

KOBOKO FITNESS

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Mon: It's Destiny!

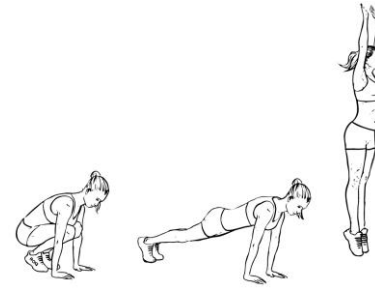
- 10 High Knees
 - 10 Lunges
 - 10 Burpees
 - 10 Squats
 - 10 High Knees
- Rest 2 Min. Do 2 Sets



High Knees



Lunges



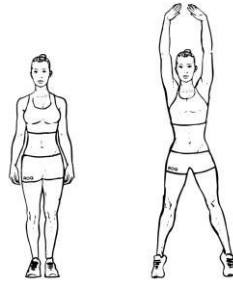
Burpees



Squats

Tue: All Energy!

- 10 Jumping Jacks
 - 10 Knee to Elbows
 - 10 Butt Kicks
 - 10 Calf Raises
 - 10 Jumping Jacks
- Rest 2 Min. Do 2 Sets



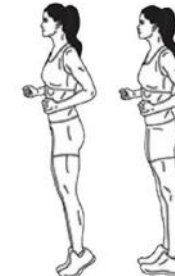
Jumping Jacks



Knee to Elbows



Butt Kicks



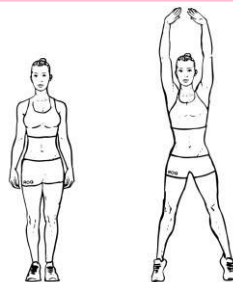
Calf Raises

Wed: Rest

Good Job! Keep Going! 💖

Thur: Bravery!

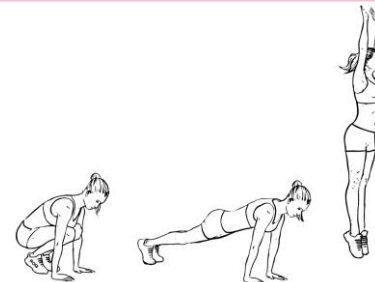
- 15 Jumping Jacks
 - 15 Lunges
 - 15 Burpees
 - 15 Squats
 - 15 High Knees
- Rest 2 Min. Do 2 Sets



Jumping Jacks



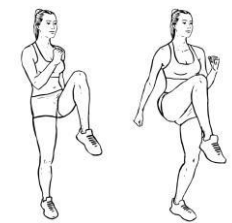
Lunges



Burpees



Squats



High Knees

Fri - Sun: Rest

BOOM! 1 week down! Keep Going! 💖

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Mon: Blissful!

- 12 Butt Kicks
 - 12 Knee to Elbows
 - 12 High Knees
 - 12 Calf Raises
 - 12 Jumping Jacks
- Rest 2 Min. Do 3 Sets



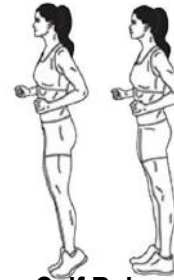
Butt Kicks



Knee to Elbows



High Knees



Calf Raises



Jumping Jacks

Tue: Breakthrough!

- 12 Front Kicks
 - 12 Burpees
 - 12 Raise & Punch
 - 12 Burpees
 - 12 Torso Rotations
- Rest 2 Min. Do 3 Sets



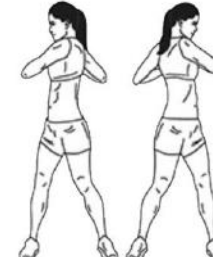
Front Kicks



Burpees



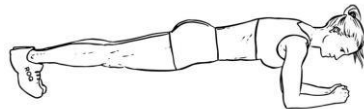
Raise & Punch



Torso Rotations

Wed: Crush It!

- 20 sec Plank
 - 20 Mountain Climbers
 - 20 sec Left Side Plank
 - 20 Mountain Climbers
 - 20 sec Right Side Plank
- Rest 2 Min. Do 2 Sets



Plank



Mountain Climbers



Side Plank

A Special Note

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