

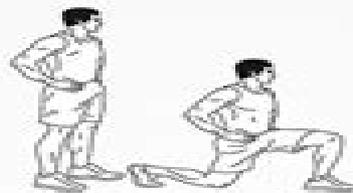
# Total Body

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30 seconds rest between sets - 2 minutes rest between exercises



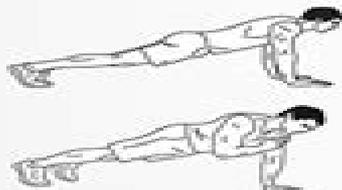
**10 squats x 4 sets**



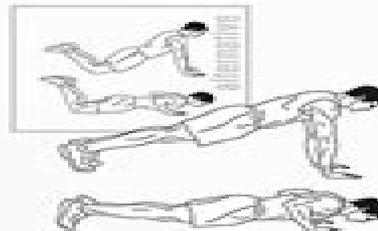
**10 lunges x 4 sets**



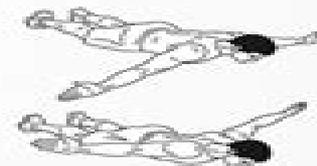
**10 calf raises x 4 sets**



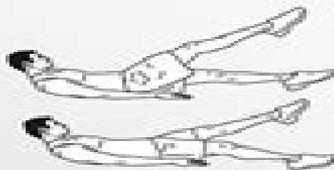
**20 shoulder taps x 4 sets**



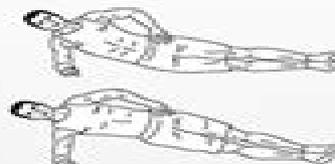
**5 push-ups x 4 sets**



**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

**J Spring**



**Total Body Workout:**

## Whispering the Strategies of Language: An Psychological Quest through **Total Body Workout**

In a digitally-driven world where displays reign great and quick conversation drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases usually go unheard. Yet, situated within the pages of **Total Body Workout** a fascinating fictional treasure blinking with natural emotions, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, that marvelous opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the cloth of each word. Within the mental depths of this poignant review, we shall embark upon a heartfelt exploration of the book is primary subjects, dissect their fascinating publishing type, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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