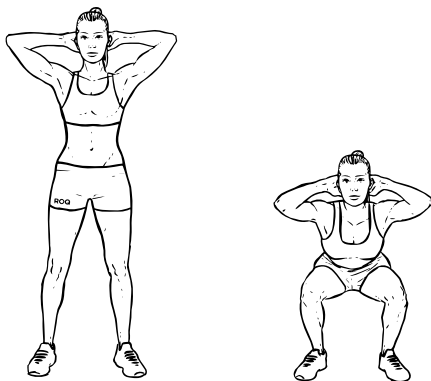


Full Body Bridal Blast

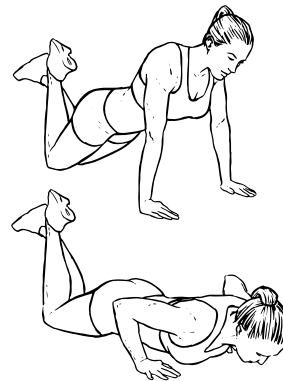


Bodyweight Squat



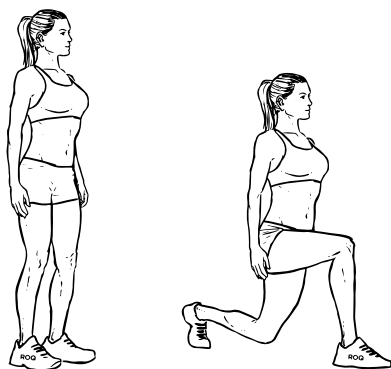
3 sets 15 reps

Modified / Knee Push-up



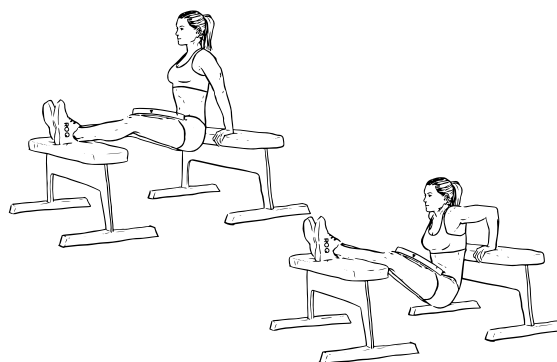
3 sets 15 reps

Bodyweight Walking Lunge



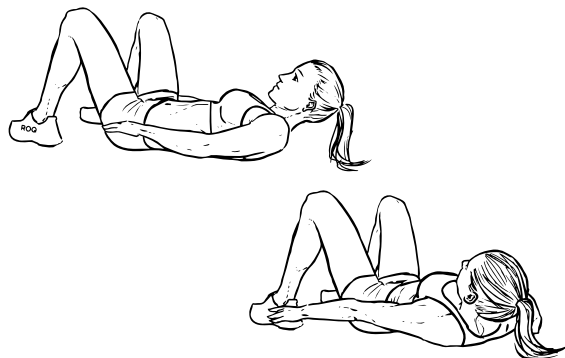
3 sets 10 reps

Weighted Bench Dip



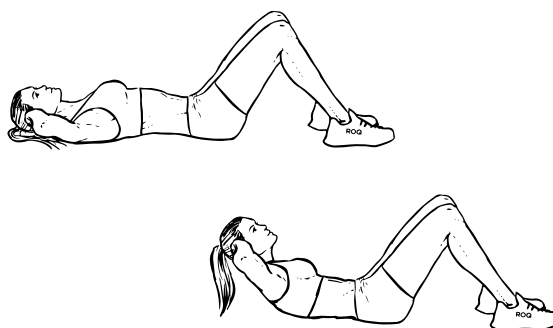
3 sets 15 reps

Alternate Heel Touchers / Lying Oblique Reach



3 sets 25 reps

Crunches



3 sets 20 reps