

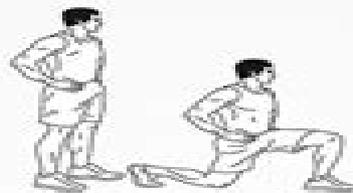
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30 seconds rest between sets - 2 minutes rest between exercises



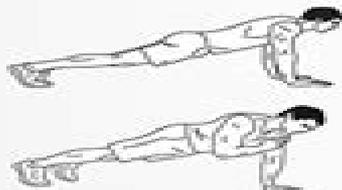
10 squats x 4 sets



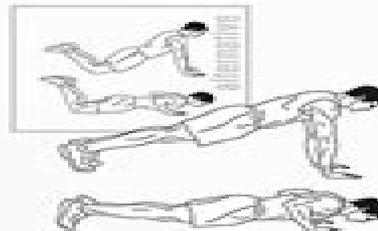
10 lunges x 4 sets



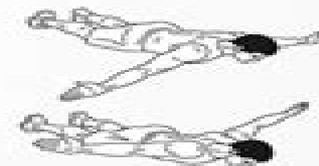
10 calf raises x 4 sets



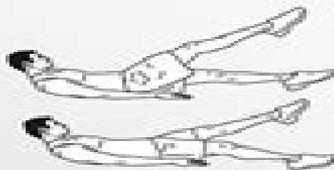
20 shoulder taps x 4 sets



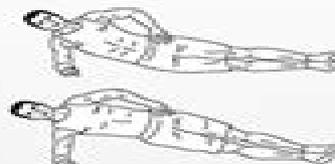
5 push-ups x 4 sets



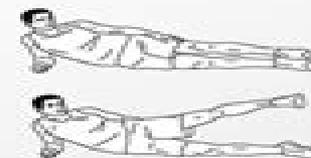
10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

Total Workout For Men Only

Jicheng Xie



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