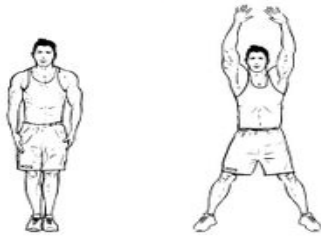
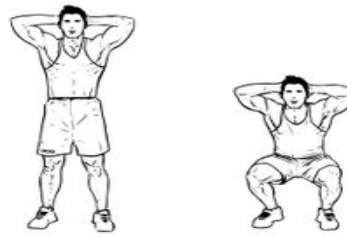


# Ultimate At-Home No Equipment Workout

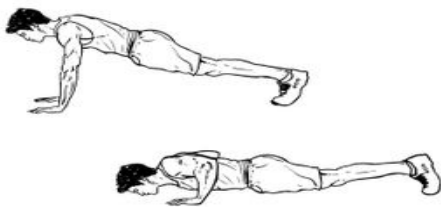
**Jumping Jacks**



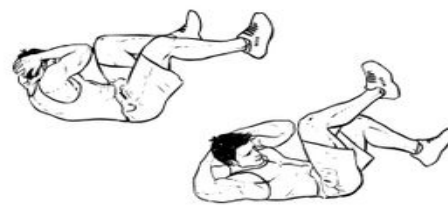
**Bodyweight Squat**



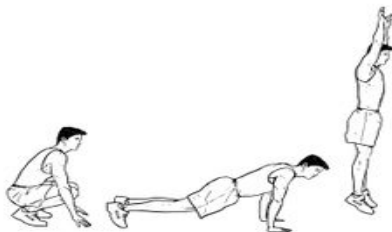
**Pushup**



**Bicycle Crunches / Air Bikes**



**Burpees**



**Mountain Climbers**

