



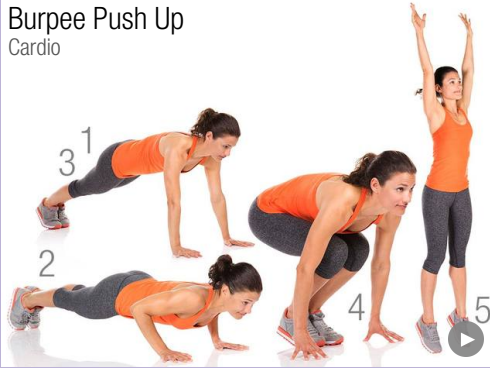
Burn The Turkey Sides

Anytime Workouts



Burpee Push Up

Cardio



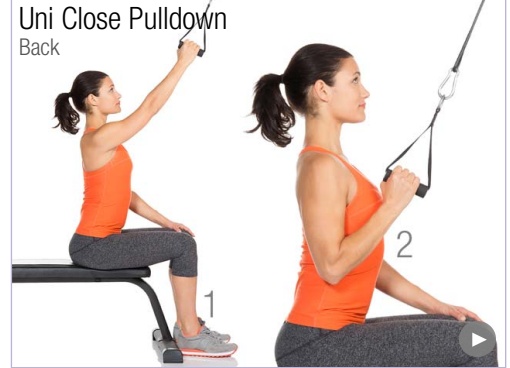
Hi-Lo Chop

Abs



Uni Close Pulldown

Back



Mountain Climber

Cardio



Front Squat to Push Press

Combo



Kneeling Roll Out

Abs



Jumping Jacks

Cardio



Deadlift

Legs



Bench Press

Chest



Split Squat Jumps

Cardio

