

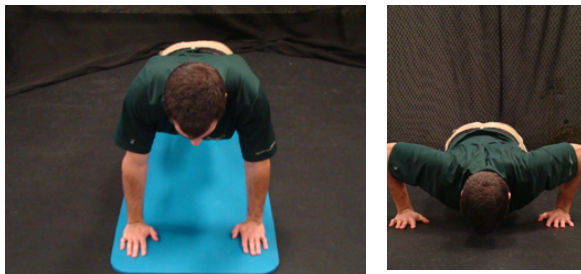


Total Body Strength Matrix

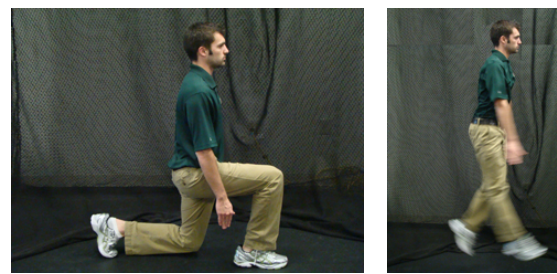
24 Burpees



24 Push-ups



24 Lunge Jumps



20 Speed Squats



10 Lunges

