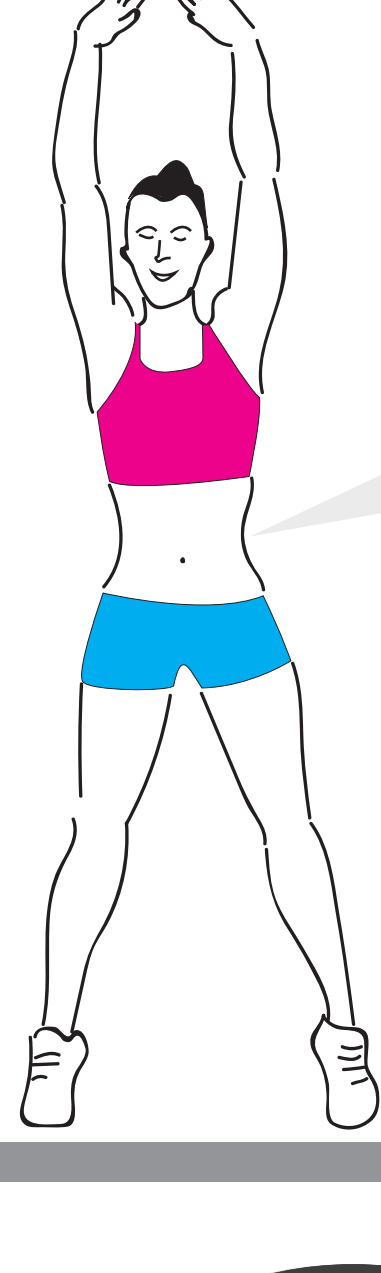


change IN seconds

MOTIVATION TO LOSE WEIGHT

Flat Belly Workout

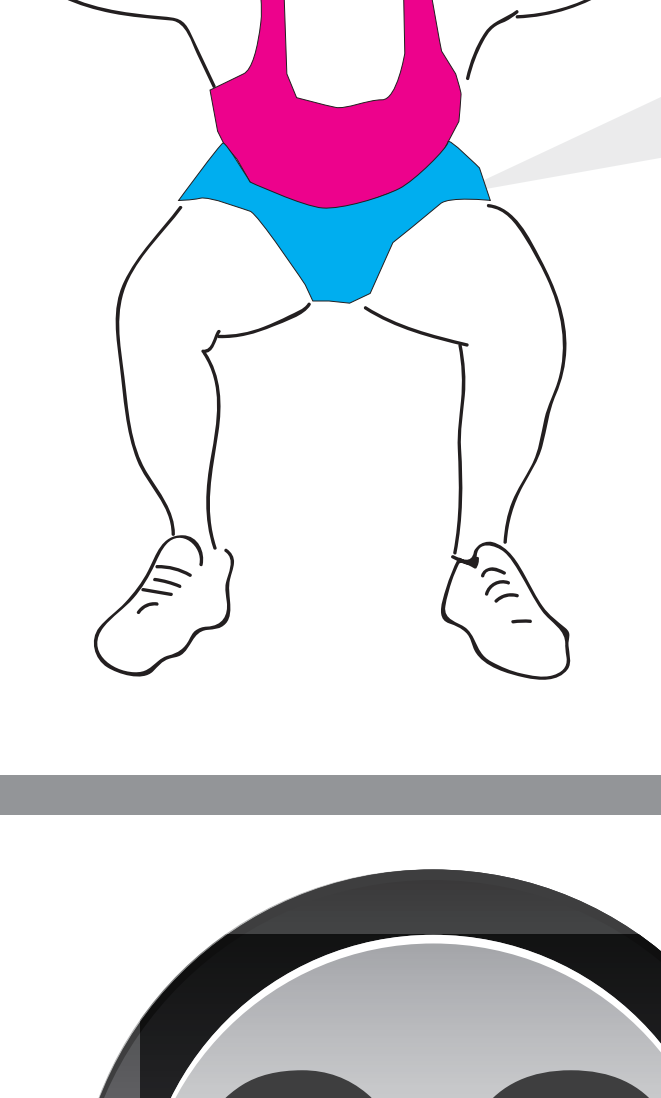


