

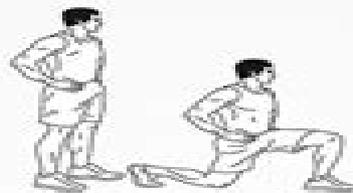
# Total Body

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30 seconds rest between sets - 2 minutes rest between exercises



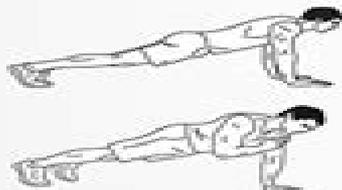
**10 squats x 4 sets**



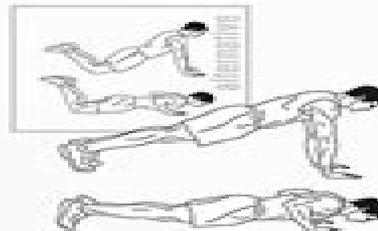
**10 lunges x 4 sets**



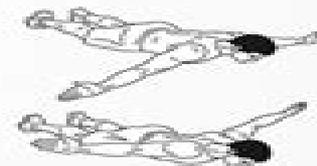
**10 calf raises x 4 sets**



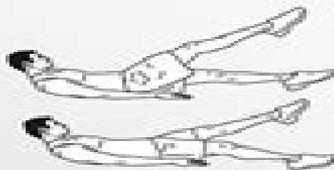
**20 shoulder taps x 4 sets**



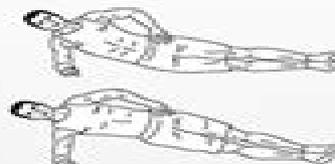
**5 push-ups x 4 sets**



**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 Home Workout

**M Woodhall**



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## **Table of Contents Total Home Workout**

1. Understanding the eBook Total Home Workout
  - The Rise of Digital Reading Total Home Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Total Home Workout
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Total Home Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Total Home Workout
  - Personalized Recommendations
  - Total Home Workout User Reviews and Ratings
  - Total Home Workout and Bestseller Lists
5. Accessing Total Home Workout Free and Paid eBooks
  - Total Home Workout Public Domain eBooks
  - Total Home Workout eBook Subscription Services
  - Total Home Workout Budget-Friendly Options

6. Navigating Total Home Workout eBook Formats
  - ePub, PDF, MOBI, and More
  - Total Home Workout Compatibility with Devices
  - Total Home Workout Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Total Home Workout
  - Highlighting and Note-Taking Total Home Workout
  - Interactive Elements Total Home Workout
8. Staying Engaged with Total Home Workout
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Total Home Workout
9. Balancing eBooks and Physical Books Total Home Workout
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Total Home Workout
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Total Home Workout
  - Setting Reading Goals Total Home Workout
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Total Home Workout
  - Fact-Checking eBook Content of Total Home Workout
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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