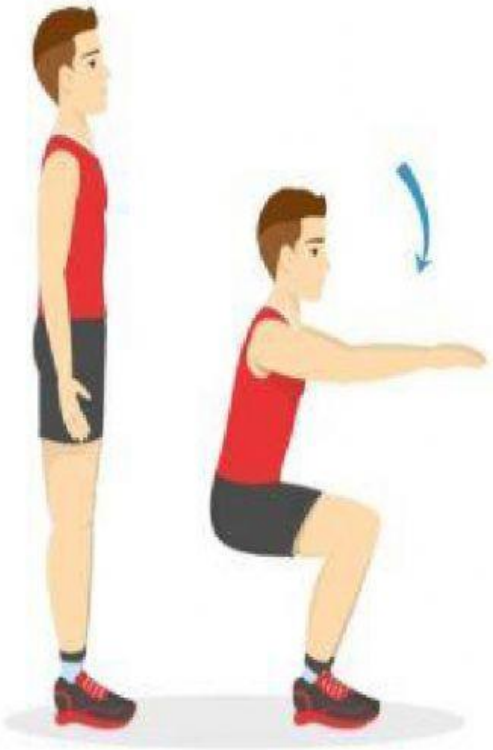
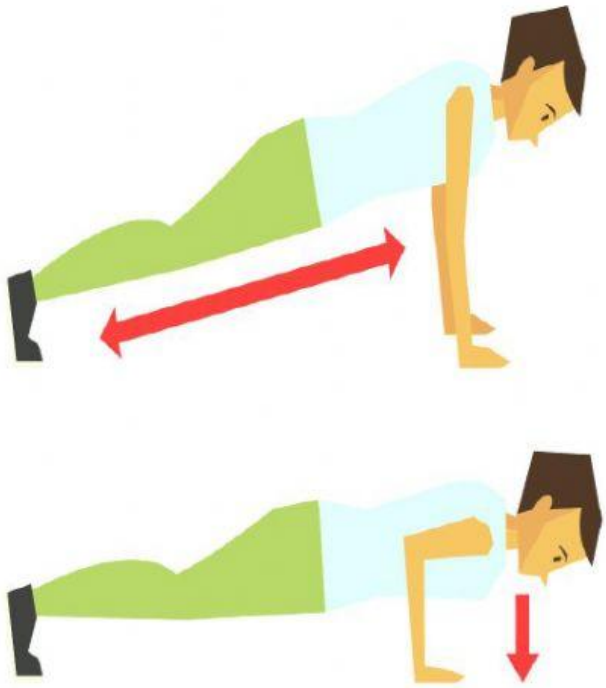
Simple workouts you can do at home



lunge



squat



push up



jump



hop



jumping jacks



run



walk

Quiz: