

ALL THE BASICS

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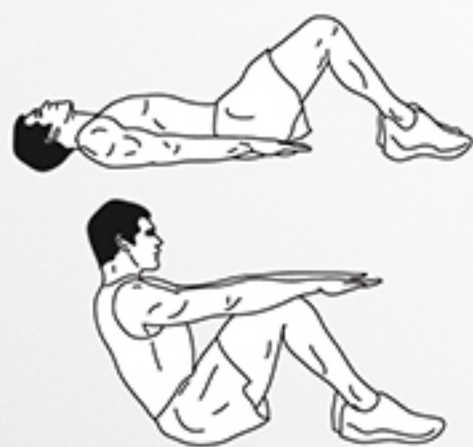
30 seconds rest
between exercises



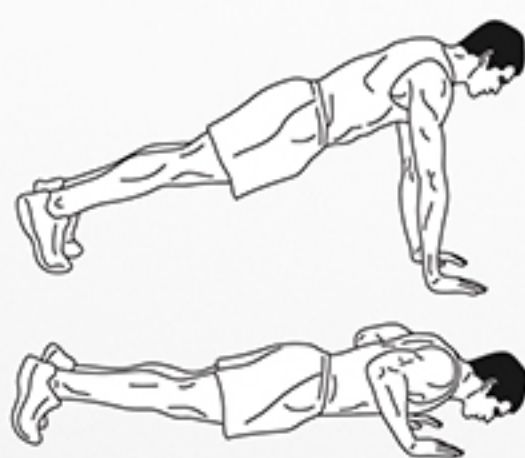
10 lunges
5 sets in total
30 second rest



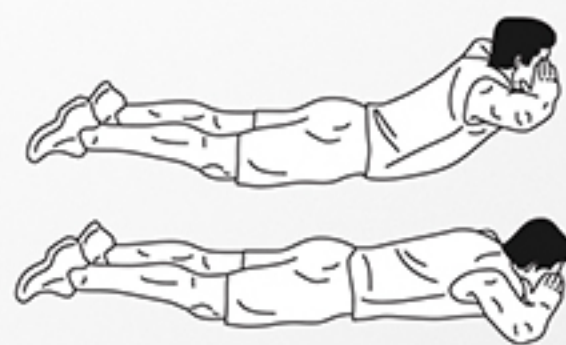
10 squats
5 sets in total
30 second rest



10 sit-ups
5 sets in total
30 second rest



10 push-ups
5 sets in total
30 second rest



10 back extensions
5 sets in total
30 second rest