

## 45 MIN WORKOUT

### AGE 18-25



#### Exercises

- 10 sit ups
- 25 push ups
- 20 squats
- 15 lunges
- 15 sec plank
- 25 crunches
- 35 jumping jacks

### AGE 26-34



#### Exercises

- 20 sit ups
- 15 push ups
- 10 squats
- 25 lunges
- 30 sec plank
- 25 crunches
- 10 jumping jacks

### AGE 34-42



#### Exercises

- 15 sit ups
- 25 push ups
- 15 squats
- 25 lunges
- 40 sec plank
- 25 crunches
- 50 jumping jacks

### AGE 43-49



#### Exercises

- 10 sit ups
- 5 push ups
- 20 squats
- 15 lunges
- 15 sec plank

# Expert Home Workout Full Tutorial For Students 6375

**RM Cervero**



**Expert Home Workout Full Tutorial For Students 6375:**

## Unveiling the Magic of Words: A Report on "**Expert Home Workout Full Tutorial For Students 6375**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Expert Home Workout Full Tutorial For Students 6375**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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