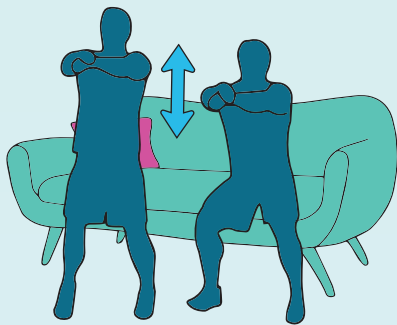


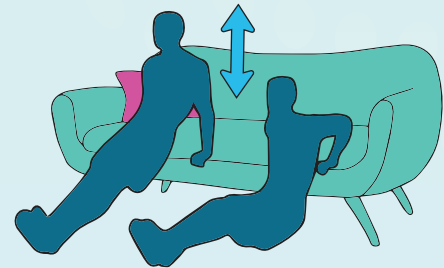
KEEP FIT

FROM YOUR SOFA

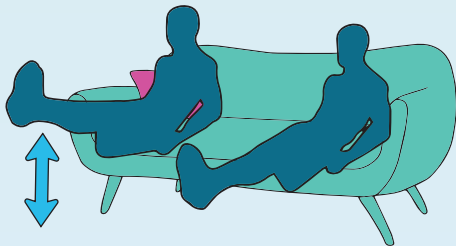
Try each exercise 3 times with a 2 minute rest in between each rep!



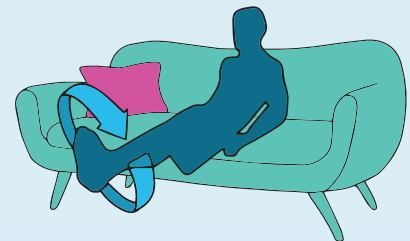
20 half squats



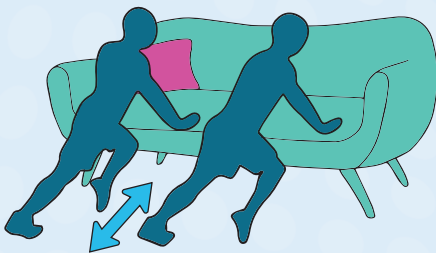
10 sofa dips



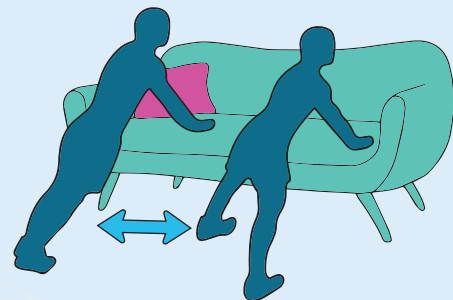
10 leg raises



10 raised leg circles



20 climbers



10 side-to-side sofa walks