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CARDIO

 St. Joan of Arc



21

Exercise

(Click Charger Logo for Video)

Jump Rope

5 Minutes

Super Set 3 Rotations

Mountain Climbers

30 Seconds

Blurpees

20 Reps

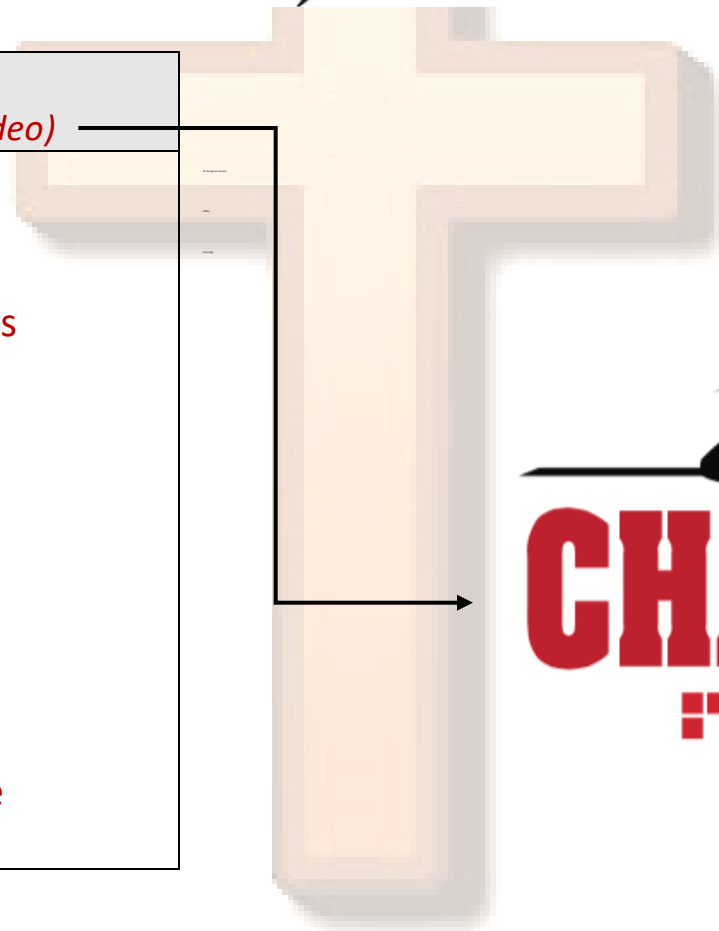
Jumping Jacks

30 Seconds (fast)

2 Leg In Out

30 Reps

10 Minute Jog/ Bike



CHARGERS

 St. Joan of Arc

"...with God, all things are possible..." Matthew 19:26