

SWEATY BETTY FULL BODY WORKOUT

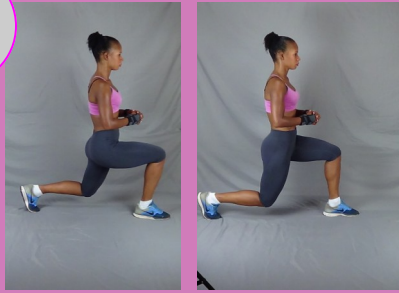
SEE JANE SWEAT  .COM

1



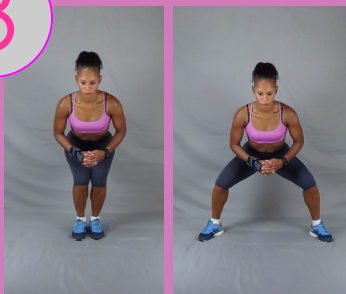
10 10-JUMPING JACKS TO 1 JUMP TUCK X 3

2



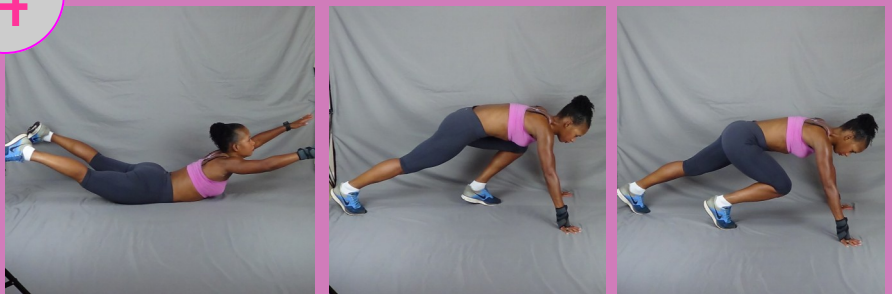
10 ALT. FWD/REVERSE LUNGES X 3

3



20 IN & OUT SQUATS X 3

4



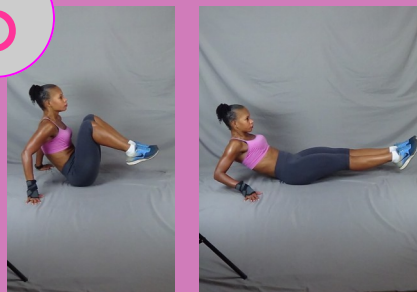
10 1 SUPERMAN TO 10 MOUNTAIN CLIMBERS X 3

5



20 DORTHYS X 3

6



25 SEATED KNEE UPS X 3

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