



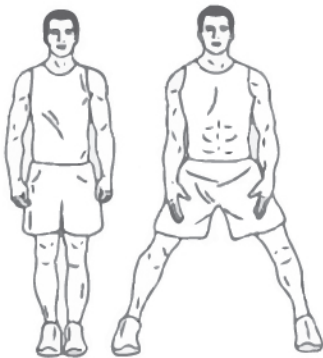
AWAKENS



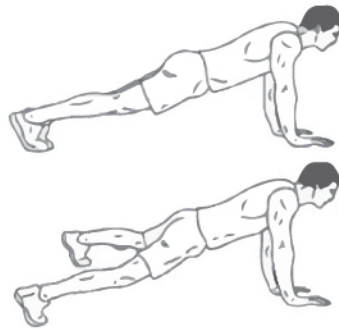


Awakens

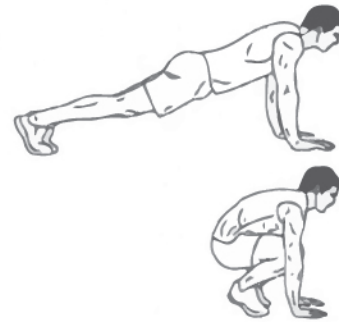
mind, body and soul



10 Half Jacks



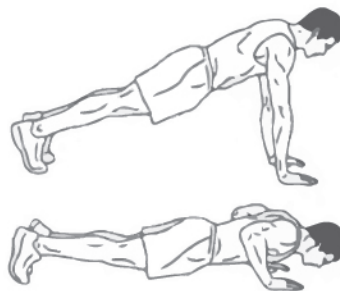
4 Plank Jacks



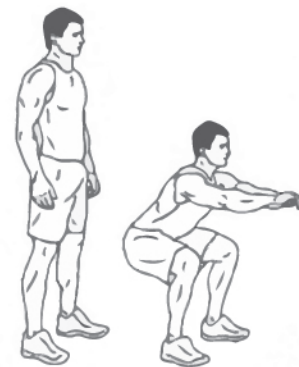
4 Plank Jump-ins



10-Count plank



4 Push-ups



10 Squats

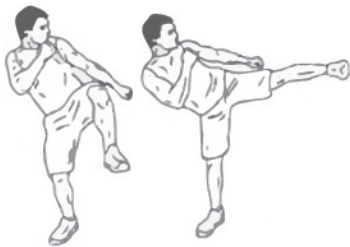
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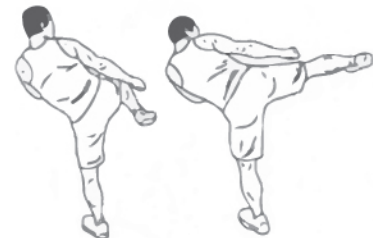
mind, body and soul



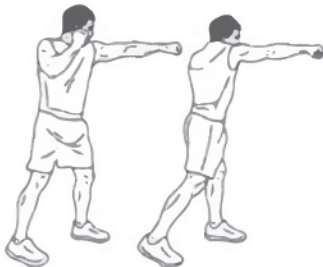
10 Side Kicks (esquerda)



10 Push-Ups



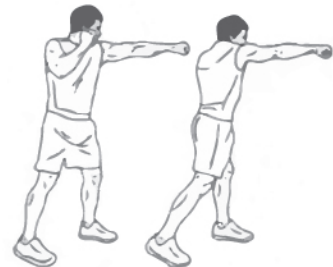
10 Side Kicks (direita)



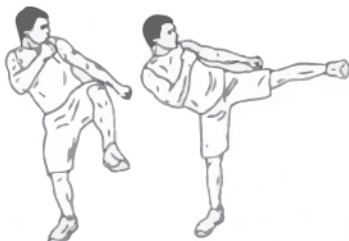
20 Punches



10 Push-Ups



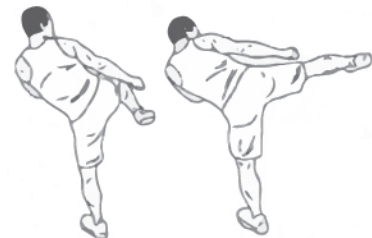
20 Punches



10 Side Kicks (esquerda)



10 Push-Ups



10 Side Kicks (direita)

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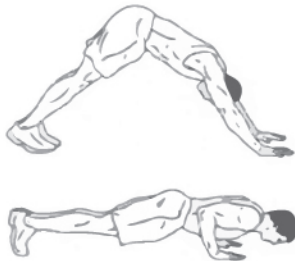


Awakens

mind, body and soul



20 Squats



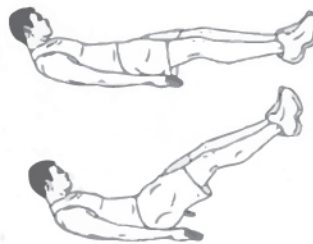
20 Judo Push-Ups



20 Full Bridges



20 Side Bridges



20 Leg Raises



20 Sitting Twists

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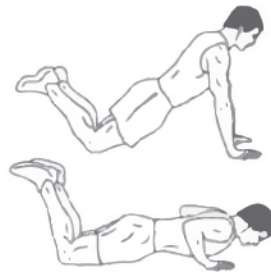


Awakens

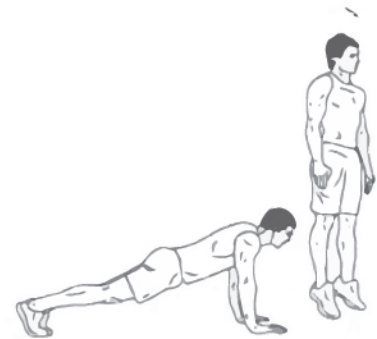
mind, body and soul



20 High Knees



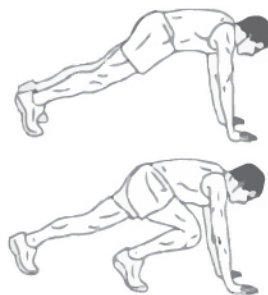
4 Knee Push-Ups



4 Basic Burpees



4 Knee Push-Ups



20 Slow Climbers



4 Knee Push-Ups

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