

45-MINUTE FULL BODY SUPERSET WORKOUT

SUPERSET A CHEST + BACK

- DUMBBELL BENCH PRESS
 - BARBELL BENT ROW – 12 reps
- 4 rounds – Rest 60 sec

SUPERSET B LEGS + SHOULDERS

- FRONT SQUAT – 10 reps
 - DB SHOULDER PRESS – 12 reps
- 4 rounds – Rest 60 sec

SUPERSET C GLUTES + LATS

- ROMANIAN DEADLIFT – 12 reps
 - LAT PULLDOWN/PULL-UP – 10-12 reps
- 3 rounds – Rest 45 sec

SUPERSET D CHEST + ARMS

- INCLINE DB FLY/PRESS – 12-15 reps
 - HAMMER CURLS – 12-15 reps
- 3 rounds – Rest 45 sec

SUPERSET E

- PLANK SHOULDER TAPS – 20
– 20 reps

CORE FINISHER

- MOUNTAIN CLIMBERS – 30 sec

Anybodys Workout

Rosina Ehmman



Anybodys Workout:

Anybodys Workout Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Anybodys Workout**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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