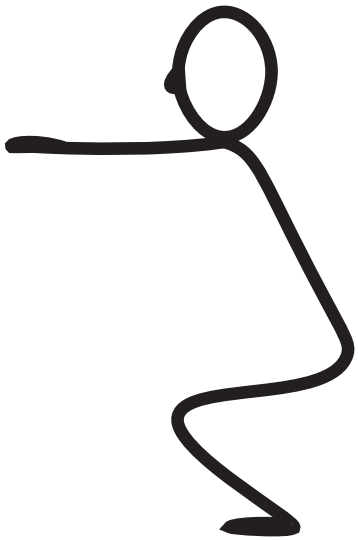
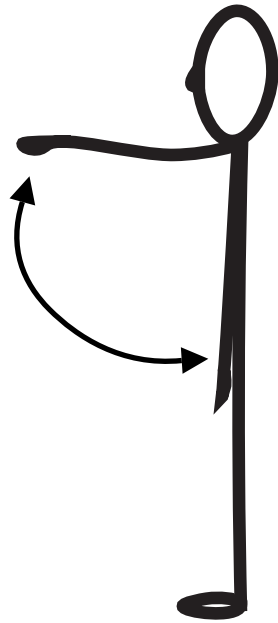


Dr. Zach Bush's

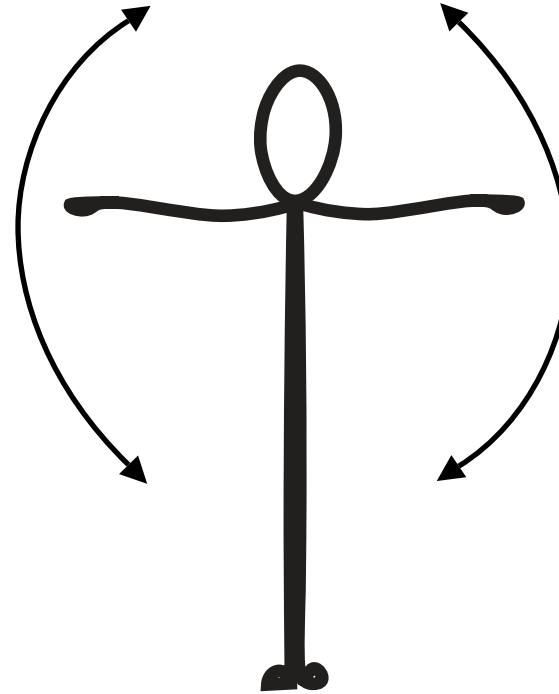
4 Minute Workout



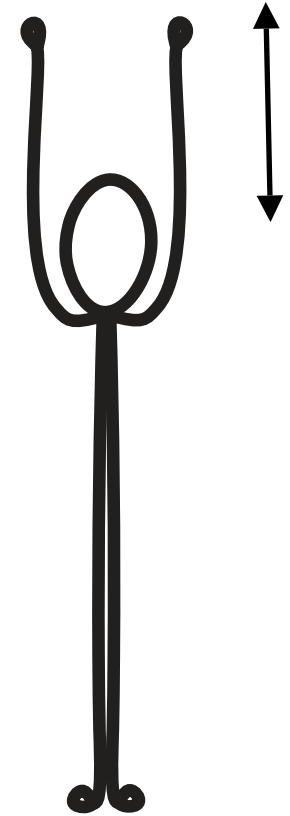
Squats



Arm Lifts



Arm Circles



Arm Lifts

*** Do 10 reps of each movement / THREE TIMES.