





No Time To Waste

burpees x 1.5 min plank x 1.5 min core hit x 1.5 min sprint x 1.5 min

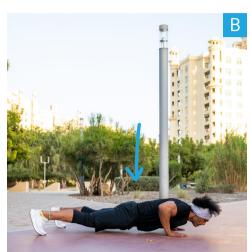
5 SETS

Ali Omar Weight Loss and Building Mass

— @Aeebeh

BURPEES x 1.5min







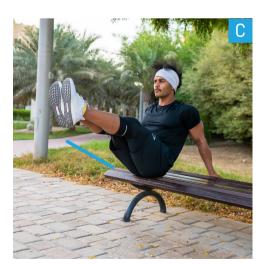
PLANK x 1.5min



CORE HIT x 1.5min







SPRINT x 1.5min





