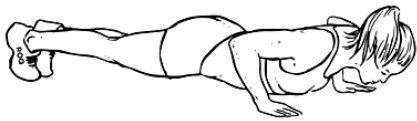
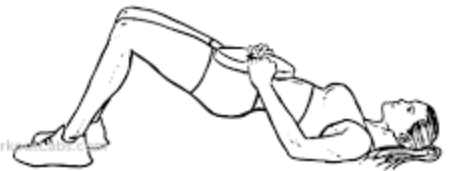


Total Body Strength



Push-up



Glute Hip Raise



Gobblet Squat



Bent Row

Work 20 seconds & Rest 10 seconds

Beginner / 2 rounds / 4:00

Intermediate / 4 rounds / 6:00

Advanced / 6 rounds / 8:00

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