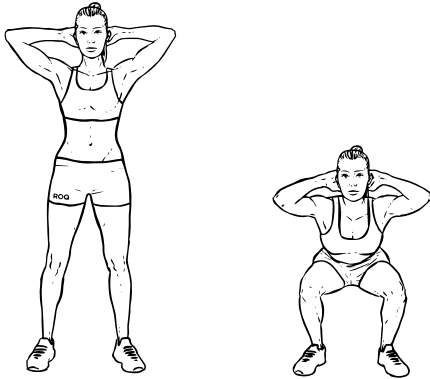


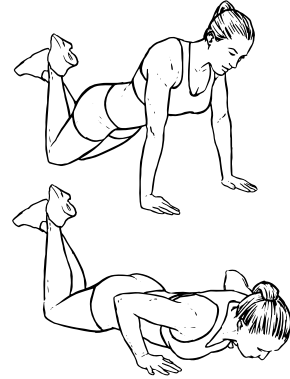
Kickstarter 1

Bodyweight Squat



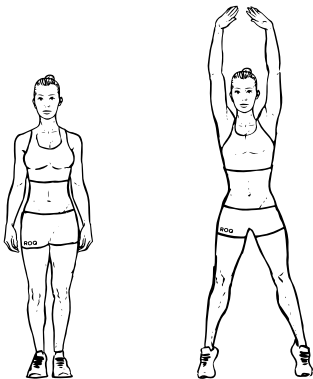
2 sets 20 reps

Modified / Knee Push-up



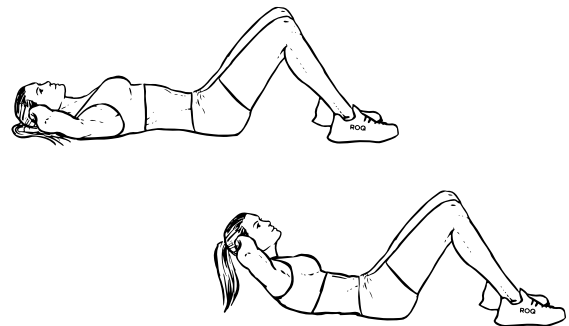
2 sets 20 reps

Jumping Jacks / Star Jumps



2 sets 20 reps

Crunches



2 sets 20 reps

Instructions

1. Complete each exercise once for the amount of reps specified
2. After completing each exercise once, allow 1-2 minutes rest
3. Repeat the sequence of exercises for a second time
4. Kickstarter 1 Complete!

The Happy Bride Project

With Matt Robinson