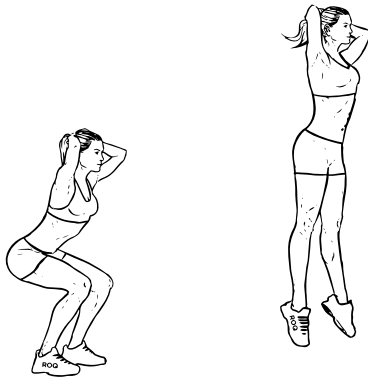


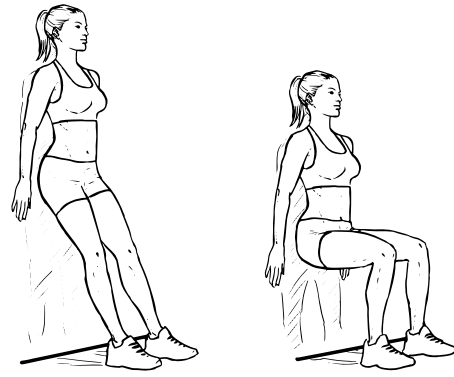
Kickstarter 3

Jump Squat



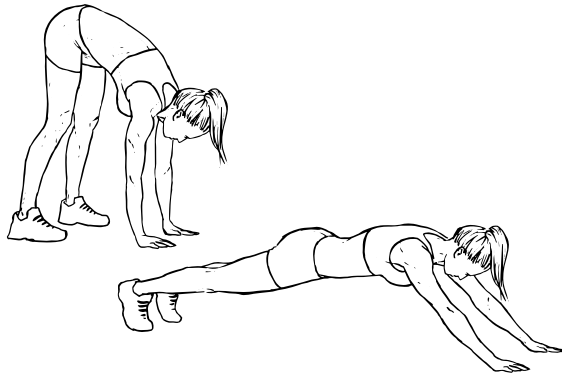
2 sets 15 reps

Wall Sit / Squat / Chair



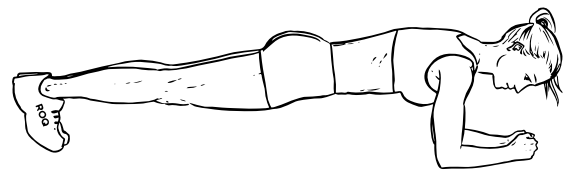
2 sets 30 seconds

Inchworm / Walk Out



2 sets 30 seconds

Plank



2 sets 30 seconds

Instructions

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

The Happy Bride Project

With Matt Robinson