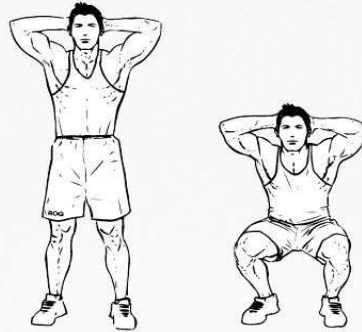


Daily Workout

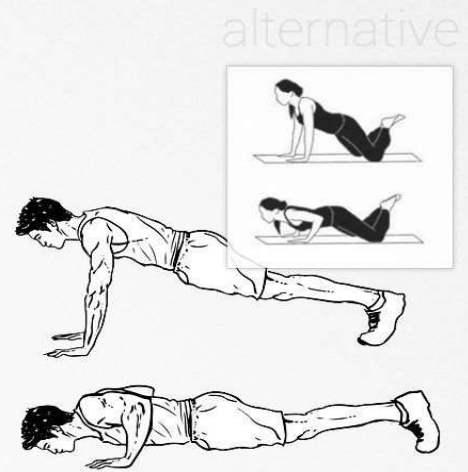
10 reps each



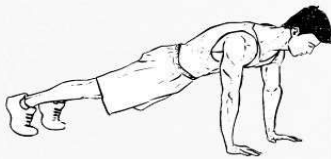
jumping jacks



squats



push ups



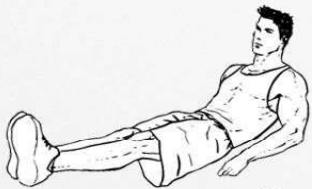
mountain climbers



cross crunches



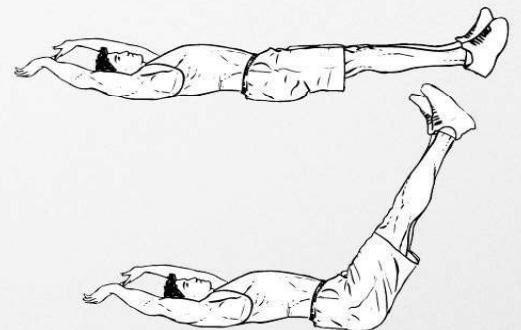
high knees



knee pull ins



chair dips



leg raises