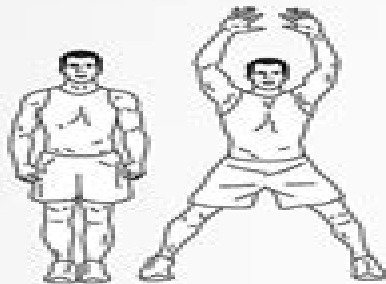


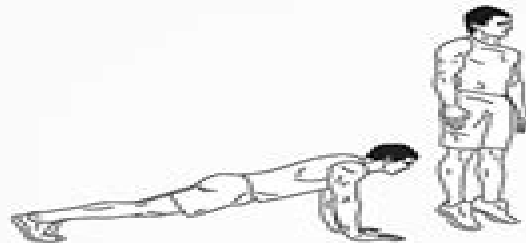
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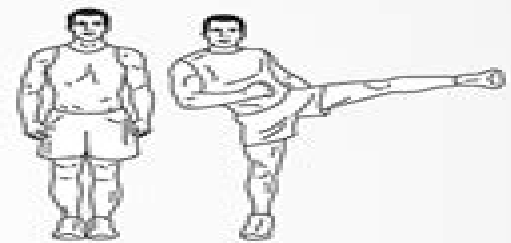
3 sets 2 minutes rest between sets



10 jumping jacks



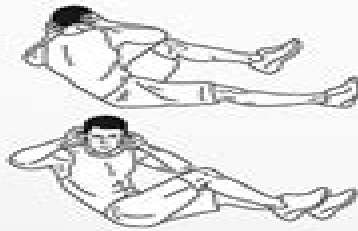
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Fitness Workout Quick Start

Mark Vella

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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