## 100 Workout H

Warm-up: Jog in place for 10 seconds

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- 10 Squats
- 10 Lunges
- 10 Frog Jumps
- 10 High Knees
- 10 Sit Ups
- 10 Push Ups
- 10 Jumping Jacks
- 10 Arm Circles
- 10 Arm Curls