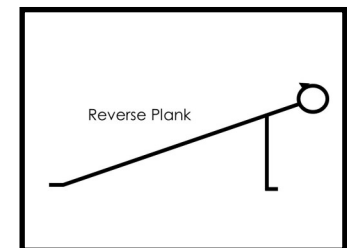
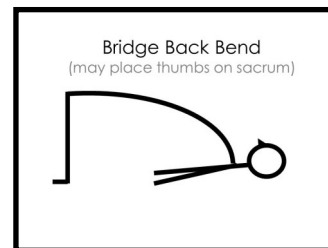
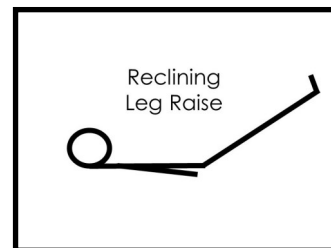
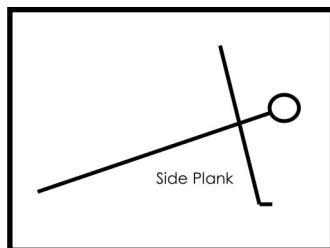
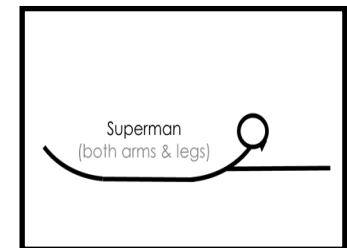
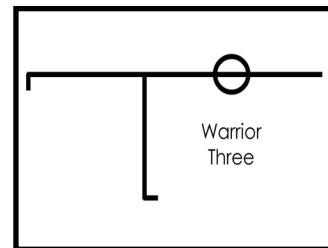
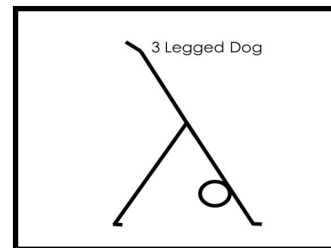
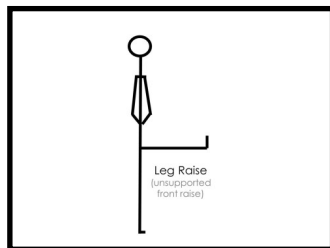
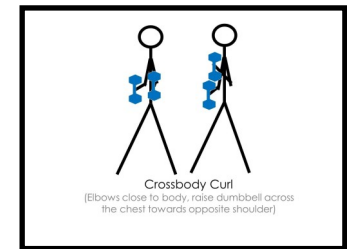
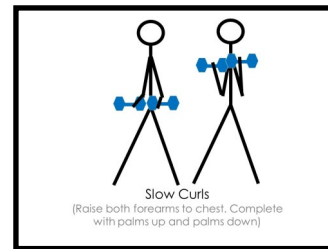
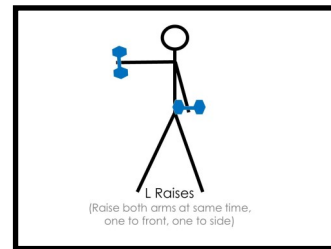
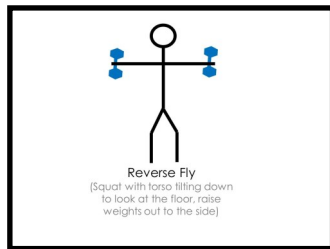
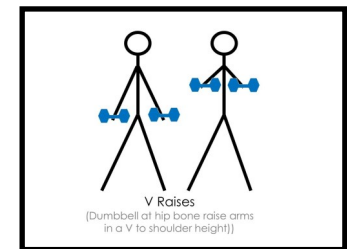
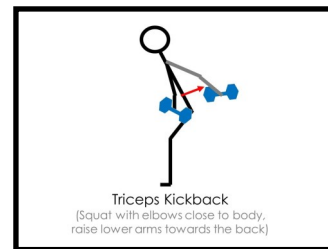
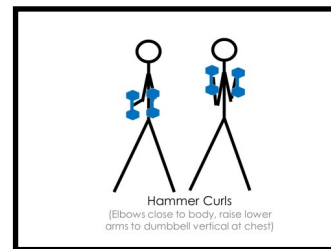
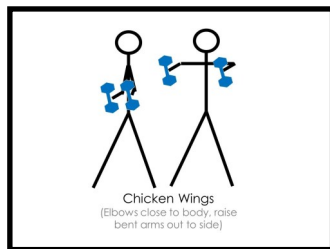
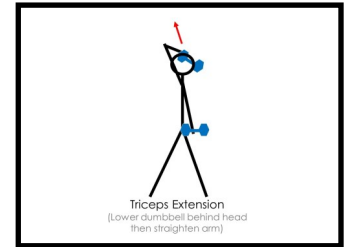
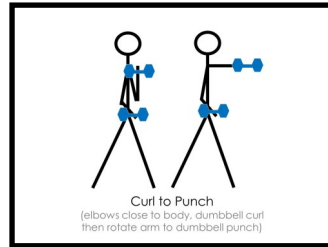
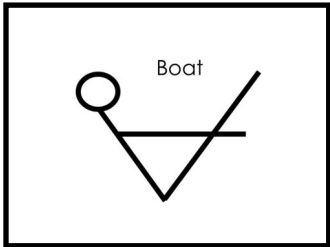


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## Cardio Strength Training Intervals

Between each 30 secs of strength training do 30 secs cardio such as:  
jog on the spot, grapevine, side step, fast punches, sliders, high knees, crossbody toe taps, reclined bicycle, side toe tap with side arm raise etc.

**Lunges**

**Squats**

**Sumo  
Squats**

**Heel  
Raises**

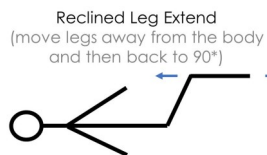
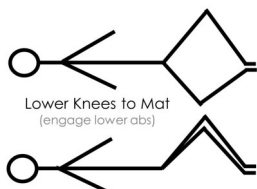
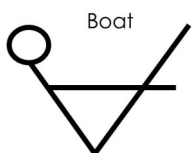
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**Incline  
Push-ups**

**Kettlebell  
Swings**

**Side  
High  
Kicks**

**Plank  
Shoulder  
Tap**



**Lunges**

**Squats**

**Sumo  
Squats**

**Arm  
Stretches**

**Leg  
Stretches**

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