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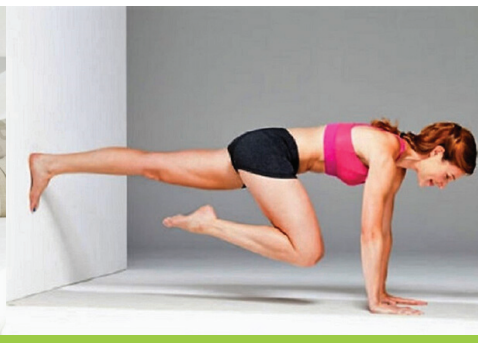
OPTIMAL PERFORMANCE

QUARANTRAIN

STAY STRONG
STAY FIT
STAY HOME

HOUSEHOLD ITEMS AS WEIGHTS

DIPS, PUSH UPS
STEP UPS, WALL SITS
ABS, BENCH
ELEVATED HIP RAISE

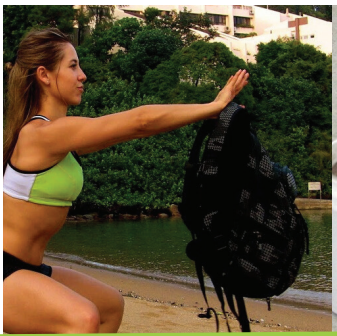


side of bench / chairs / ottoman / stairs / wall / table

SLIDERS

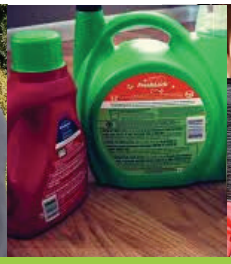
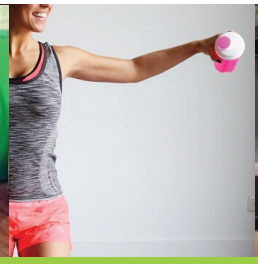
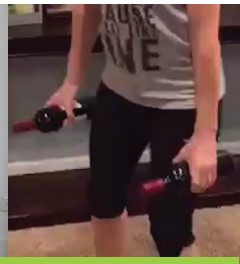
carpet squares / paper plates / towels

KETTLEBELL



towel & laundry / canvas bag with cans

DUMBELLS AND
HEAVIER WEIGHTS

back pack / laundry basket / buckets / water bottles
laundry bottles / wine bottle - no drinking :)