



# FULL BODY WORKOUT PLAN :

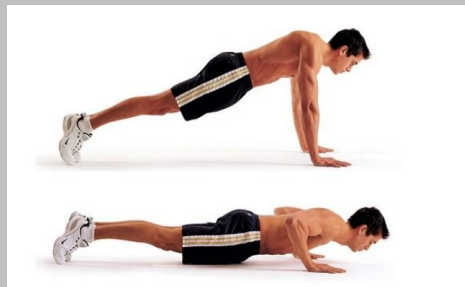
- Air Squats - 10 reps



- Lunge - 6 reps / side



- Push-Ups - 8 reps



- **Burpee - 8 reps**



- **Crunches - 12 reps**



- **Tuck Jump - 4 sets/5 reps**

