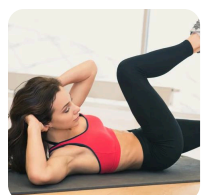




Best Quarantine Workout

See more >

Best for you



Belly fat burner

10 min

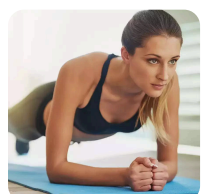
Beginner



Lose Fat

10 min

Beginner



Plank

5 min

Expert



Build Whider

30 min

Intermediate

Challenge

Plank
Challenge



Sprint
Challenge



Squat
Challenge



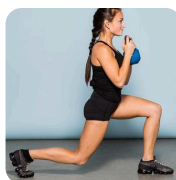
Fast Warmup



Leg exercises

10 min

Beginner



Backward lung

5 min

Beginner