30

Jumping Jacks

20

High Knees

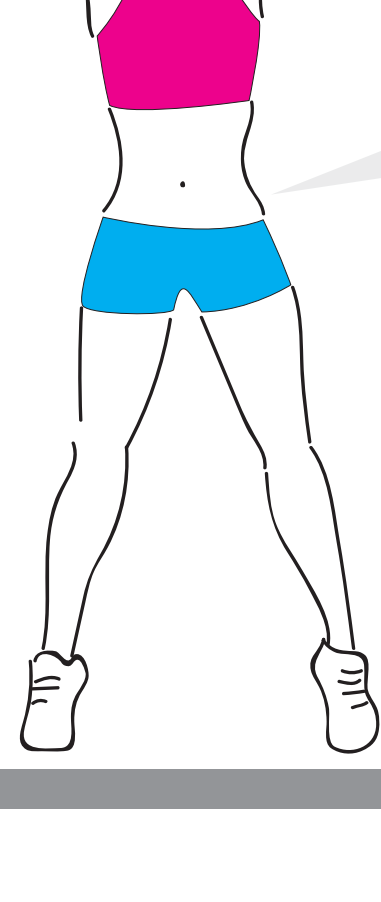
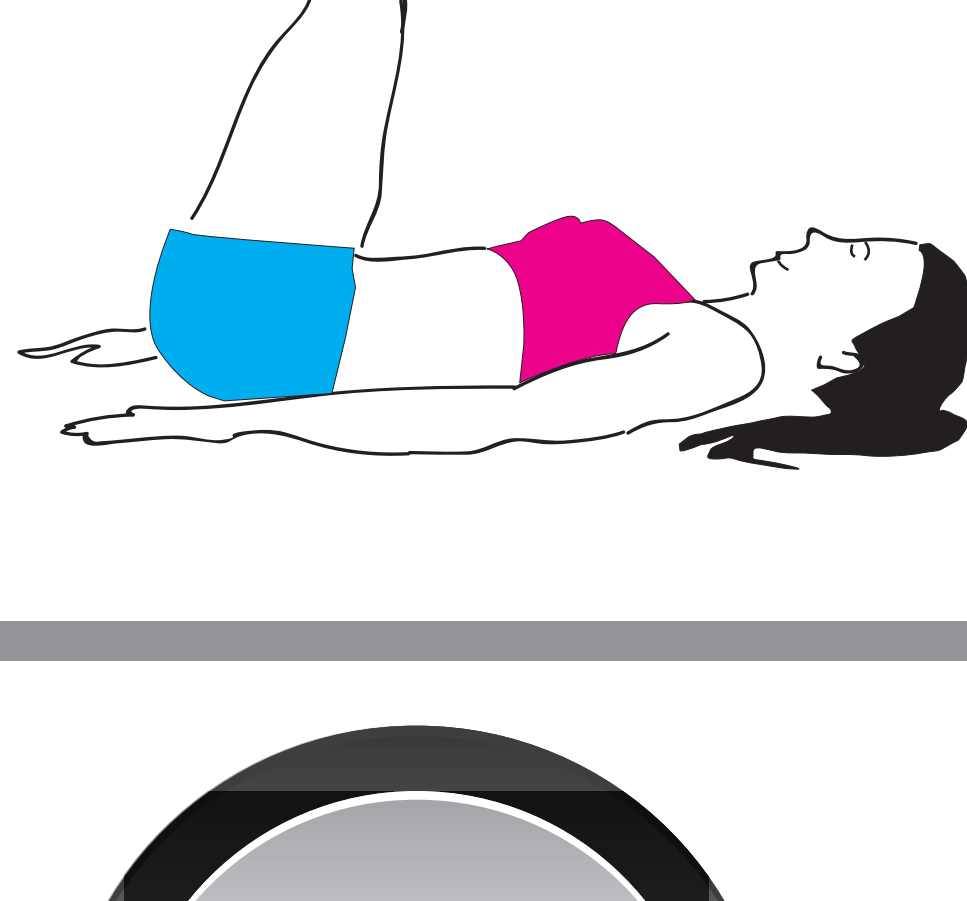


