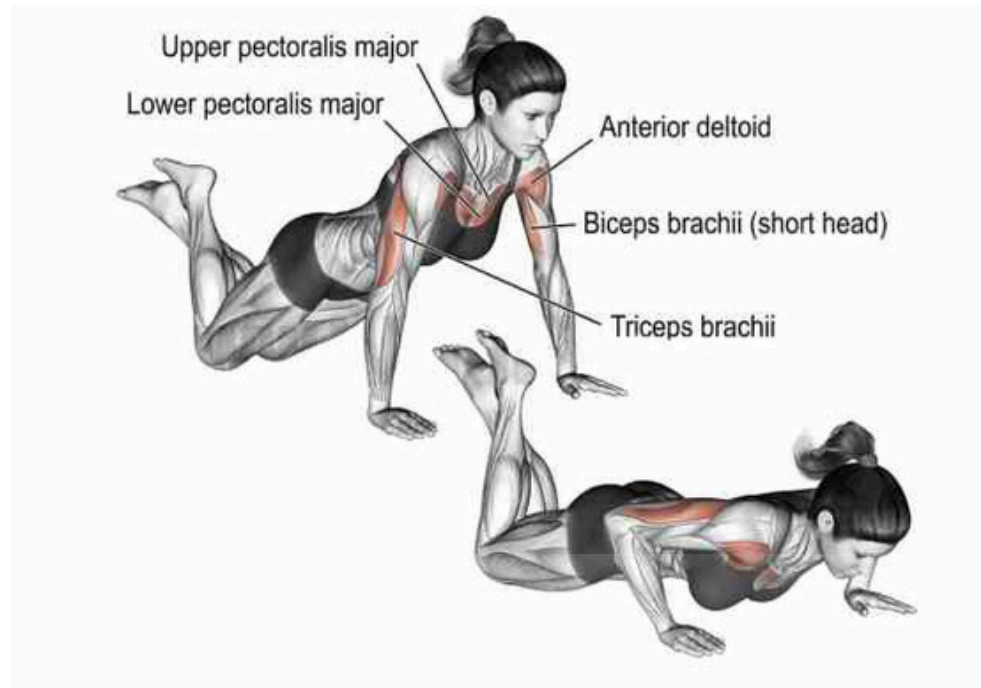


HOME HIIT WORKOUTS



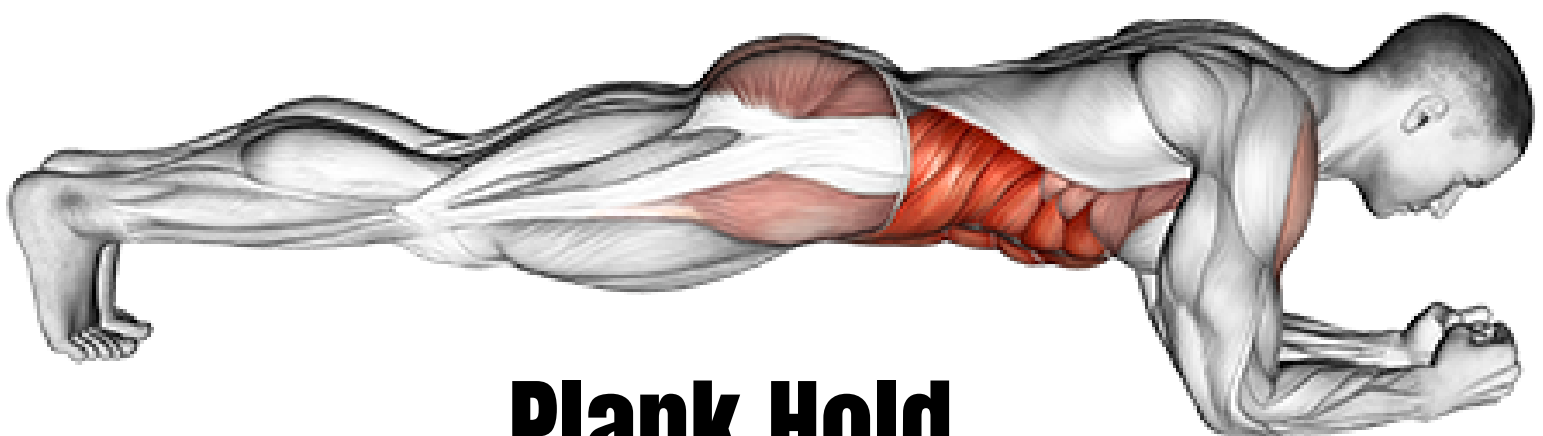
Bodyweight Squats



Push-Up to Knee



High Knees



Plank Hold

