

PLANK ANKLE DOUBLE TAPS - RIGHT - 50 REPS



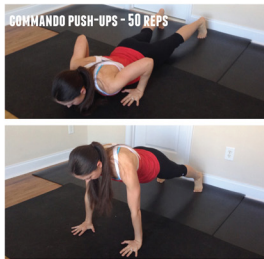
PLANK ANKLE DOUBLE TAPS - LEFT - 50 REPS



SQUAT WITH SIDE KICKS - 50 REPS



COMMANDO PUSH-UPS - 50 REPS



HALF BURPEES - 50 REPS

