

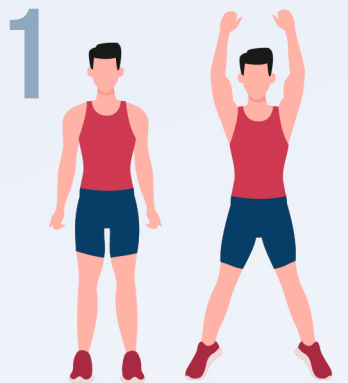
ANTI NGANTUK

Program latihan oleh:

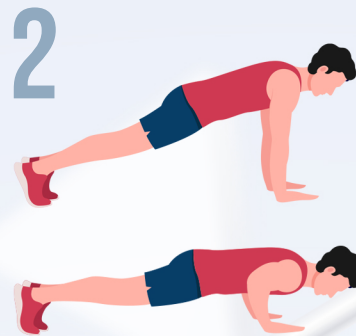
N. Baggaswara

📷 @nbaggaswara

2 Set | Istirahat **20 detik** per gerakan | Istirahat **1 menit** per set



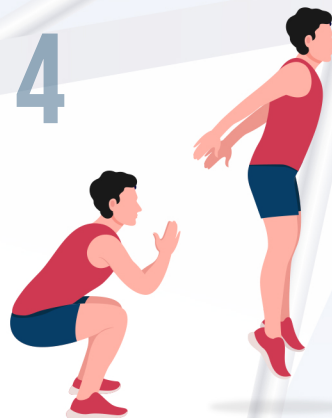
Jumping Jack **20 detik**



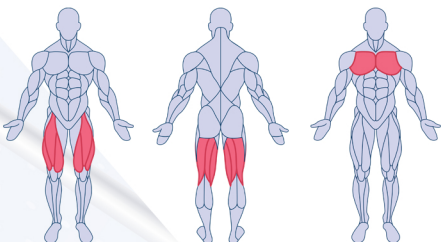
Push-up **10 kali**



Plank **20 detik**



Squat Jump **5 kali**



INFO LENGKAP



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