

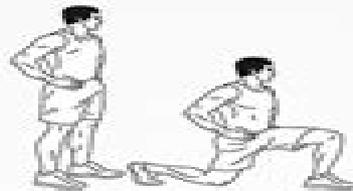
Total Body

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30 seconds rest between sets - 2 minutes rest between exercises



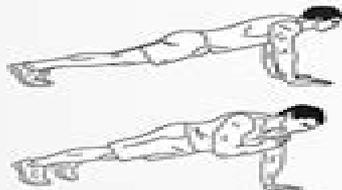
10 squats x 4 sets



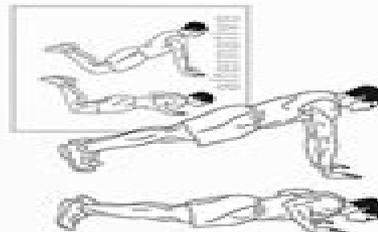
10 lunges x 4 sets



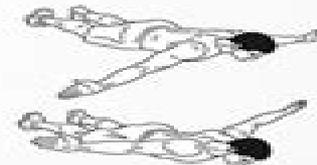
10 calf raises x 4 sets



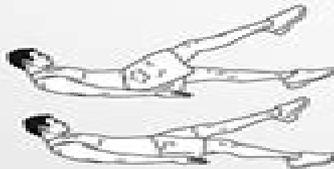
20 shoulder taps x 4 sets



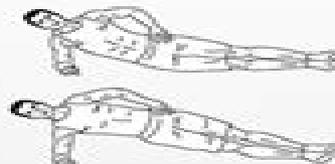
5 push-ups x 4 sets



10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

Learn Body Workout Guide

J. R. Bachtler



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The Complete Idiot's Guide to Quick Total Body Workouts Tom Seabourne Ph.D.,2012-02-07 Earn the body you've been waiting for with the ultimate guide to quick and easy total body workouts Today people are busier than ever before often at the expense of their health *The Complete Idiot's Guide to Quick Total Body Workouts* acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym home or office The exercises are as effective as they are easy to follow giving readers great looking results in no time *12 Week Workout Plan* Scorpio Digital Press,2025-07-15 Body Building Plan and Scheduled Workout If you go searching you'll be able to see that the health and fitness trade is full of corporations who promise you fast weight loss or the tested set up hoping to part you from your hard earned money The truth is most of those are trifling and you aren't attending to see results The best results don't come from a drink or a pill most of the results that you see from these is because the placebo effect and people are willing to work more durable on their diet and exercise program once taking the pill instead of however nice the pill works Diet and exercise are the foolproof ways in which for you to slim down It does not matter what your best friend has used when you eat the right foods and exercise hard enough you are going to get results And it's not all regarding count calories although this is very important You need to select out the correct varieties of food A bag of M you'll quickly catch on and see some wonderful results After simply a couple of weeks you will feel stronger see more lean muscle in your body and even see some amazing weight loss Just follow the program outlined and go through each phase and the results are yours In this guidebook you will get all the workouts that you need to keep busy and see results in just 12 weeks In addition we will spend some time talking about stretching how to get the proper nutrition and some tips to stay safe while working out This is AN intense program however it's meant to provide you results In just a few weeks you will feel stronger and will start bragging about how great you look Scroll up the page and click on BUY NOW for getting plan scheduled

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