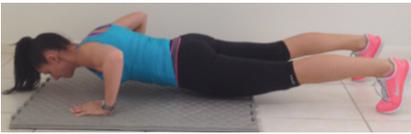


Termanatrix

Exercise	Starting	Finish
A1- B/W Squat & ½		
A2- Pushup to Mountain Climber		
A3- Jump Squat Tuck		
A4- Pushup T Rotation		
A5- Get Up Get Down/ Start Jump		
A6- Reverse Lunge to Knee Raise		
A7- 4 Point Burpee		