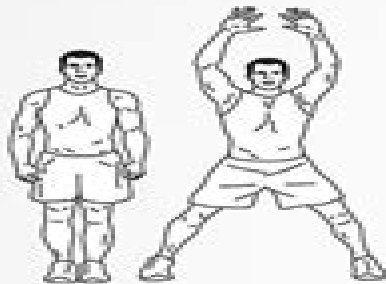


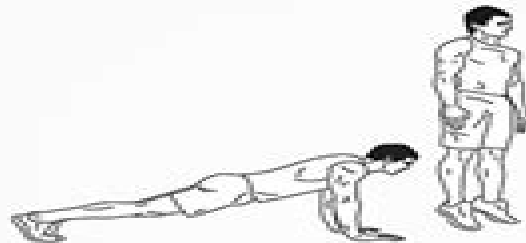
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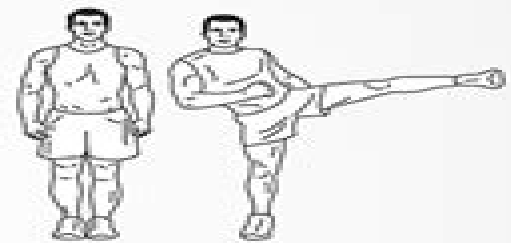
**3 sets** 2 minutes rest between sets



**10** jumping jacks



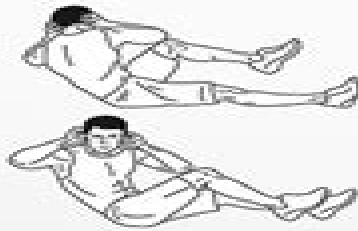
**5** basic burpees ( no push-up)



**10** side leg raises



**10** climbers



**10** knee-to-elbow crunches



**20sec** elbow plank hold

# Fitness Workout Quick Start

**A Gutmann**



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**The New Rules of Marathon and Half-Marathon Nutrition** Matt Fitzgerald,2013-02-12 From sports nutritionist running coach and author of *Racing Weight* cutting edge nutrition information training tips and strategies for runners *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction [Listen and Lose Weight](#) Glenn Harrold,2007-10-28 Losing weight is all in your head Imagine if the first step to losing weight were as simple as listening to a CD The truth is simply imagining a fit and healthy you while in a deeply relaxed state will lay the foundation for lasting change With two 30 minute self hypnosis programs on CD [Listen and Lose Weight](#) and its accompanying audio hypnosis CD will help you learn to reprogram your mind on a deep subconscious level Maintaining a healthy lifestyle becomes second nature when you Create new positive patterns of behavior Form a lasting desire to eat healthily and remain fit Build strong self esteem and inner confidence Program your mind to achieve your weight loss goal without struggle

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