

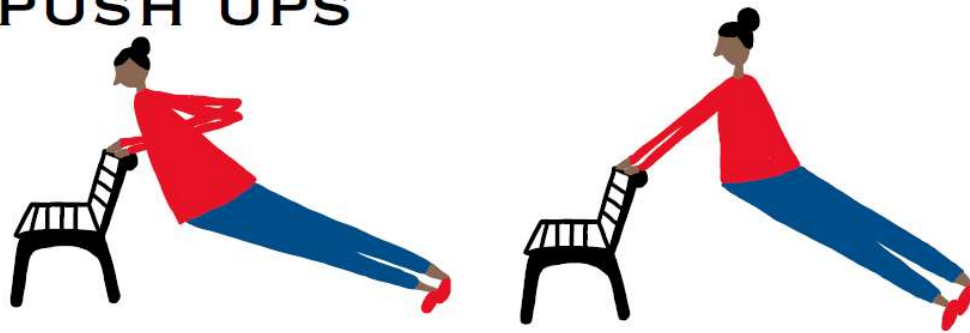
# PARK BENCH WORKOUT

Repeat 3X

## 20 STEP UPS



## 20 PUSH UPS



## 20 JUMPS

