
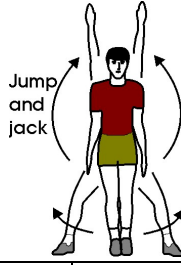
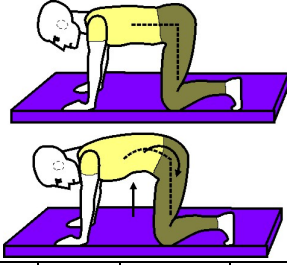
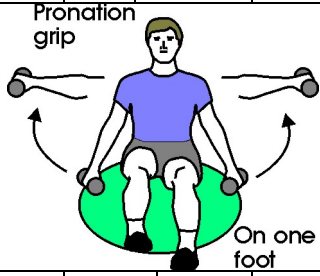
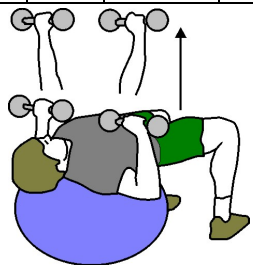
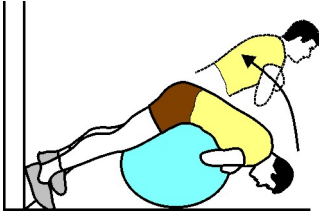
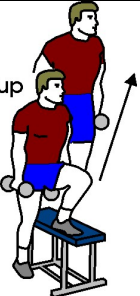
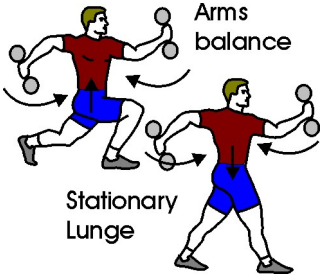
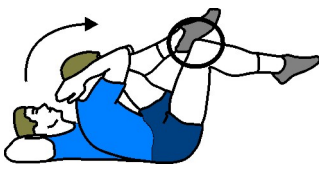




Name : Get my Body Back Workout-1

Date : April 29, 2020

Program : Be creative-use equipment you have at home

Set				Rep				Tempo				Rest				Weight							
				Warm up Jog								Warm up Star Jump								Stretch Cat Curl			
				Fitball single leg balance raise with DB side arm raise								Fitball or floor DB chest press								Fitball or floor back extension			
				Db Side step up								DB Lunge swing arms								abs Bicycle			

Be creative and use equipment that you might have at home.