

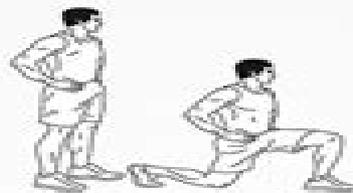
# Total Body

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30 seconds rest between sets - 2 minutes rest between exercises



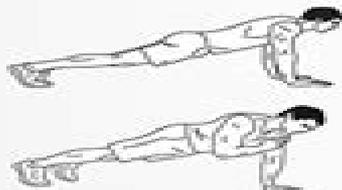
**10 squats x 4 sets**



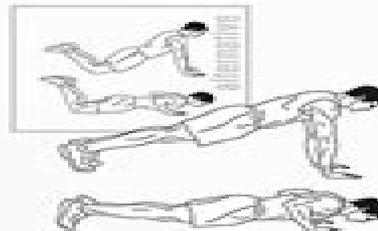
**10 lunges x 4 sets**



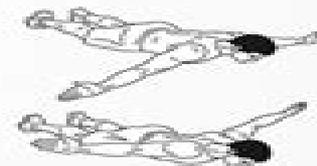
**10 calf raises x 4 sets**



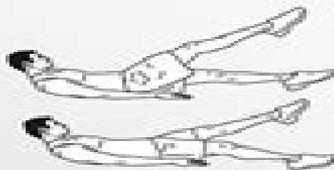
**20 shoulder taps x 4 sets**



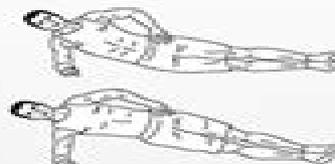
**5 push-ups x 4 sets**



**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 Body Workout

**M Planty**



**Total Body Workout:**

## Decoding **Total Body Workout**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Total Body Workout**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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