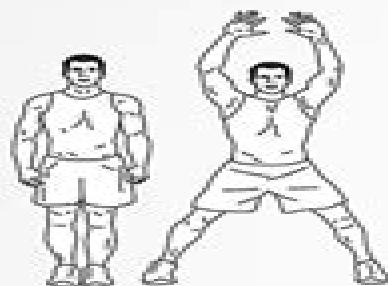


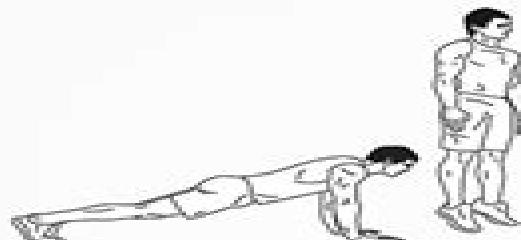
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3 sets 2 minutes rest between sets



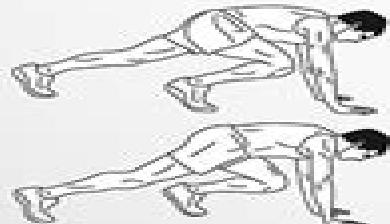
10 jumping jacks



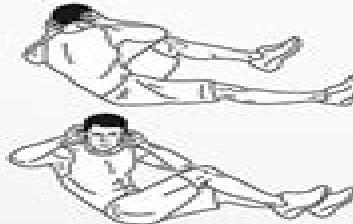
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Fitness Workout Quick Start

David L. Cook

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Sane Fitness QuickStart Beverley Caen,2006-09 This attractive card set hailed by Prevention magazine and by The New York Times as the preferred fitness deck provides a concise practical and easy to fit in exercise routine that is perfect for any busy woman Full color photographs of every exercise high quality cardstock and a bonus lanyard make this a perfect workout companion

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Matt Fitzgerald,2013-02-12 From sports nutritionist running coach and author of Racing Weight cutting edge nutrition information training tips and strategies for runners

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