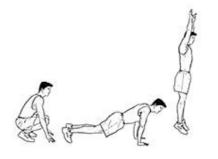
At Home Full Body No Equipment Workout

Burpees

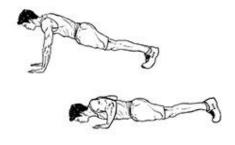


Bodyweight Squat





Pushup



Cross-Body Crunch



Plank



Mountain Climbers



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