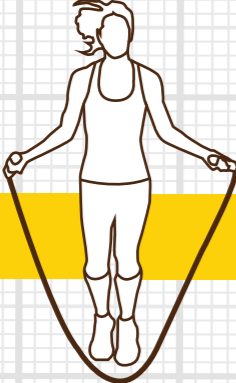

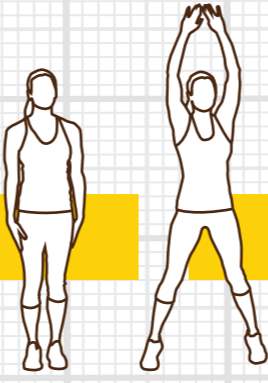
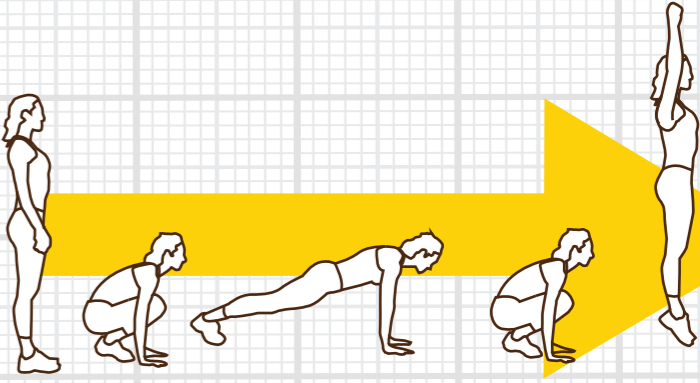
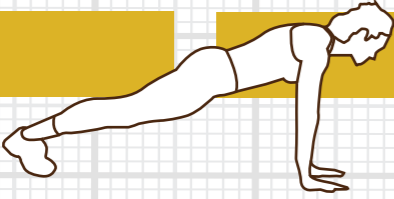

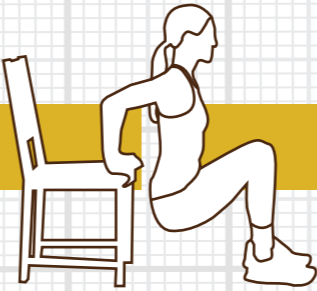
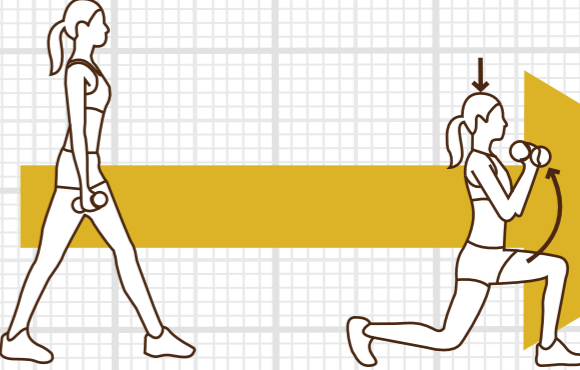
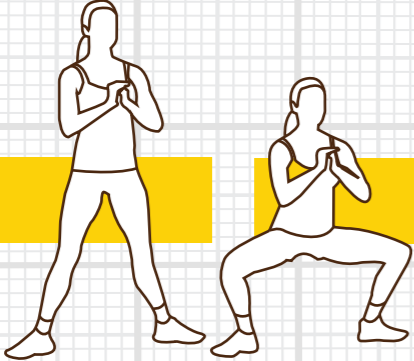

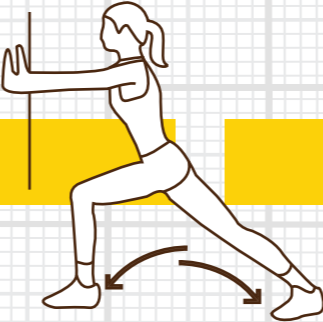

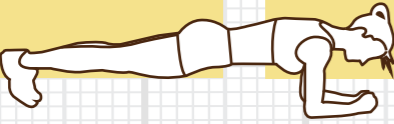
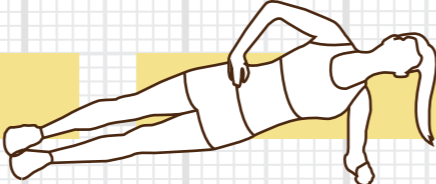
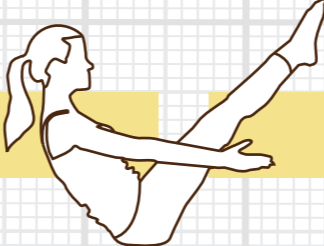



THE 4X4 HOME WORKOUT

Now you can improve your aerobic fitness and strength at home, with our Power of 4 workout. Challenge yourself to do each exercise 5 times, and try to hold each of the ab positions for 30 seconds. Then next time try and increase the reps and hold the ab positions for longer.



1 CARDIO	 SKIPPING ROPE	 FRONT KICKS	 JUMPING JACKS	 BURPEES
2 STRENGTH	 PRESS UPS	 SIDE LUNGES	 CHAIR DIPS	 LUNGE WITH BICEP CURLS
3 CARDIO	 PLIE SQUAT	 JUMP SQUAT	 WALL MOUNTAIN CLIMBER	 SIDE SHUFFLE
4 ABS	 PLANK	 SIDE PLANK	 V SIT	 CRUNCHES