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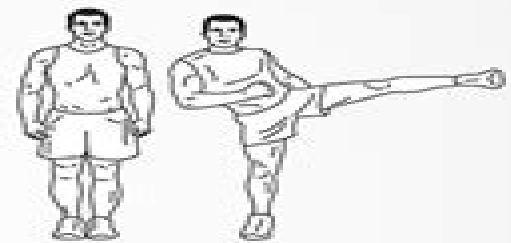
3 sets 2 minutes rest between sets



10 jumping jacks



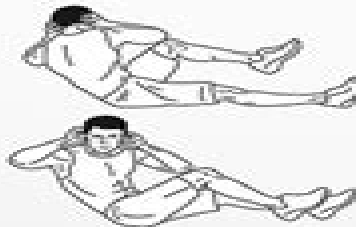
5 basic burpees (no push-up)



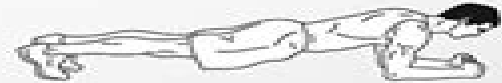
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Quick Start Fitness Workout

PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text bar.

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Reading Level 6 Interest Level 6 12

Adopting the Track of Expression: An Emotional Symphony within **Quick Start Fitness Workout**

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