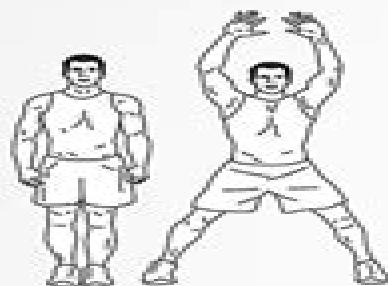


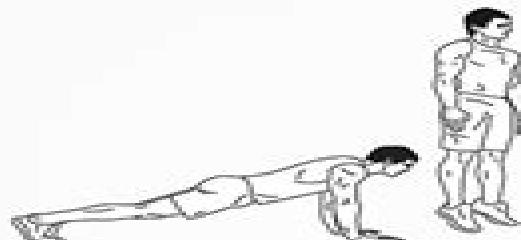
# Quick Start

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**3 sets**   2 minutes rest between sets



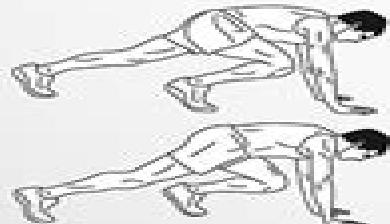
**10** jumping jacks



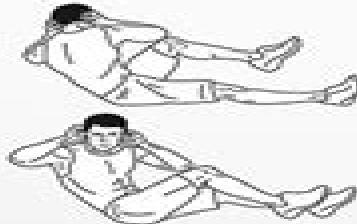
**5** basic burpees ( no push-up)



**10** side leg raises



**10** climbers



**10** knee-to-elbow crunches



**20sec** elbow plank hold

# Quick Start Fitness Workout

**RD Boyd**

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