

FITNESS AT HOME

30 JUMPING JACKS

5 PUSH-UPS

25 HIGH KNEES

7 BURPEES

10 CRUNCHES

7 SQUATS

5 PUSH-UPS

10 CRUNCHES

5 PUSH-UPS

7 SQUATS

30 JUMPING JACKS

1 MINUTE WALL SIT

5 PUSH-UPS

25 HIGH KNEES

REPEAT 3-5 TIMES FOR MAXIMUM RESULTS!!!