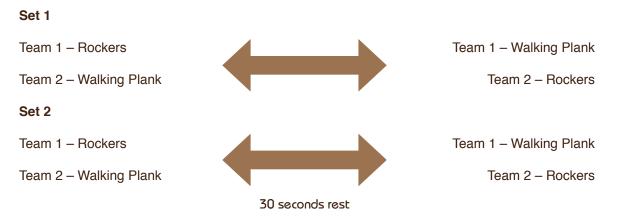
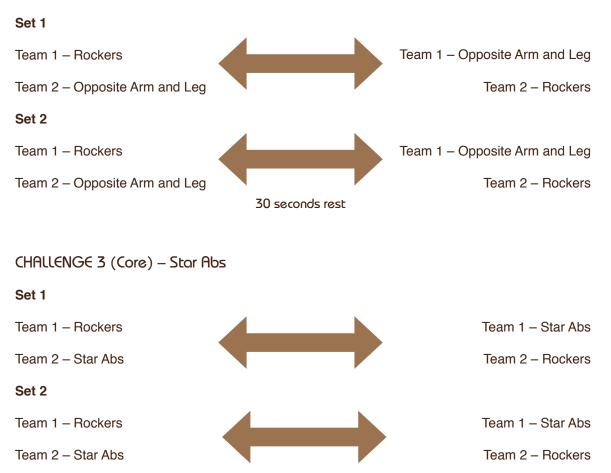


hysical floatfit CHALLENGE

CHALLENGE 1 (Anterior) – Walking Plank



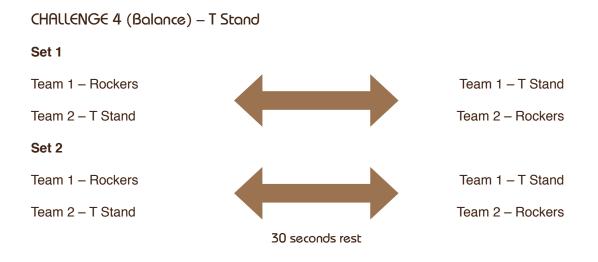
CHALLENGE 2 (Posterior) – Opposite Arm and Leg (Elbow and Knee Touch)



30 seconds rest



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CHALLENGE 5 (legs) - Hip Thrusts

