



Jesse Dunphy Height 5'11" | 180cm Suit 40" | 101cm R Shirt 33" | 84cm Waist 32" | 81cm  
Inseam 31" | 79cm Shoe 10 US | 44 EU Hair Brown Eyes Brown



# ABS + CORE

full workout [fitsqr.ca](https://fitsqr.ca)



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# FITSQR

10 AM EVERY MORNING  
ON IG LIVE!

30 MIN HIIT  
(HIGH INTENSITY  
INTERVAL TOTAL  
BODY WORKOUT)

DAILY HOME WORKOUTS

6 EXERCISES

3 BODY WEIGHT EXERCISES

3 HIGH INTENSITY CARDIO  
EXERCISES

4 MINUTES OF ABS

30 MINUTES

HAVE FUN!



FITSQR



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