



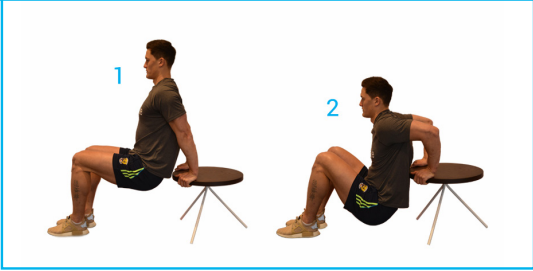
with Lee Chin



Wednesday Week 4 - Guns & Tums

2 x 7 Minutes

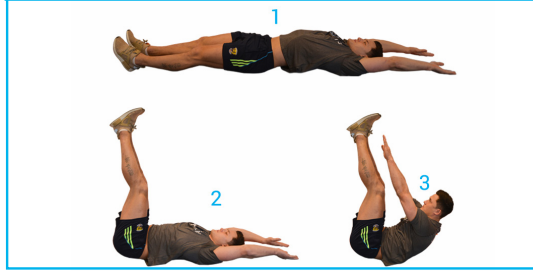
Tricep Dips 15 reps



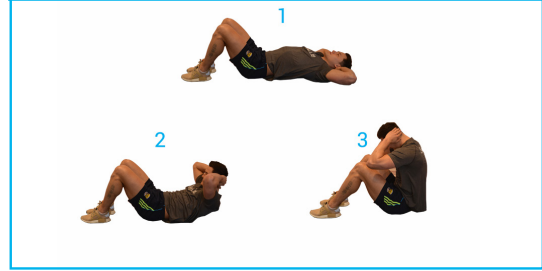
Plank 1 min



Jack Knifes 20 reps



Sit ups 20 reps

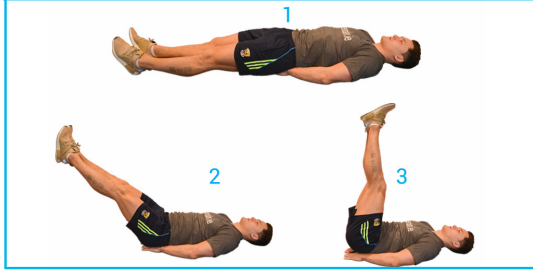


2 x 7 Minutes

Mountain Climbers 15 reps per side



Straight Leg Raises 15 reps



Push Ups 15 reps



Squat Press 15 reps

