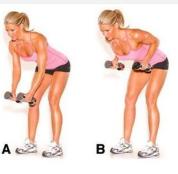
20 Reps 3 Rounds

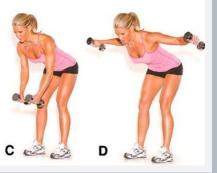
1.

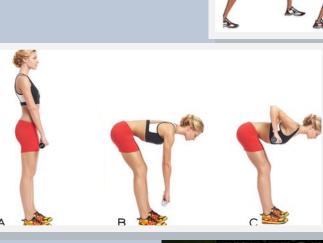
2.

3.









(b)

(a)



Get Fit FRIDAY



LAST 10 SECONDS OF PLANKS!!!