



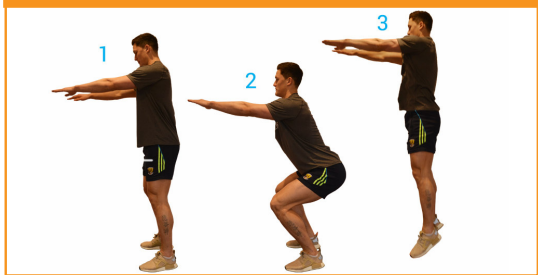
with Lee Chin



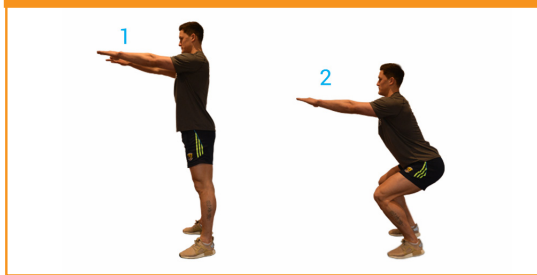
Monday Week 7 - Bums & Calorie Burning

2 x 8 Minutes

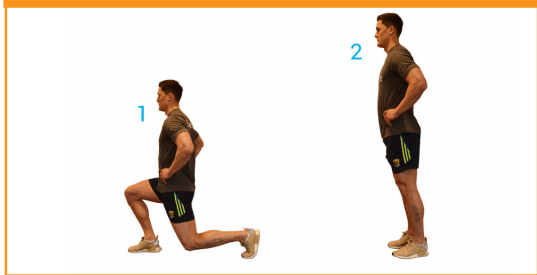
Jump Squats 20 reps



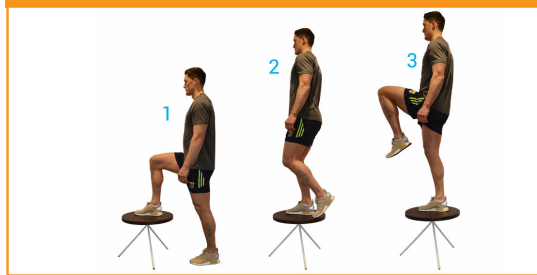
Squats 20 reps



Lunges 15 reps per side



Knee Ups 15 reps per side



2 x 8 Minutes

Burpees 15 reps



Bicycles 20 reps



Kettle Bell Squat Press 15 reps



Plank 40 Secs

