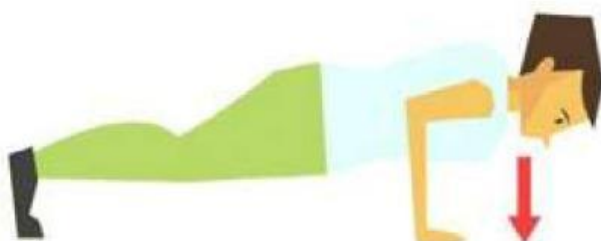
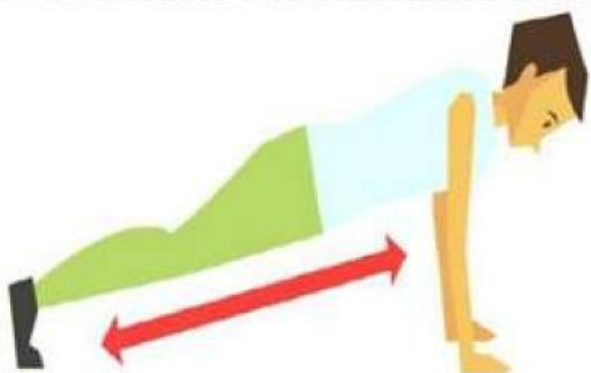
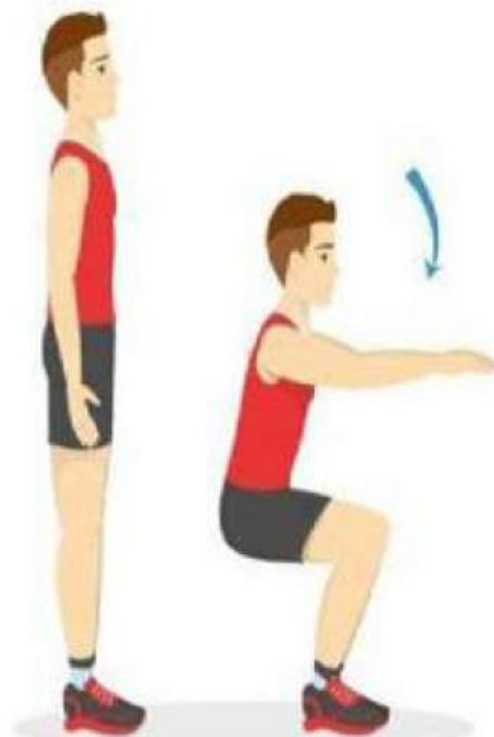
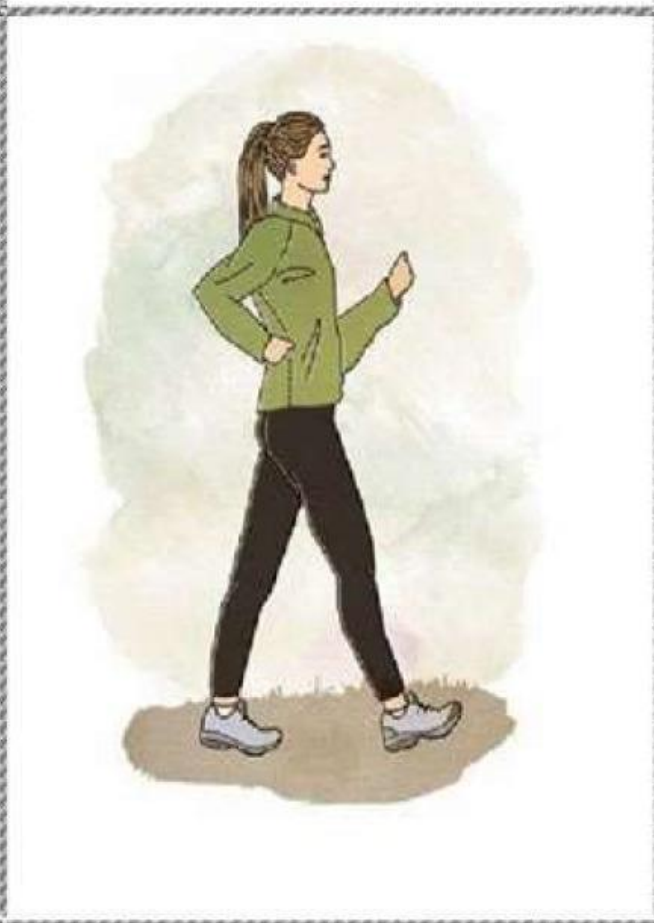
