

A person is performing a handstand in a natural, outdoor setting. They are wearing a dark, sleeveless top and light-colored sneakers. The background shows trees and foliage, suggesting a park or forest. The overall image has a muted, teal-tinted color palette.

GET READY TO SWEAT WITH THIS

8-MINUTE BUNS & BELLY BURNER

JUMPSTART YOUR FITNESS
ROUTINE WITH THIS CIRCUIT STYLE
YOGA BASED WORKOUT

BRIDGE HIP LIFTS

x10



SINGLE LEG HIP LIFTS

x10 per side



REVERSE CRUNCH

x10



BOAT SCISSOR KICKS

x10



HIGH PLANK SINGLE LEG LIFT x10



TIGER LIFTS x10



LOW PLANK 10 Breaths



PLANK -> DOLPHIN x10

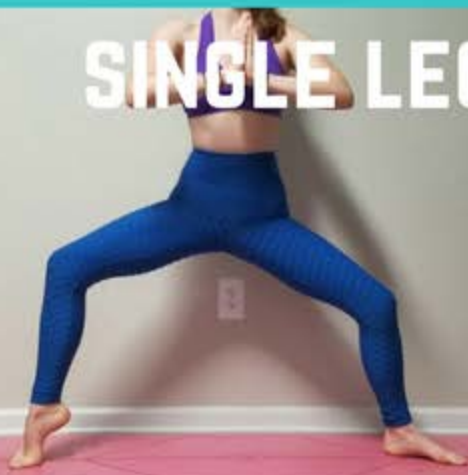
WARRIOR 3 CRUNCHES x10 per side



GODDESS SQUATS x10



SINGLE LEG GODDESS PULSE x10 per side



EAGLE CRUNCHES x10 per leg

