SLASHER FULL BODY WORKOUT

SEE JANE SWEAT.COM

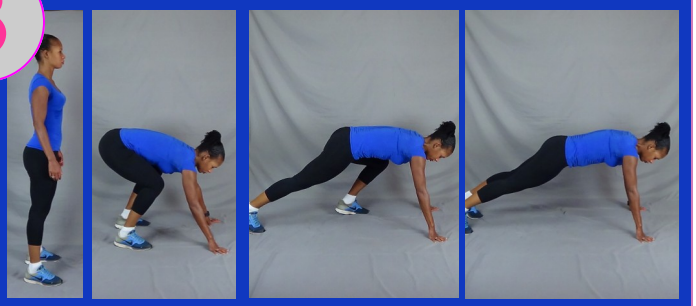
1

20 SWITCH KICKS X 3

2

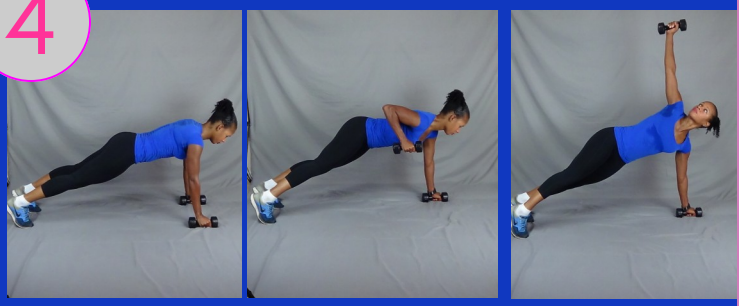
10 PRISONER GET UPS X 3

3



20 SPRAWLS X 3

4

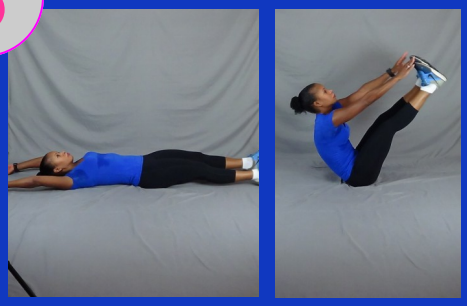


10 PLANK ROWS TO ROTATION X 3

5

10 LUNGES W/KNEE UP X 3

6



10 JACKKNIFE CRUNCHES X 3

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