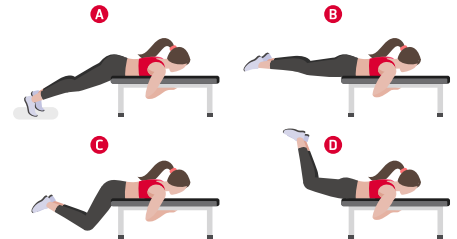
6. BICYCLE CRUNCH



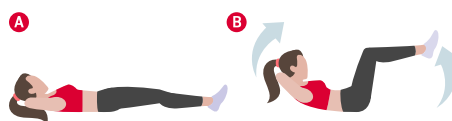
7. SQUAT TO FRONT RAISE



8. SINGLE LEG GLUTE BRIDGE



9. REVERSE GLUTE RAISE



10. CRUNCH