

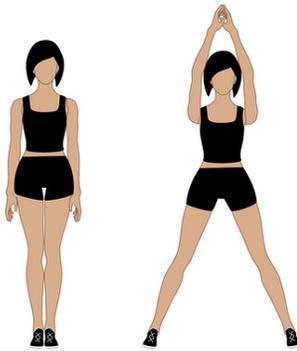


RECREATION AT HOME

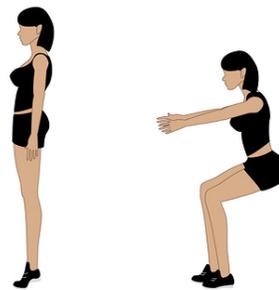
Lower Body Workout

Depending on your skill level, try to complete 5-10 repetitions of each exercise.
Cycle through each of the exercises 3-5 times.

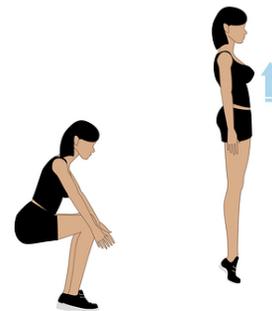
Jumping Jacks



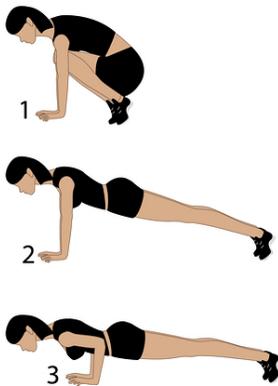
Bodyweight Squat



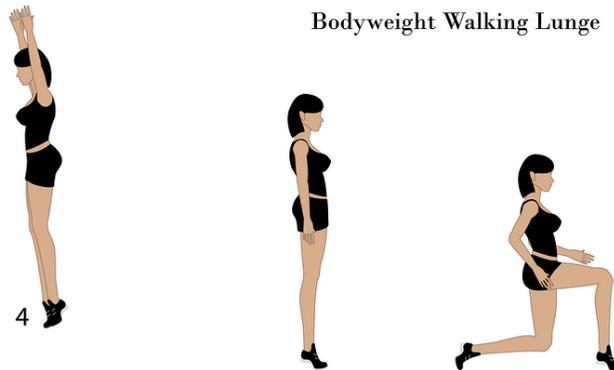
Squat Jump



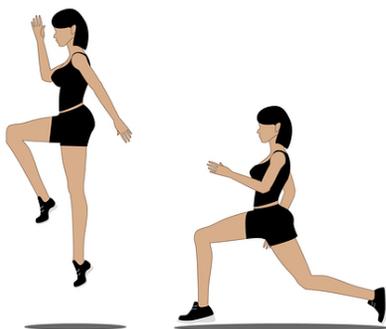
Burpees



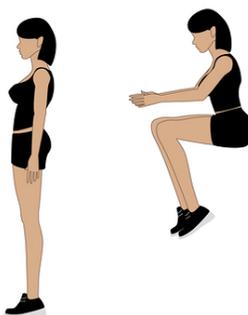
Bodyweight Walking Lunge



Lunge Jump



Tuck Jumps



Step Up with Knee Raise