30

Squats

20

Leg Lifts

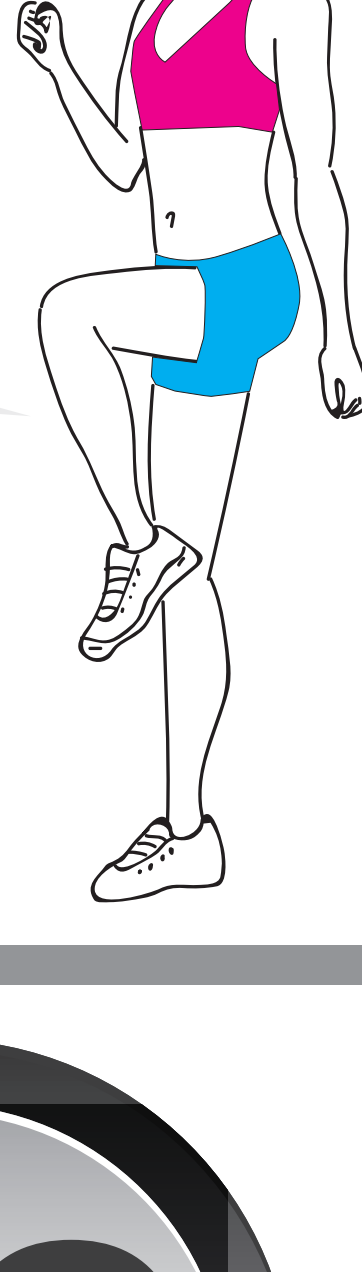


20

Jumping Jacks

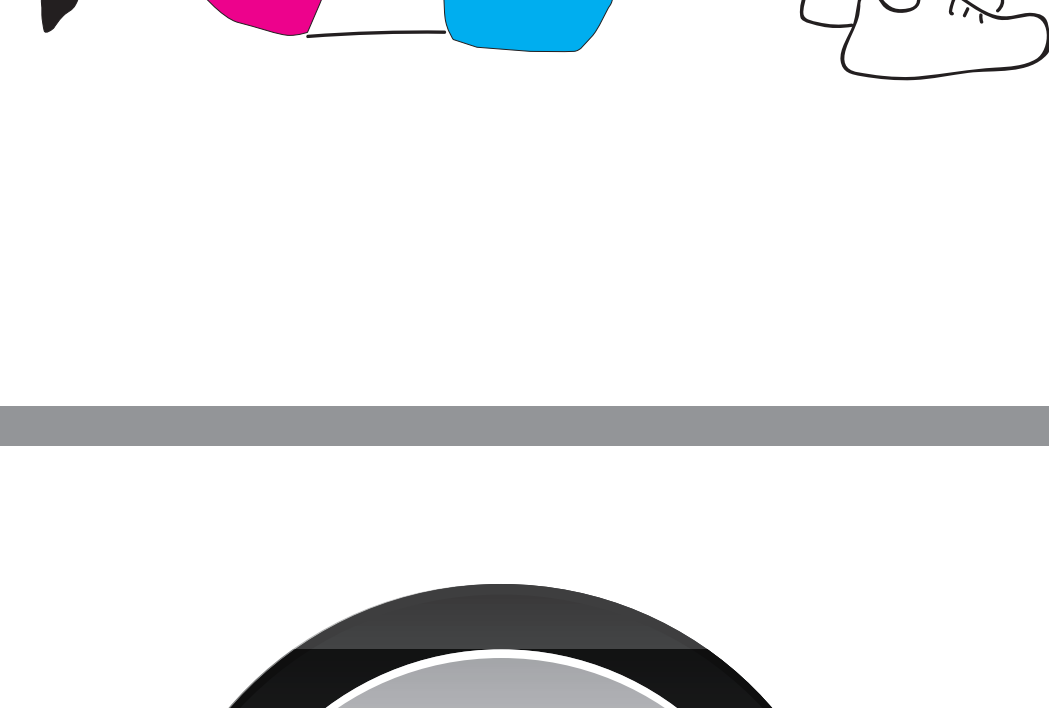
