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Women's 6-8 Minute Workout - Total Gym

Date Card # Exercise Name Incline Reps Sets Level (12-15) (1-3) 72 Toe Touch Biceps Curl 73 Toe Touch Row 74 Toe Touch Upright Row 33 Outer Hip & Thigh 43 Seated Biceps Curl 33 Outer Hip & Thigh 19 Shoulder Press 75 Core Extension 19 Shoulder Press 75 Core Extension Women's 6-8 Minute Workout Days 5 & 6 Day 5 Workout Dat 13th, 2024

Kid's Workout - Total Gym

Kid's Workout Workout Option #1 Date Card # Exercise Name Resistance Reps Sets Level 27 Squat 29 Single Leg Squat 35 Single Leg Jumping Squat 71 Lying Leg Curl With Crunch 7 Pull-Up 5 Incline Push-Up 44 Lying Triceps 43 Seated Biceps Curl Workout Option #2 This Program Is Ideal For Kids Beg 23th, 2024

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Monday - Workout 1 - Total Body Workout

Kettlebell Rack Hold With 53kg. (Video Shows Mark Twight Showing The Tailpipe Workout) What Mark Twight Likes To Do Is Have People Partner Up. So, Henry Cavill Will Do The 250m Rowing, While His Trainer Is Holding The Kettlebell. Then, Henry

Cavill And His Trainer, Mark Twight, Switch Place 15th, 2024

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Remember The Likes Of Steve Reeves And Company Performing Full Body Workouts, 9 Quick Total Body Workouts No Equipment Needed Gym Optional No Equipment Necessary Workouts For All Fitness Levels You Can Do This Full Body Workout If You Do It Right, For A Beginner S Workout To Be Effective The 21th, 2024

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