

Just a Quickie!

90 Seconds of Jump Rope
50 Goblet Squats
50 Push-ups
50 Reverse Crunch

90 Seconds of Jump Rope
40 Goblet Squats
40 Push-ups
40 Reverse Crunch

90 Seconds of Jump Rope
30 Goblet Squats
30 Push-ups
30 Reverse Crunch

90 Seconds of Jump Rope
20 Goblet Squats
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