

daily workout

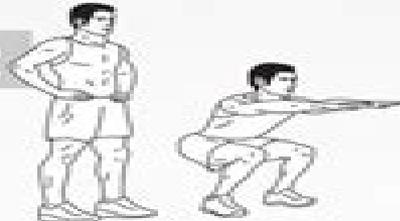
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1



10 jumping jacks

2



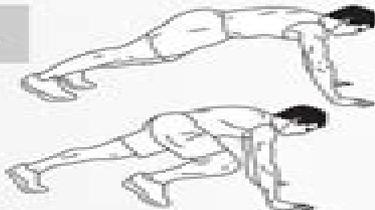
10 squats

3



5 push-ups

4



10 climbers

5



10 plank jump-ins

6



10 high knees

7



10 knee pull-ins

8



10 cross crunches

9



10 leg raises

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Daily Work Outs 3

Hussin A.Rothana



Daily Work Outs 3:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Daily Work Outs 3**

In a global inundated with screens and the cacophony of quick connection, the profound energy and mental resonance of verbal beauty often fade in to obscurity, eclipsed by the constant barrage of noise and distractions. However, nestled within the musical pages of **Daily Work Outs 3**, a fascinating function of literary elegance that impulses with fresh feelings, lies an remarkable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this interesting opus guides visitors on a psychological odyssey, delicately exposing the latent potential and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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