

CIRCUIT ONE - 7 MINUTES

Rebound Lunge

20 REPS
10 PER SIDE



Lay-Down Push-Up

15 REPS



X-Mountain Climber

30 REPS
15 PER SIDE



Straight-Leg Raise

15 REPS



CIRCUIT TWO - 7 MINUTES

Bench Jump

15 REPS



Tricep Dip

15 REPS



Commando

24 REPS
12 PER SIDE



Single-Leg Ab Bike

24 REPS
12 PER SIDE



Bbg Nutrition Plan

Lei Shi



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web 3 could may you open the window a bit please 4 he can could be french judging by his accent 5 may can you play the piano 6 listen please you may not might not speak during this exam 7 they can t may not still be out 8 you couldn t might not smoke on the bus 9 with luck tomorrow can could be a sunny day

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web exercise on how to use can could and may to ask permission or offer something explanation of can could may with permission and offering you must ask permission or offer to do something use the auxiliary in brackets example of asking permission you want to borrow my pen can

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web apr 29 2016 exercises can may and could worksheet can may and could worksheet april 29 2016 complete the following sentences using appropriate modal auxiliaries 1 you can may ask whatever questions you have 6 you must not cannot should not smoke in the kitchen 7

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web mar 28 2015 exercise 1 can could may or might they can might be gone for the next two weeks but they haven t told anyone you may might go home at this time as there is nothing left to do could may you open the door for me please she can could

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