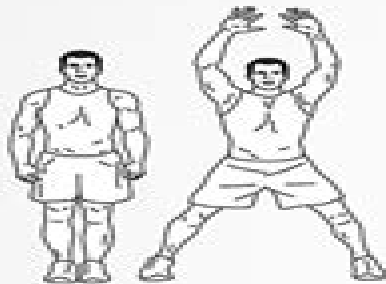


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3 sets 2 minutes rest between sets



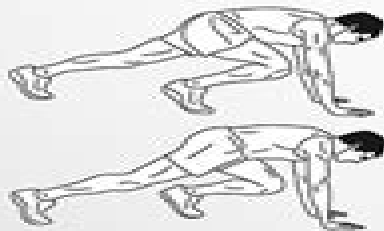
10 jumping jacks



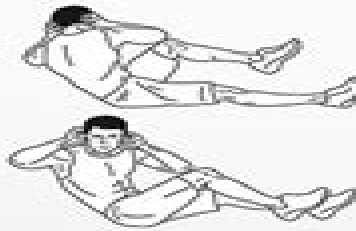
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Quick Start Fitness Workout

Joyce L Vedral, PH D, Joyce Vedral

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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