### My Fitness Workout

#### Upper Body Exercises
- Forearm Plank
- Mountain Hold
- Push-ups
- Side Plank
- Seal Hold

#### Lower Body Exercises
- High Knees
- Lunges
- Back Leg Lifts
- Side Lunges
- Tippie Toe Hold

#### Core Body Exercises
- Sit-ups
- “V” Hold
- Straight Leg Hold
- Curl-ups
- Bicycles

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