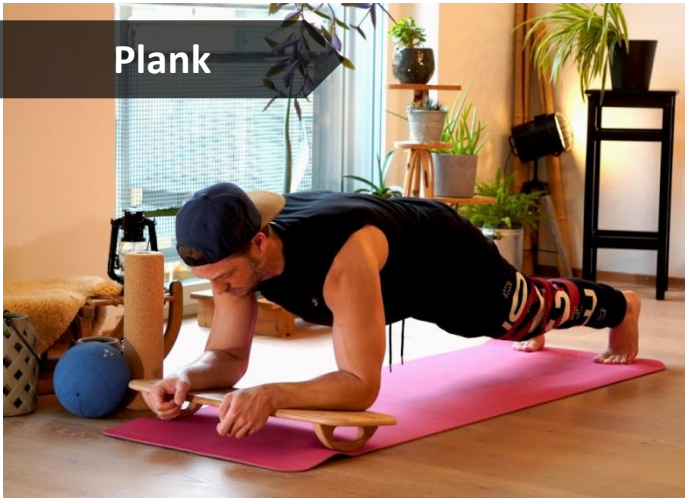


Plank



Bridging



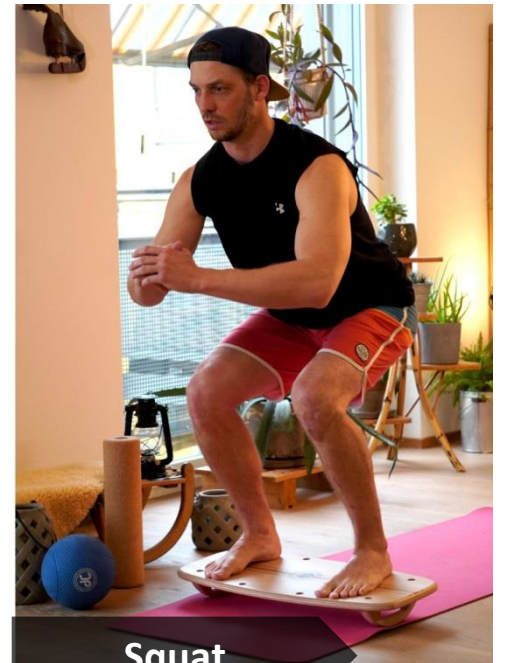
# HOME WORKOUT

Lunges



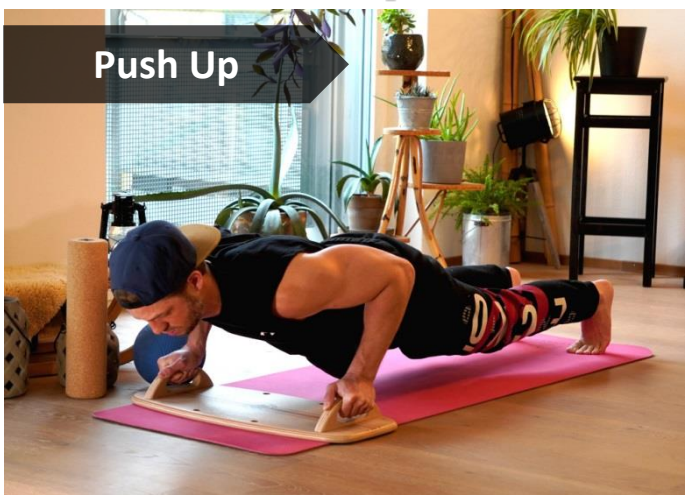
© 4thedream GmbH

Squat



# BEGINNER

Push Up



Mountain Climbers

