

BODY EXERCISES

30 SECONDS REST BETWEEN SETS - 2MINUTES REST BETWEEN EXERCISES



10 squats x 4 sets



10 lunges x 4 sets



20 calf raises x 4 sets



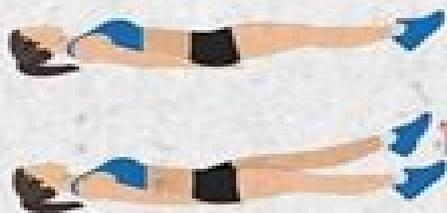
20 shoulder taps
x 4 sets



5 push-ups
x 4 sets



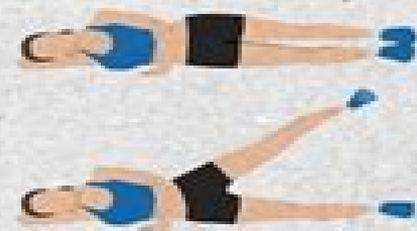
10 prone reverse flys
x 4 sets



20 flutter-kicks
x 4 sets



10 side bridges
x 4 sets



40 side leg raises
x 2 sets

Trending Home Workout 2025 1756

Léo Pomar



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