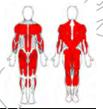


WQD #10





Go For Time

Complete this workout as fast as possible



(1 Set

Complete 1 set of each exercise below



Notes

Modify or substitute any exercise to suit your fitness level













100 Sit ups



100 Lunges

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE

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