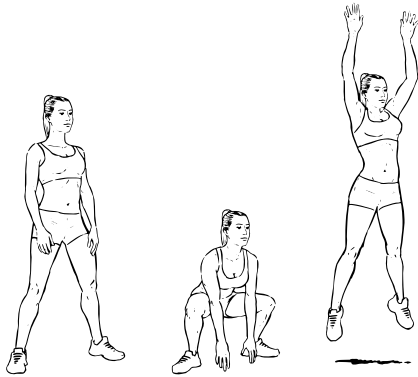


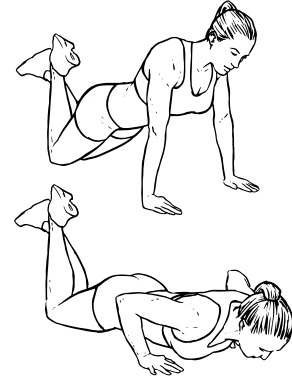
Kickstarter 4

Frog Jumps



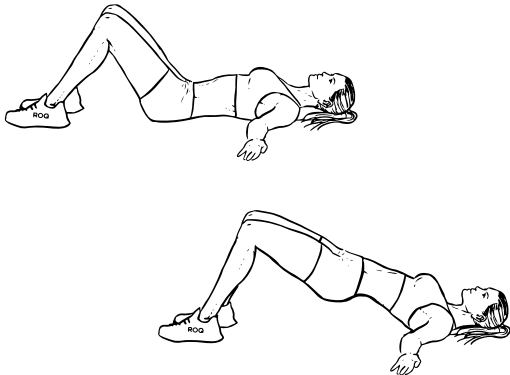
2 sets 20 reps

Modified / Knee Push-up



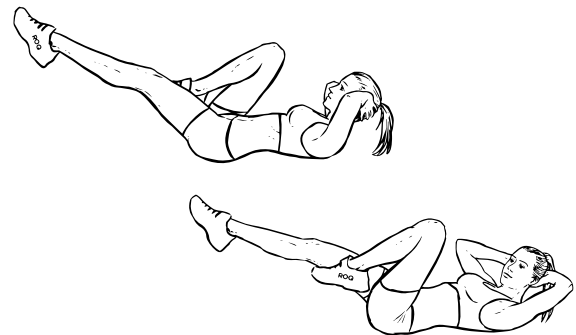
2 sets 20 reps

Hip Raise / Butt Lift / Bridge



2 sets 20 reps

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch



2 sets 40 reps

Instructions

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

The Happy Bride Project

With Matt Robinson