30

High Knees



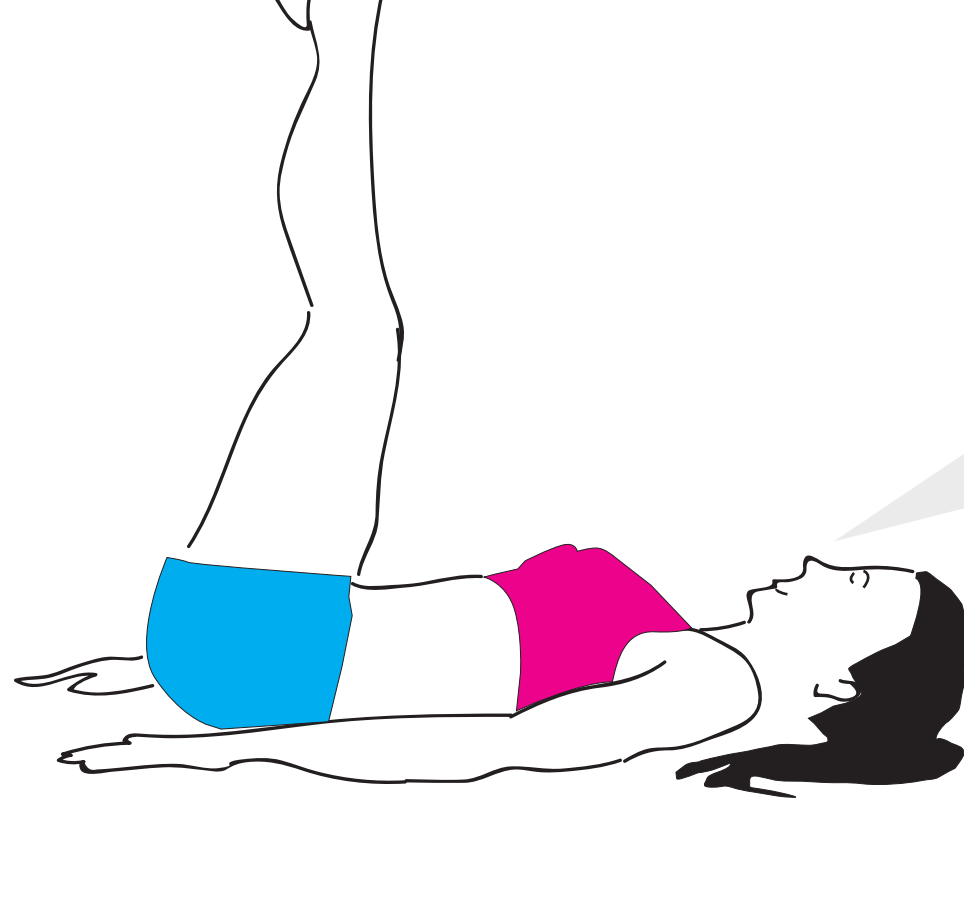
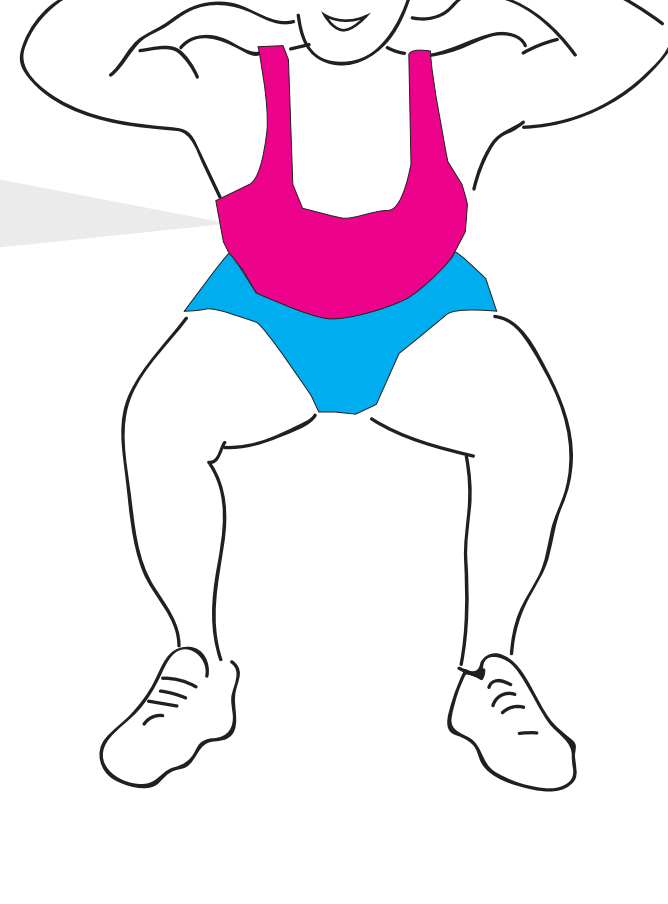
30

