

At Home 30-minute Full-Body Blaster



Jumping Jacks

50 reps



Crunches

50 reps



Jumping Jacks

45 reps



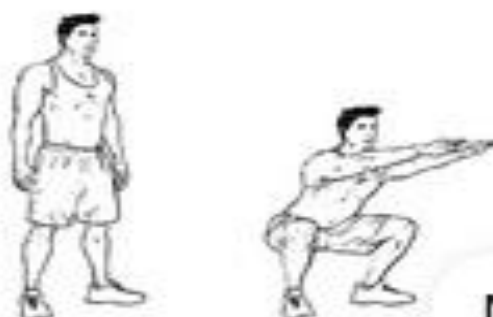
Lying Leg Raises

45 reps



Jumping Jacks

40 reps



Air Squats

40 reps