

Beginner Full Body H.I.I.T.



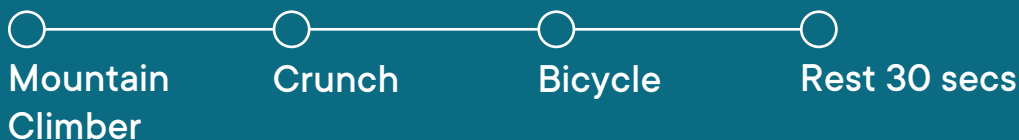
1 Warmup 30 secs each, 3 rounds



2 Conditioning 10 reps, 3 sets



3 Core 20 reps, 3 sets



4 Full body stretch Hold each stretch for 30 secs