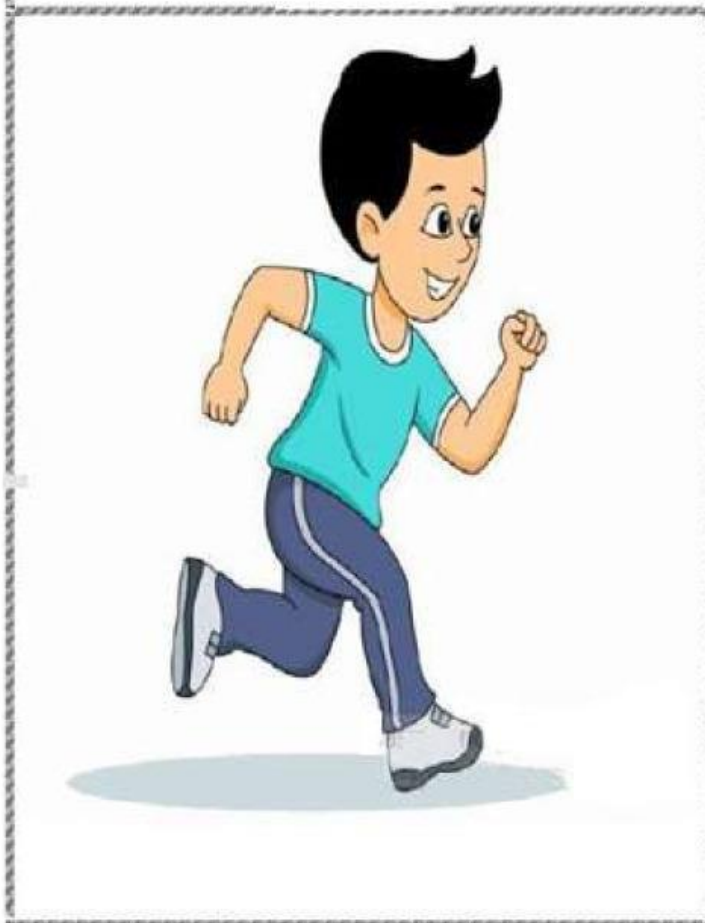
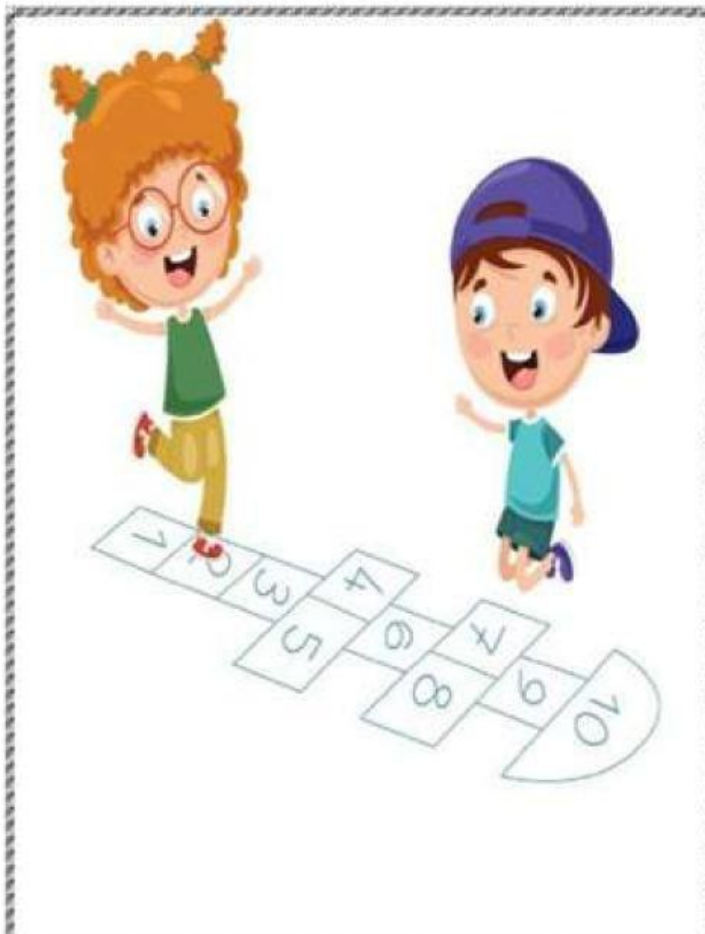


Simple workouts you can do at home





Quiz:

jumping jacks

jump

squat

push up

lunge

run

hop

walk