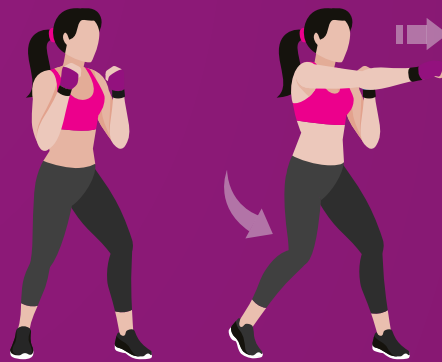


HOME WORKOUT

THE POWER DRILL



Cross Punch
2 x 15



Push-up
2 x 10



Lunge Jump
2 x 12



Plank Knee Touch
4 x 12

