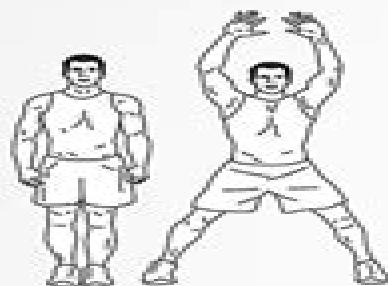


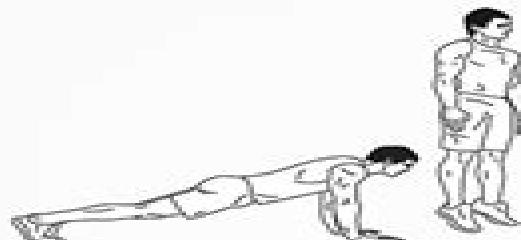
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3 sets 2 minutes rest between sets



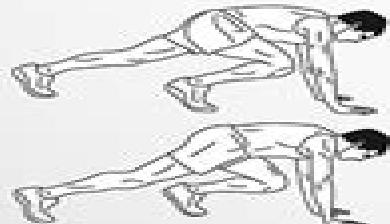
10 jumping jacks



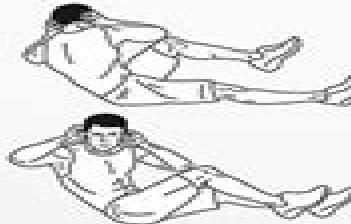
5 basic burpees (no push-up)



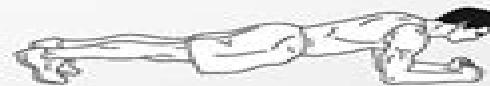
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

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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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