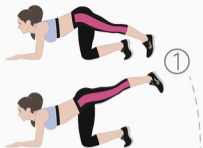
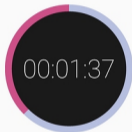


THE 7 MOST EFFECTIVE BODYWEIGHT EXERCISES FOR WOMEN

1. Leg Lifts
2. Squat
3. Push-Ups
4. Jump Up Burpee
5. Plank
6. Lunges
7. Sit-Ups



⑦



②



⑥



③



④



⑤

