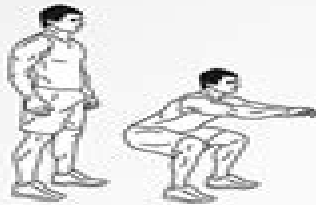


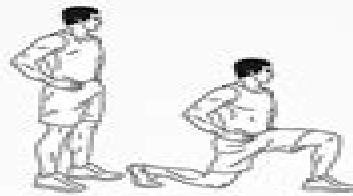
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30 seconds rest between sets - 2 minutes rest between exercises



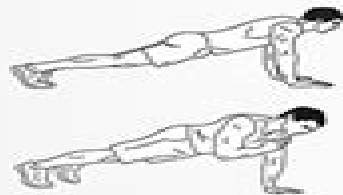
10 squats x 4 sets



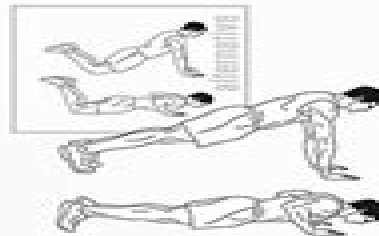
10 lunges x 4 sets



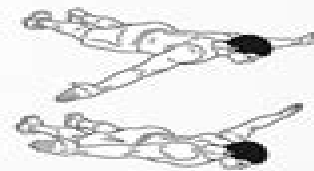
10 calf raises x 4 sets



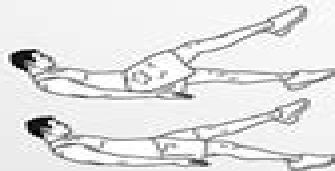
**20 shoulder taps
x 4 sets**



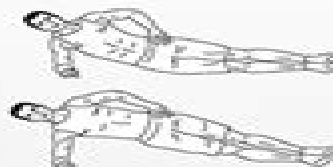
**5 push-ups
x 4 sets**



**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**

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 - Advantages of eBooks Over Traditional Books
2. Identifying Mike Rashids The Complete Over Training Total Body Program Free Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mike Rashids The Complete Over Training Total Body Program Free Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mike Rashids The Complete Over Training Total Body Program Free Download
 - Personalized Recommendations
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 - Participating in Virtual Book Clubs
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 - Creating a Diverse Reading Collection Mike Rashids The Complete Over Training Total Body Program Free Download
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Setting Reading Goals Mike Rashids The Complete Over Training Total Body Program Free Download
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mike Rashids The Complete Over Training Total Body Program Free Download
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 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends

- Integration of Multimedia Elements
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