

4 Oct, Endorphins

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Warm up 1x

 Rounds of jogging 2x

Back 2x

Plank 1m

Swim 30s

Arms & legs back raise 30s

Cobra 30s

s'gascho 2x

Wiper 20x

Candle sit up 20x

Russian twist 40x

Bicycle crunches 16x

Chest 3x

Dog push up 10x

Push up	10x
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Pull up	6x
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1x

Burpee	12x
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Burpee	10x
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Burpee	8x
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