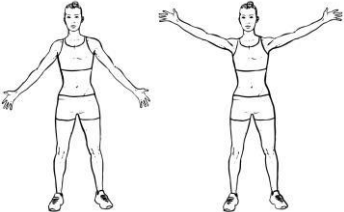
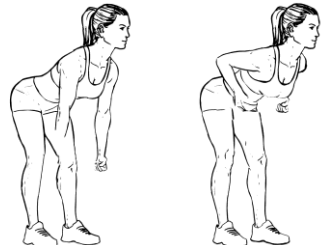
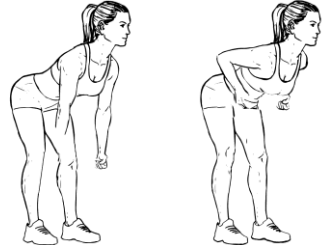
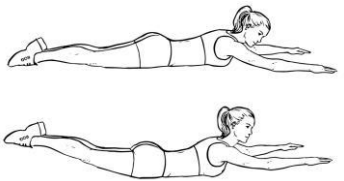
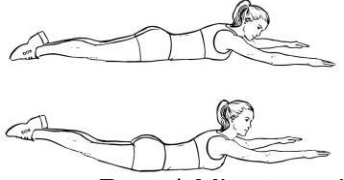


## BACK FAT WORKOUT

<p><b>Arm Circles</b> 45 Seconds</p>		
<p><b>Bentover Rows</b> 45 Seconds</p>		
<p><b>Bentover Pulses</b> 45 Seconds</p>		<p>*same as bentover rows but you hold for 3-5 seconds at the top of the movement and pulse your arms for added burn</p>
<p><b>Superman's</b> 45 Seconds</p>		
<p><b>Back Bow Pulls</b> 45 seconds</p>	 <p>Rest 1 Minute and do 2 Sets</p>	<p>*same as supermans but add in the motion of pulling your elbows toward your waist when you lift your body off the ground</p>
<p><b>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!!</b> 🧡</p>		

### A Special Note

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