

KOBOKO FITNESS

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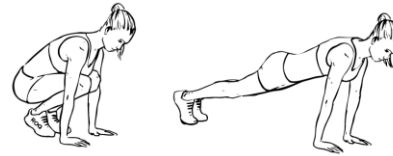
Mon: Fat Burning Day

- 20 high knees
- 5 burpees
- 20 mountain climbers
- 5 burpees
- 20 jumping jacks
- 5 burpees

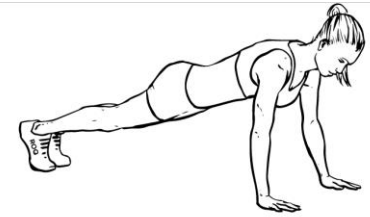
REST FOR 2 MIN. REPEAT 4 TIMES



High Knees



Burpees

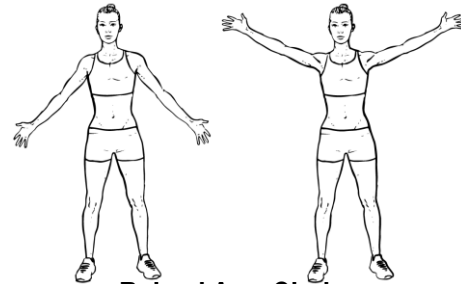


Mountain Climbers

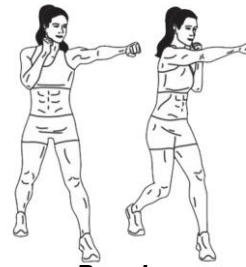
Tue: Tiny Waist Day

- 20 raised arm circles
- 20 punches
- 20 raised arm circles
- 20 punches
- 20 raised arm circles
- 20 punches

REST FOR 2 MIN. REPEAT 4 TIMES



Raised Arm Circles

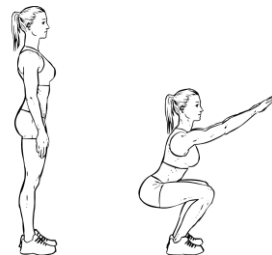


Punches

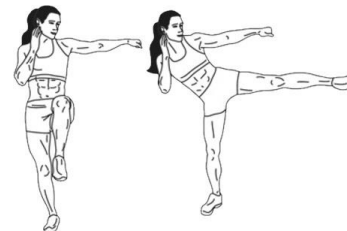
Wed: Bubble Butt Day

- 15 squats
- 20 side kicks (each leg)
- 15 lunges
- 20 glute bridges

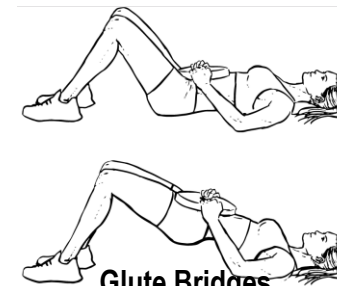
REST FOR 2 MIN. REPEAT 2 TIMES



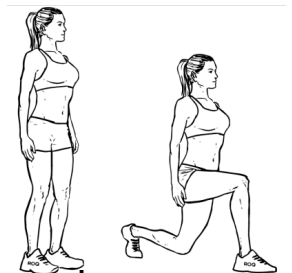
Squats



Side Kicks



Glute Bridges



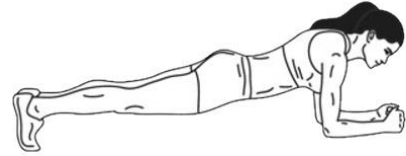
Lunges

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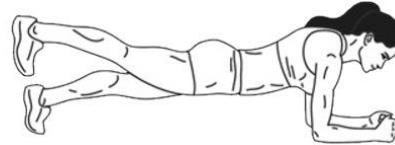
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Thur: Abs Day

- 30 second elbow plank
 - 30 second 1 leg elbow plank (each leg)
 - 30 second side plank (each side)
 - 30 second up and down plank
- REST FOR 1 MIN. REPEAT 1 TIME



