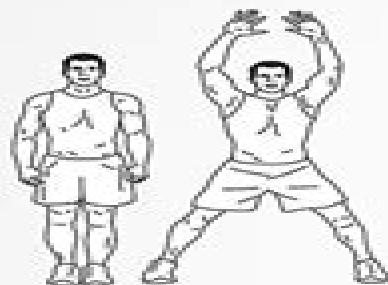


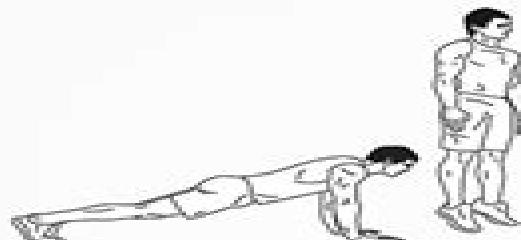
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3 sets 2 minutes rest between sets



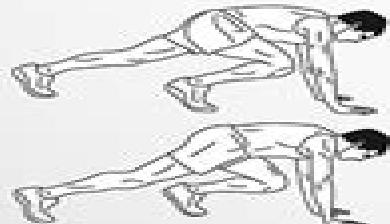
10 jumping jacks



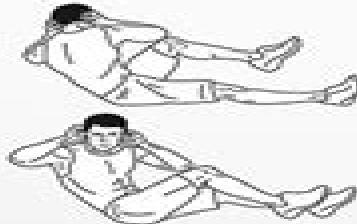
5 basic burpees (no push-up)



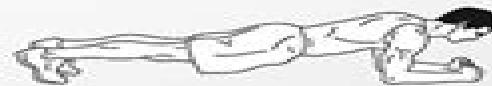
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Quick Start Fitness Workout

Robert Kennedy,Dwayne Hines, II

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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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inhalt u boot bunker in brest der leser begleitet buchheim auf seiner odyssee durch ein vom krieg zerstörtes europa die geschichte beginnt mit dem einlaufen von u 96 in saint nazaire nach der zweiten feindfahrt des kriegsberichters buchheims auf dem boot

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produktbeschreibung frühjahr 1944 die feindfahrten der deutschen u boote sind längst himmelfahrtskommandos geworden u 96 ist noch einmal davongekommen der kommandant wird flottillenchef in brest der kriegsberichterstatter buchheim wird nach berlin beordert

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