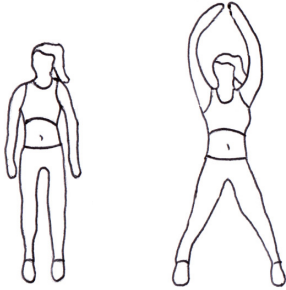


FATFACE

*The speedy workout
for non-stop schedules*

1

20
Jumping
Jacks



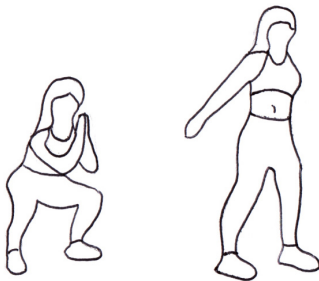
2

20
High
Knees



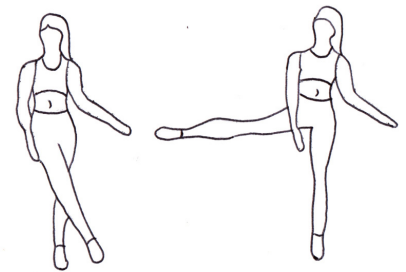
3

15
Squats



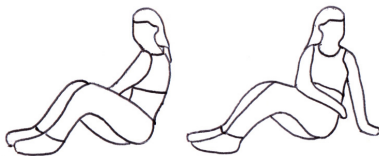
4

15 Side
Leg
Raises



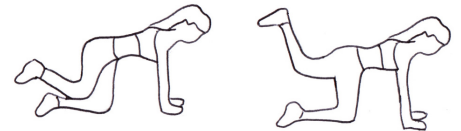
5

10
Russian
Twists



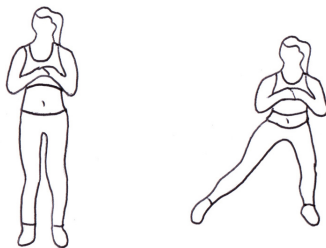
6

10
Donkey
Kicks



7

10
Side
Lunges



8

10
Windshield
Wipers



9

20
Second
Planks



10

20
Marching
Glute
Bridges

