

Flo workout I

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Warm up 2x

Jumping jack 100x

Wide squats 12x

Chest 🔥 3x

Dog push up 10x

Push up 10x

Back 2x

Plank 1m

Swim 30s

Arms & legs back raise 30s

Cobra 30s

s'gascho 🧘 2x

Candle sit up 20x

Wiper 20x

Bicycle crunches	16x
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Russian twist	40x
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1x

Burpee	12x
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Burpee	10x
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Burpee	8x
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