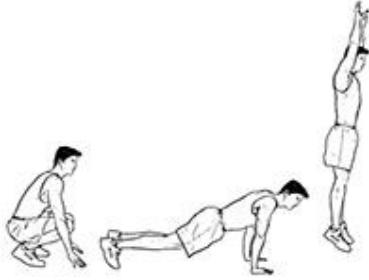
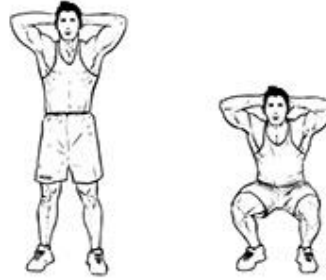


At Home Full Body No Equipment Workout

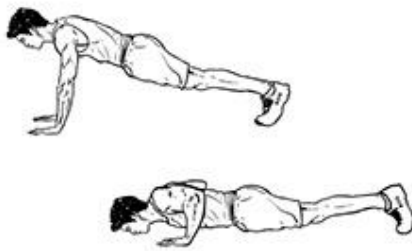
Burpees



Bodyweight Squat



Pushup



Cross-Body Crunch



Plank



Mountain Climbers

