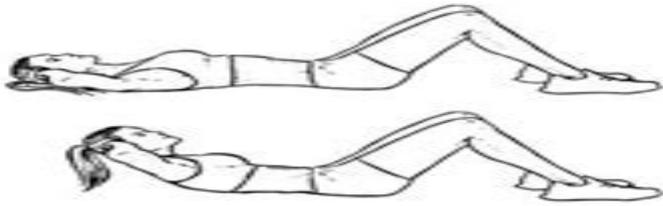


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Crunches  
2 sets / 15 reps



Donkey Kicks  
2 sets / 8 reps



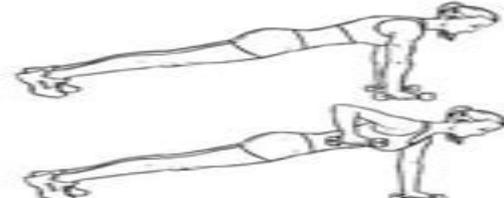
Modified / Knee Push-ups /  
Pushups  
2 sets



Lateral / Side Shoulder  
Dumbbell Raises / Power



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Shoulder Press



Renegade / Alternating  
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# How To Use Home Workout For Beginners 38133

**Ying-Ying Zheng**



## **How To Use Home Workout For Beginners 38133:**

## Unveiling the Magic of Words: A Overview of "**How To Use Home Workout For Beginners 38133**"

In some sort of 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 actually awe-inspiring. Enter the realm of "**How To Use Home Workout For Beginners 38133**," a mesmerizing literary masterpiece penned with 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 impact on the souls of its readers.

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