

DIFFICULTY

BEGINNER : 1 SET
INTERMEDIATE : 2 SET
ADVANCED : 3 SET

HIT WORKOUT

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1



BUTT KICK

20 SEC



10 SEC REST

2



MOUNTAIN CLIMBER

3



PUSH-UP TOE TOUCH

20 SEC



10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC



10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC



60 SEC REST / 1 ROUND

8



BIRD DOG

Work Out Guide For Military

A Loxley



Work Out Guide For Military:

Work Out Guide For Military Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Work Out Guide For Military**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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