



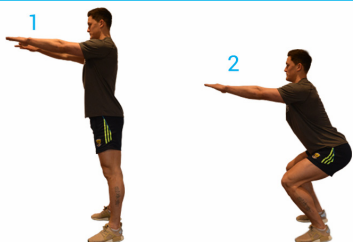
with Lee Chin

Monday Week 4 - Bums & Calorie Burning

2 x 6 Minutes

Squats

15 reps



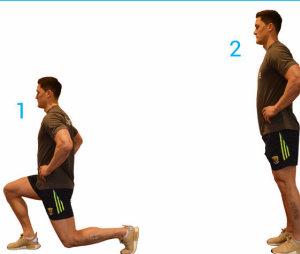
Plank

30 secs



Jump Lunge

10 reps
per side



Skipping

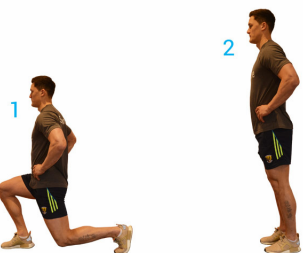
100 reps



2 x 6 Minutes

Walking Lunges

15 reps



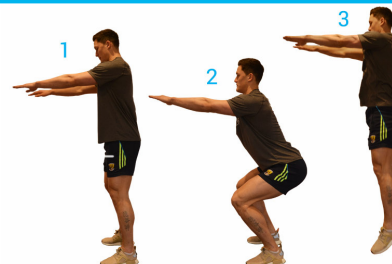
Burpee

10 reps



Jump Squat

15 reps



Knee Ups

12 reps
per side

