


Datum	Jack knives	Push-ups	Squat Jumps	Plank jacks	Side bridge L	Side bridge R	Lunge Jumps	Mountain climbers	Bycycle crunch	Pussy Burpees
1										
2										
3										
4										
5										
6										
7										
8										
9	Full body workout test									
10	10 exercises, as many reps as you can									
11	Repeat weekly and measure your progress									
12	Participate on Gratis Online Workouts									

