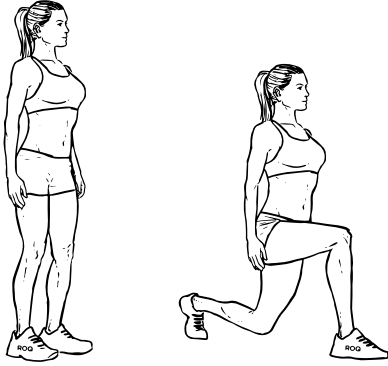


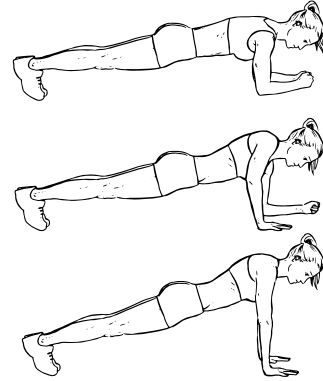
Kickstarter 2

Bodyweight Walking Lunge



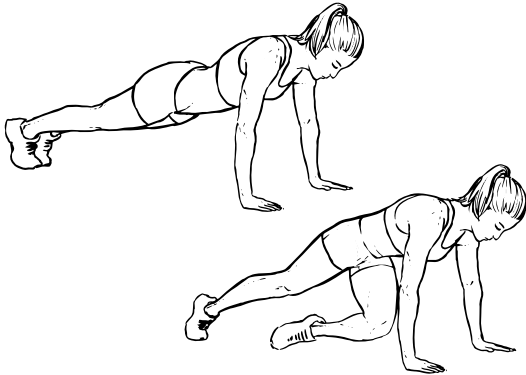
2 sets 30 seconds

Plank to Push-Up / Plank Push-ups / Walking Plank



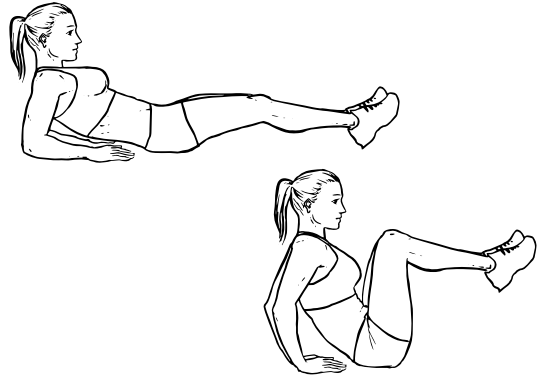
2 sets 30 seconds

Cross Body Mountain Climbers



2 sets 30 seconds

Leg Pull-In Knee-up



2 sets 30 seconds

Instructions

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

The Happy Bride Project

With Matt Robinson