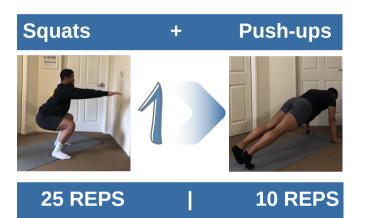


HOME WORKOUT



While being home during these times can be disheartening, there are ways to help beat those blues! Exercise has been proven to help boost moods, improve productivity and brain activity. Try this advanced workout to motivate and re-energize your daily routine.

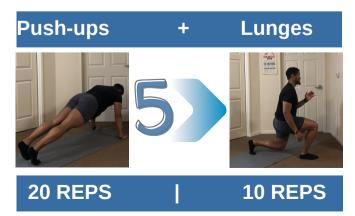


Jumping Jacks+Sit-ups33Image: second second

3 Rounds



Lunges+ Jumping JacksImage: Strain of the s



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