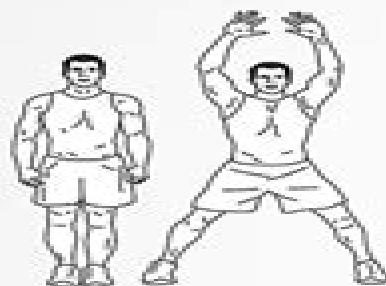


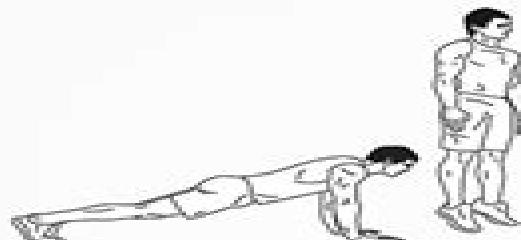
Quick Start

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3 sets 2 minutes rest between sets



10 jumping jacks



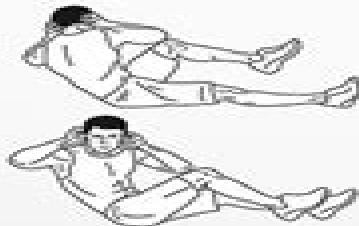
5 basic burpees (no push-up)



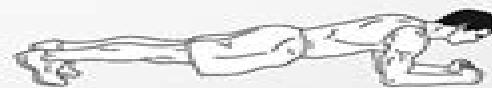
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Quick Start Fitness Workout

Mark Vella

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World Tennis ,1986-12 **New quick, easy way to flatten your stomach** Ann Dugan,1985 *USA Today* ,2006-07

Exercise Physiology for Health Professionals Stephen R. Bird,1992 **Anatomy for Strength and Fitness Training** Mark Vella,2006-08-22 Contains full color drawings demonstrating how the various muscle groups are used during the most popular exercises with tips for good form expert commentary on each exercise and specific exercise programs for muscle tone and flexibility

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