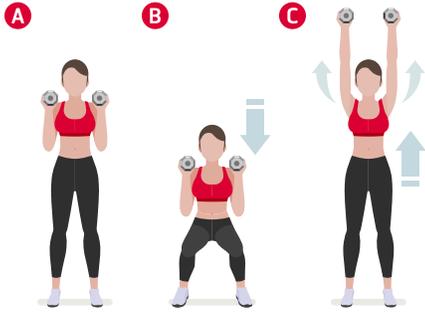


10 EXERCISES IN 10 MINUTES

50 SECONDS WORK/ 10 SECONDS REST

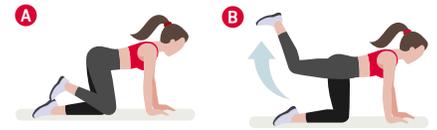
Always get a doctors permission before starting any exercise routine.



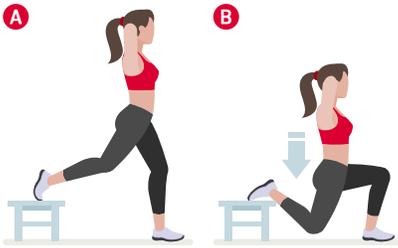
1. DUMBBELL THRUSTERS



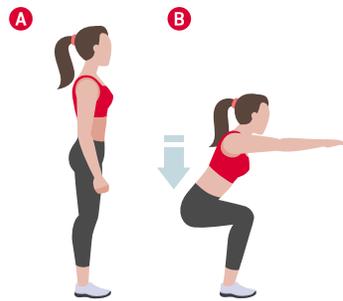
2. DUMBBELL TRICEPS EXTENSION



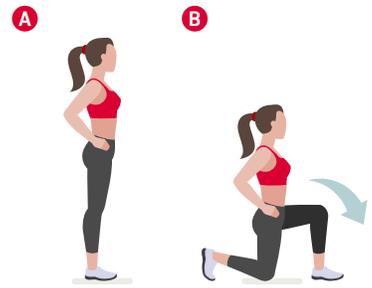
3. DONKEY KICK



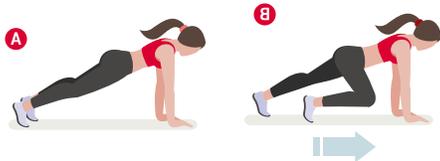
4. BULGARIAN SPLIT SQUAT



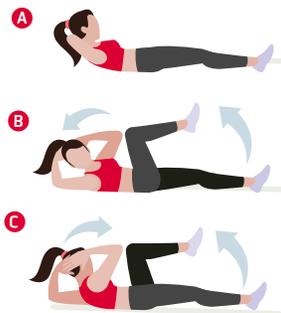
5. BODY WEIGHT SQUAT



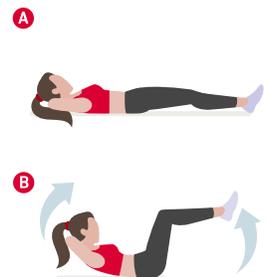
6. FORWARD LUNGE



7. MOUNTAIN CLIMBER



8. BICYCLE CRUNCH



9. DOUBLE CRUNCH



10. SCISSOR KICK