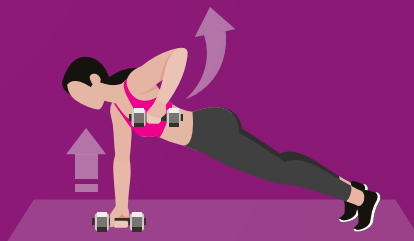


# HOME WORKOUT HIT THE FLOOR



**Push Up & DB Row**  
**2 x 15**



**Plank Jack**  
**2 x 25**



**Commando Plank**  
**2 x 12**



**Pelvic Lift**  
**2 x 20**

