

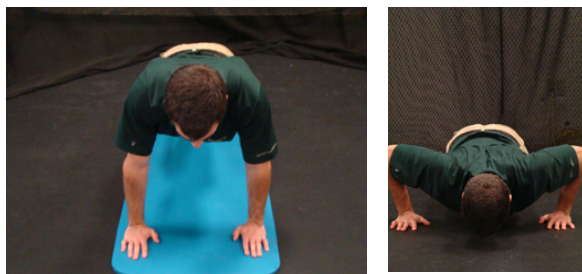


## Total Body Strength Matrix

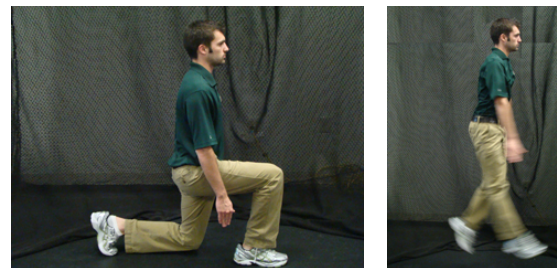
### 24 Burpees



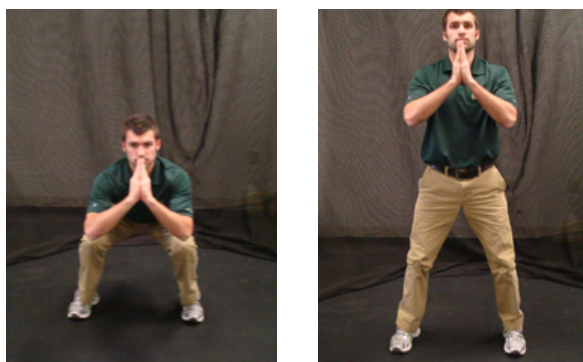
### 24 Push-ups



### 24 Lunge Jumps



### 20 Speed Squats



### 10 Lunges

