



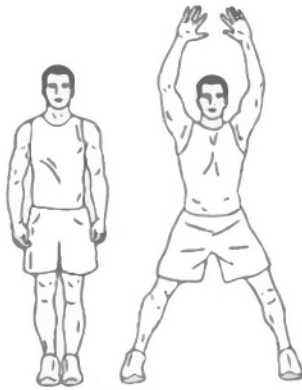
AWAKENS





Awakens

mind, body and soul



10 Jumping Jacks



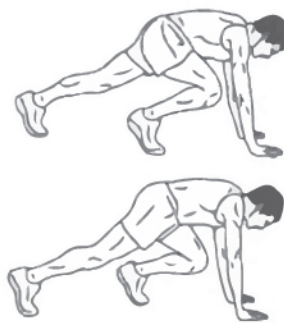
2 Squats



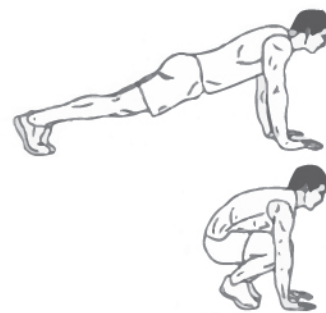
2 Push-ups



10 High Knees



10 Climbers



2 Plank Jump-ins

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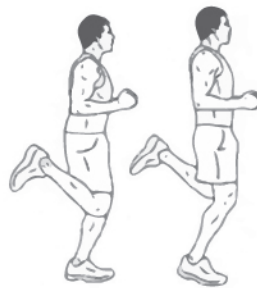


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mind, body and soul



20 Seg. High Knees



20 Seg. Butt Kicks



20 Seg. High Knees



20 Seg. One-arm Plank



20 Seg. High Knees



20 Seg. One-arm Plank



20 Seg. High Knees



20 Seg. Butt Kicks



20 Seg. High Knees

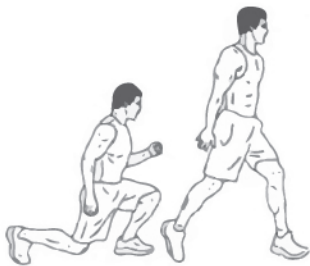
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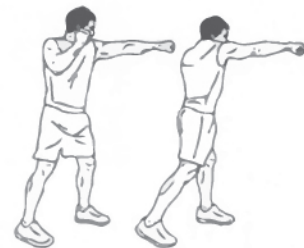
mind, body and soul



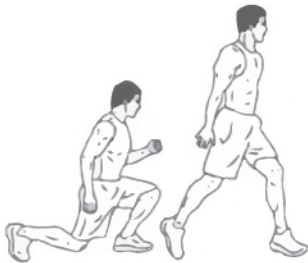
10 Jumping Lunges



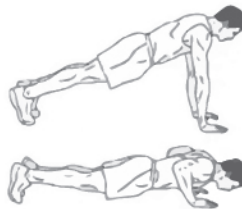
20 Knee Strikes



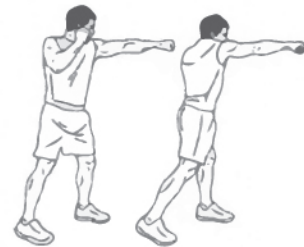
20 Punches



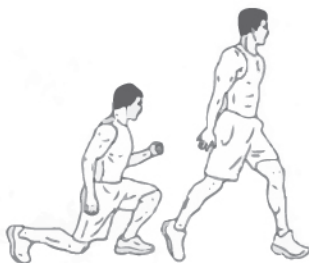
10 Jumping Lunges



20 Push-Ups



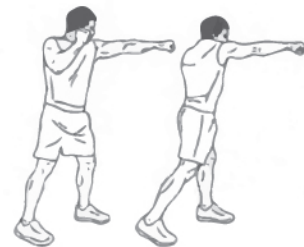
20 Punches



10 Jumping Lunges



20 Knee Strikes



20 Punches

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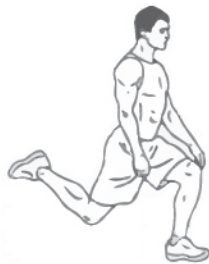


Awakens

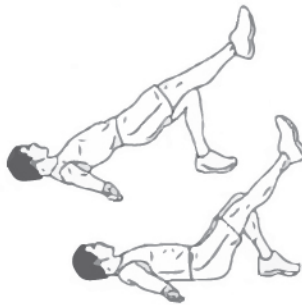
mind, body and soul



20 Split Squats



20 Single Leg Bridges



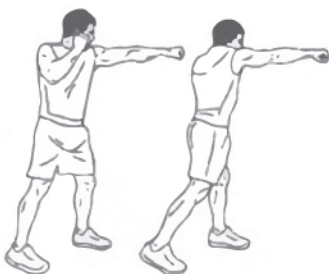
20 V-ups



10 Circle Push-ups



10 Cross Tricep Extensions



40 Punches



40 Seg. Elbow Plank Hold



40 Seg. Side Plank Hold

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