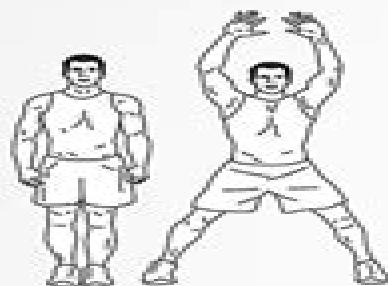


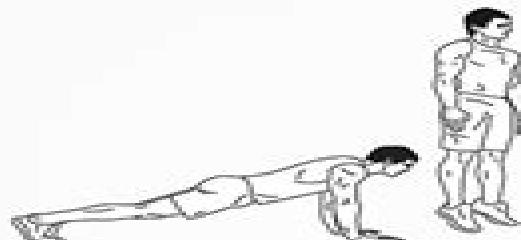
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3 sets 2 minutes rest between sets



10 jumping jacks



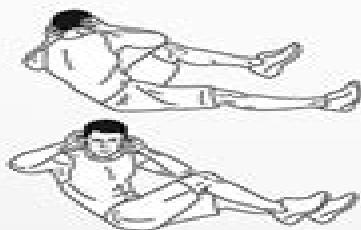
5 basic burpees (no push-up)



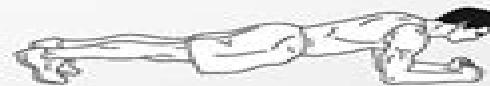
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

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Joyce L Vedral, PH D,Joyce Vedral

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Sane Fitness QuickStart Beverley Caen,2006-09 This attractive card set hailed by Prevention magazine and by The New York Times as the preferred fitness deck provides a concise practical and easy to fit in exercise routine that is perfect for any busy woman Full color photographs of every exercise high quality cardstock and a bonus lanyard make this a perfect workout companion

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The Gym Survival Guide Gregg Cook,Fatima D'Almeida-Cook,2008 Yoga kickboxing spinning weights cardio machines the gym can leave novices bewildered What is all that equipment for and how do you use it This survival manual is the antidote to gym confusion It shows newcomers the ropes serving up savvy advice that will get them fearlessly on the road to becoming healthier slimmer and stronger From an overview of membership types including questions to ask before signing to help on determining your goals from creating a well rounded fitness program to thoroughly illustrated explanations of every type of class and equipment this volume has it all There s information on resistance cardiovascular core and flexibility training as well as descriptions of the different gym areas You ll even find a Code of Gym Conduct

Bowker's Complete Video Directory ,2000 **Yoga Gym** Nicola Jane Hobbs,2015-12-17 Yoga Gym gives you the training nutrition and motivational tools to sculpt a strong body and build a strong mind This effective 28 day yoga training plan will get you strong and supple build strength improve mobility and burn fat Blends together traditional yoga poses with dynamic bodyweight strength training techniques Designed for both men and

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Visual Fitness David L. Cook, 2004 Outlines an effective seven minute a day program designed to improve poor eyesight and enhance the brain to eye connection explaining how to eliminate blurred vision double vision mental fatigue physical exhaustion and headaches by enhancing peripheral and night vision dexterity endurance c

Exercise Physiology for Health Professionals Stephen R. Bird, 1992 **The Etude**, 1909 A monthly journal for the musician the music student and all music lovers **Etude Music Magazine** Theodore Presser, 1909 Includes music *Fitness for Everyone* *World Tennis*, 1986-12

USA Today, 2006-07 **Fit & Well** Thomas Davin Fahey, Paul M. Insel, Walton T. Roth, 2007 *Coaches Guide to Sport* *Physiology* Brian J. Sharkey, 1986 **Perspectives in Nutrition** Gordon M. Wardlaw, 1993

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