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One-armed Dumbbell Or Kettlebell Row Kettlebell Clean And Press Jump Rope Rest Station Running In Place With High Knees Or High Kicks This Is A Timed Circuit. Have Clients Perform Each Exercise For 30 Seconds, With 30 Seconds Of Rest Between Exercises. Clients Should Complete The Circuit Three Times. Rm.' Scanlin. M.S. 42 FITNESS MANAGEMENT ... 3th, 2024

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6. BENCH RUNS - JUMP ROPE 7. DB MEET THE QUEEN LUNGES 8. BENCH HIP BRIDGE 9. MED BALL JUMPS SqUATS 10. WALL SITS Metabolic Bodyweight After Burn Crusher As One Round, Perform As Many Reps As Possible For Each Exercise For 45 Seconds Followed By 15 Seconds Rest One After The Other, With No Rest In Between. After You Complete All 10 Exercises Rest 19th, 2024

**SHREDDED NEXT LEVEL Workout Plan By Guru Mann**

CARDIO &20min& Treadmill&Running&! 5min&Jogging&! 15min&Running& & 5min& 15min& &&&&& 6kmph& 12kmph& NOTE: There Is No Rest In Between The Super Set And Drop Set, Do 2 Exercises Back To Back. Rest 1-2mins After Super Set. ARMS (biceps & Triceps) ! Exercises! Reps/set! Set! 16th, 2024

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List And Eat / Drink Something Every 3-4 Hours Or So. Post Workout 930am 1230 Meal 330pm 630pm Meal Evening Snack Eggs, Or Hard Boiled Egg, Peanut Butter A Meal Replacement Bar Or Post Workout Protein Shake - Green Leafy Lettuce Salad With Roasted Chicken Or Tuna Fish, Fruit Salad- Variety Shake Opt 12th, 2024

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