

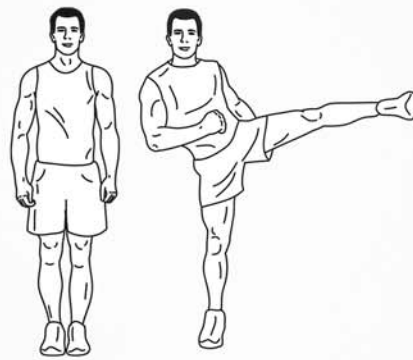
EXPRESS

WORKOUT

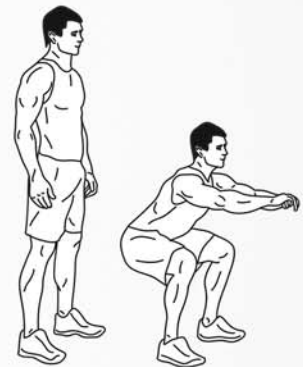
BY DAREBEE © darebee.com



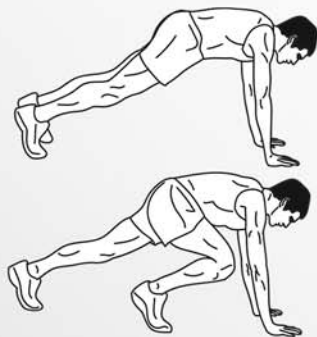
10 lunges



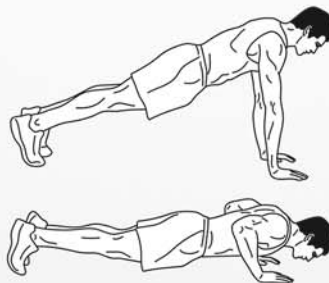
20 side leg raises



10 squats



10 slow climbers



10 push-ups



10-count elbow plank