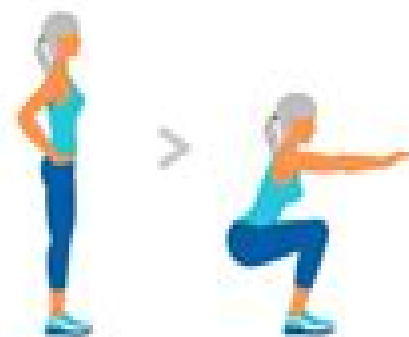


**1** Jumping jacks



**2** High knees  
running to place



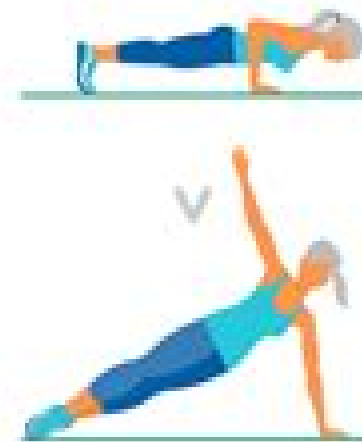
**3** Squat



**4** Wall sit



**5** Lunge



**6** Push-up and  
rotation

# Intensity The Home Workout

**Kathleen Armour**



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