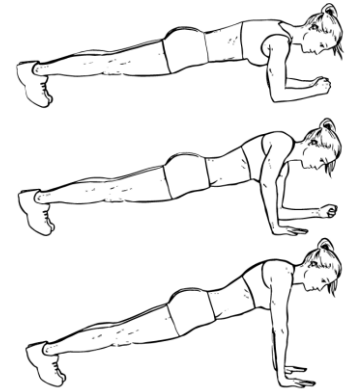
Elbow Plank



1 Leg Elbow Plank



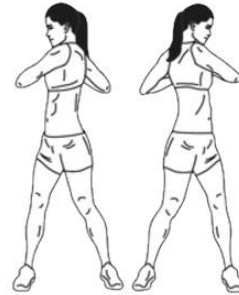
Side Plank



Up & Down Plank

Fri: Fat Burning Day

- 20 jumping jacks
 - 4 twists
 - 20 jumping jacks
 - 4 knee to elbows
 - 20 jumping jacks
 - 4 twists
- REST FOR 2 MIN. REPEAT 4 TIMES



Twists

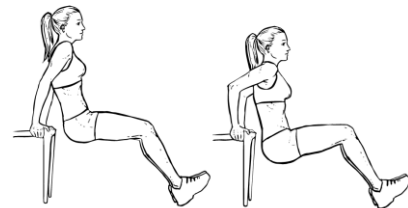


Knee to Elbows

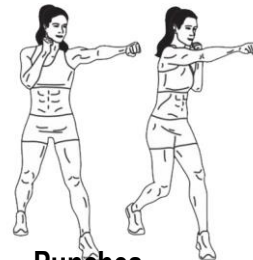
**Sat & Sun
REST!**

Mon: Tiny Waist Day

- 12 tricep dips
 - 40 punches
 - 12 elbow strikes
 - 40 back fists
- REST FOR 2 MIN. REPEAT 2 TIMES



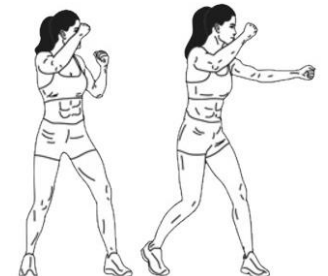
Tricep Dips



Punches



Elbow Strikes

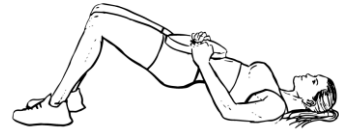


Back Fists

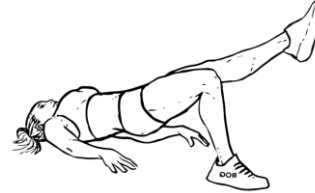
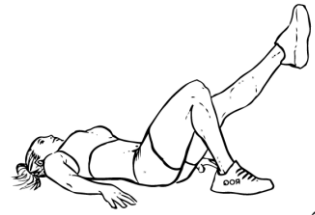
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Tue: Bubble Butt Day

- 20 glute bridges
 - 10 single leg bridges (each leg)
 - 12 squats
 - 20 lunges
- REST FOR 2 MIN. REPEAT 4 TIMES.



Glute Bridges



Single Leg Bridge

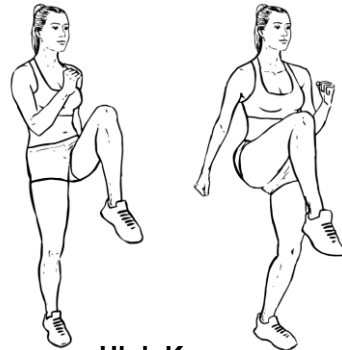


Lunges

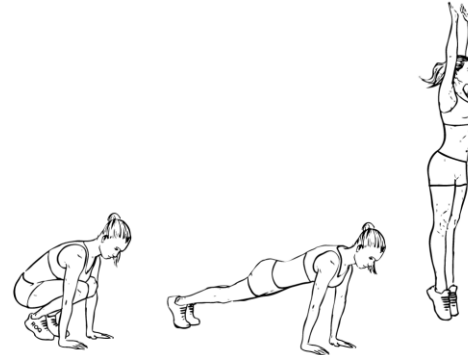
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Wed: Fat Burning Day

- 30 high knees
 - 3 burpees with jump
 - 30 high knees
 - 3 burpees with jump
 - 30 high knees
 - 3 burpees with jump
- REST FOR 2 MIN. REPEAT 4 TIMES



High Knees



Burpee with Jump

A Special Note

Thank you for downloading this free workout guide. I hope you found it helpful.
If so, please tell a friend about Koboko Fitness (especially if they're African. They'll be excited to hear about it)

Also, please consider shopping our online boutique to support our small business.

You are so very much appreciated.

Kind Regards,

Kola from www.KobokoFitness.com