

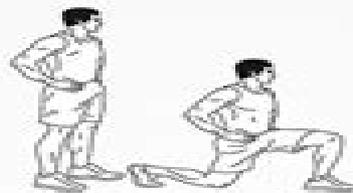
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30 seconds rest between sets - 2 minutes rest between exercises



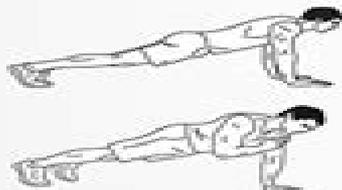
10 squats x 4 sets



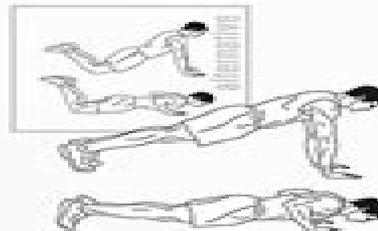
10 lunges x 4 sets



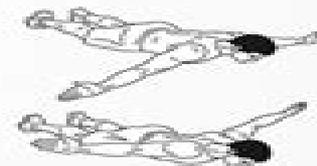
10 calf raises x 4 sets



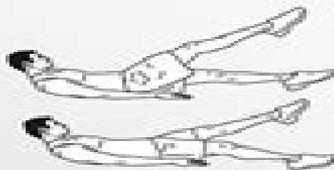
20 shoulder taps x 4 sets



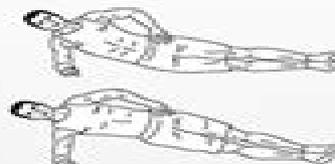
5 push-ups x 4 sets



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

Yi-Tong Ma



Total Body Workout:

The book delves into Total Body Workout. Total Body Workout is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Total Body Workout, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Total Body Workout
 - Chapter 2: Essential Elements of Total Body Workout
 - Chapter 3: Total Body Workout in Everyday Life
 - Chapter 4: Total Body Workout in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Total Body Workout. The first chapter will explore what Total Body Workout is, why Total Body Workout is vital, and how to effectively learn about Total Body Workout.
3. In chapter 2, the author will delve into the foundational concepts of Total Body Workout. The second chapter will elucidate the essential principles that must be understood to grasp Total Body Workout in its entirety.
4. In chapter 3, this book will examine the practical applications of Total Body Workout in daily life. The third chapter will showcase real-world examples of how Total Body Workout can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Total Body Workout in specific contexts. The fourth chapter will explore how Total Body Workout is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Total Body Workout. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Total Body Workout.

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