Crunches



20

Squats

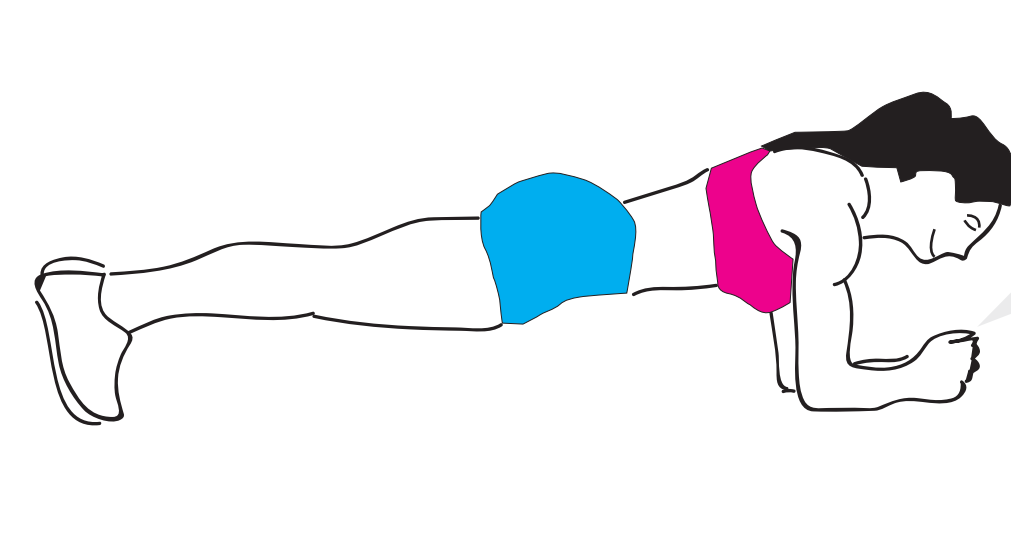
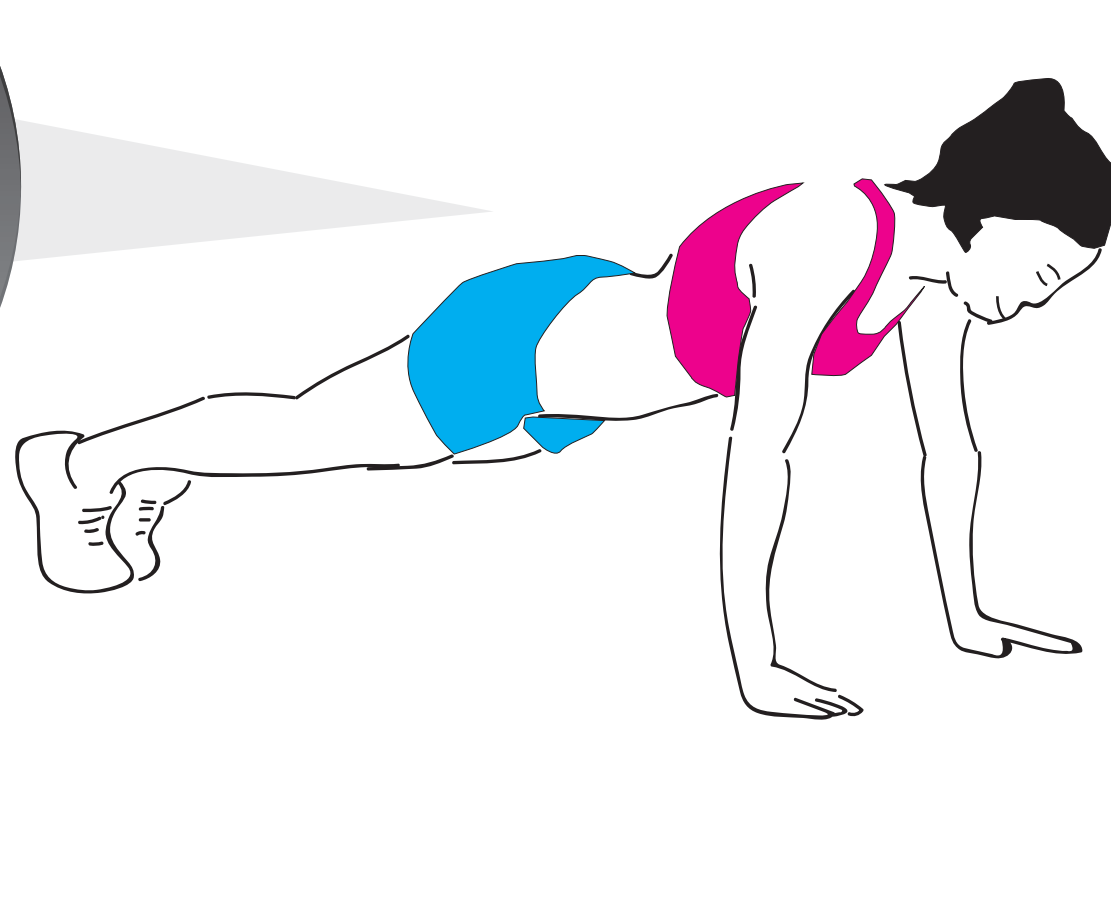


30

Leg Lifts

10

Push-ups



1
Minute

Plank

Brought to you by

change IN seconds

MOTIVATION TO LOSE WEIGHT

www.changeinseconds.com