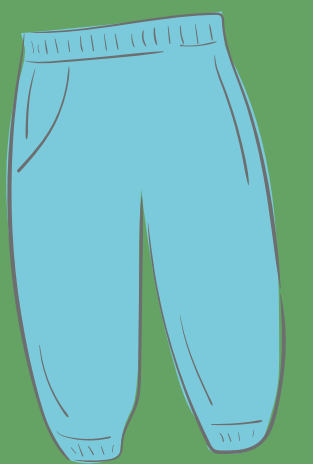




WHOLE BODY WORKOUT STRENGTH

ARMS, LEGS, CORE

- Begin your whole-body workout by warming up with arm circles, jumping jacks, and knee lifts.
- Focus on strengthening your arms with exercises like pushups, chair dips, bicep curls using a water bottle, and quick arm clenches.
- Move on to core exercises such as Superman, planks, and leg lifts.
- Finish with leg exercises including squats, lunges, Bulgarian-split squats on a chair, and donkey kicks for a well-rounded strength training session.



STAY CONSISTENT, STAY MOTIVATED, AND ENJOY
YOUR WHOLE BODY WORKOUT FOR STRENGTH!



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