

At Home Workout

Click on any exercise for a video demonstration.

Exercise	Sets / Reps
Speed Squats	3 X 30 seconds
Push Ups	3 X Max you can do
Lunges (each leg)	3 X 15
Dips	3 X Max you can do
Mountain Climbers	3 X 30
Spider Man Crawl (forwards / backwards)	3 X 10
Single Leg Balance Squats	3 X 12

200 Abs and 50 Low Back (lower back exercises are toward the end of the video)

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