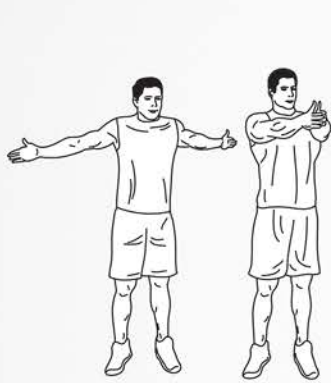




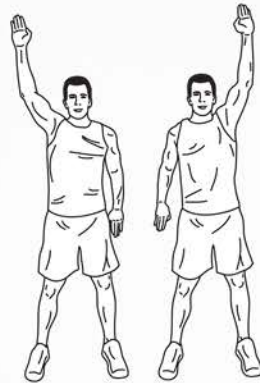
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Day 13

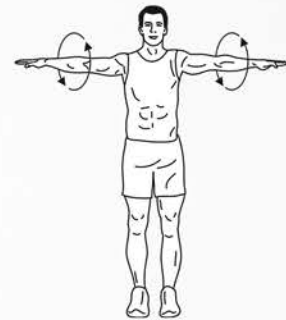
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



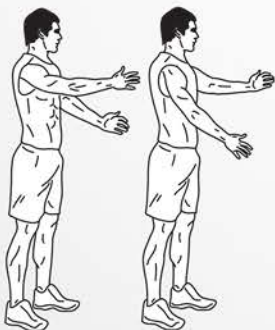
10 chest expansions



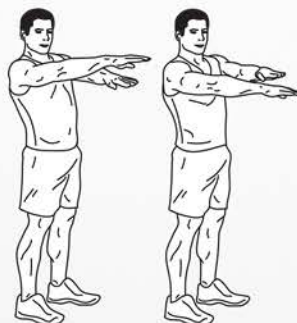
10 alt chest expansions



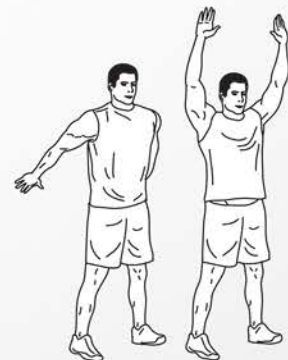
10 arm circles



10 scissor chops



10 arm scissors



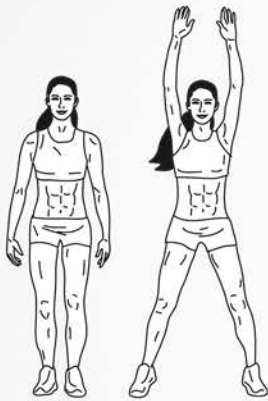
10 wide arm circles



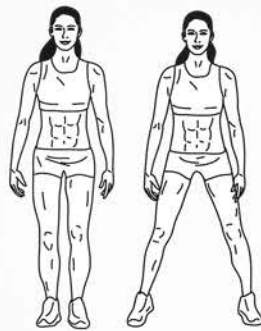
darebee.com

Day 16

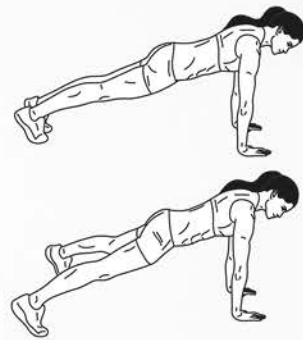
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



10 jumping jacks



10 half jacks



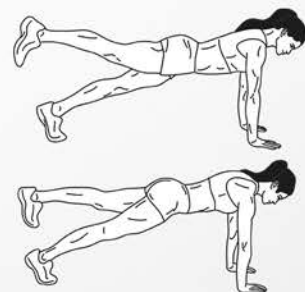
10 plank jacks



10 high knees



10 butt kicks



10 plank leg raises