

QUICK MORNING WORKOUT

no equipment required



20 jumping jacks



20 lunges



20 sec plank



20 pushups



20 mountain climbers

Do three sets - rest one minute in between each set

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JE Gale



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Monthly Catalog of United States Government Publications United States. Superintendent of Documents,1987
February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications
September issue includes List of depository libraries June and December issues include semiannual index **Scientific
American** ,1919 Monthly magazine devoted to topics of general scientific interest **Monthly Catalogue, United States
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Tasmania* Tasmania. Parliament,1909 Congressional Record United States. Congress,1976 The Congressional Record is
the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in
session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates
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The London Corn Circular ,1922 *Report* Great Britain. Ministry of Health,1956 *A Catalog of Books Represented
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