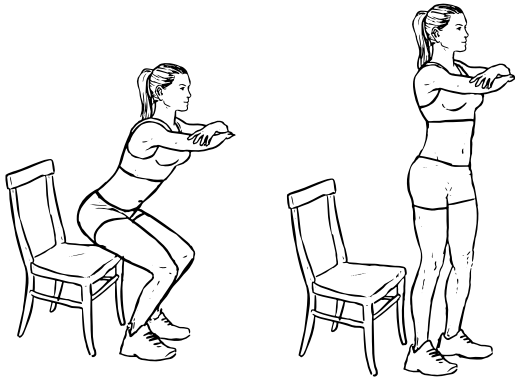


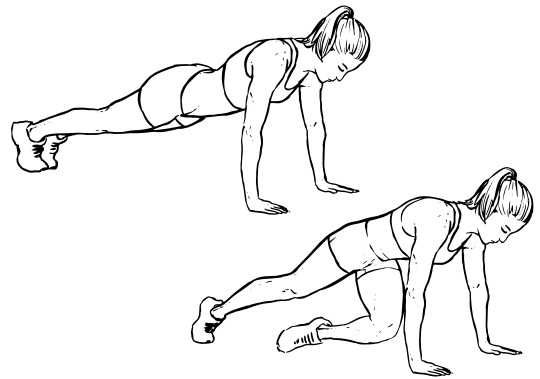
Kickstarter 5

Chair Squat



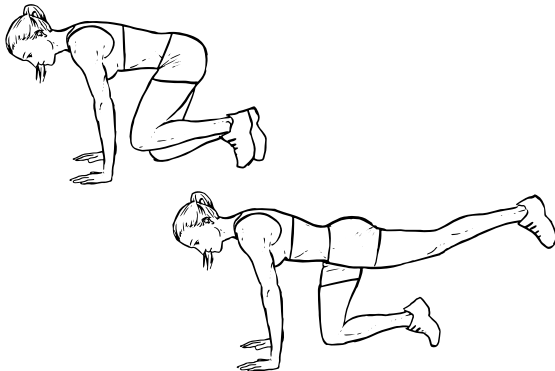
2 sets 20 reps

Cross Body Mountain Climbers



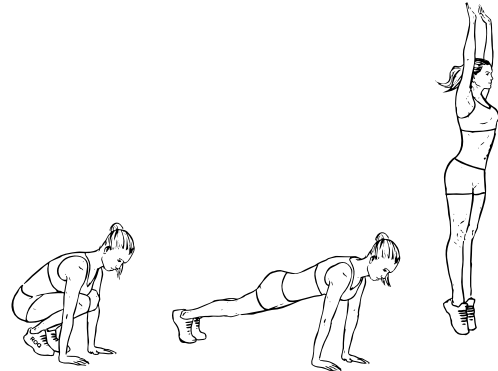
2 sets 40 reps

Donkey Kicks



2 sets 20 reps

Burpees / Squat Thrust



2 sets 10 reps

Instructions

1. Complete all exercises once for the amount of reps specified
2. Once all exercises are completed allow for 1-2 minutes rest
3. Repeat the sequence for a second time
4. Kickstarter 5 Complete!

The Happy Bride Project

With Matt Robinson