



CARDIO WORKOUT

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3 ROUND

1



20 SECOND BUTT KICK

10 SECOND REST



2



20 SECOND STEP-UP

3



20 SECOND JUMP SQUAT

10 SECOND REST



4



20 SECOND MOUNTAIN CLIMBER

5



20 SECOND BICYCLE CRUNCH

10 SECOND REST



6



20 SECOND BIRD DOG

Cardio Physical Exercise Quick Guide

PT Brinkman



Cardio Physical Exercise Quick Guide:

Unveiling the Magic of Words: A Overview of "**Cardio Physical Exercise Quick Guide**"

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 really awe-inspiring. Enter the realm of "**Cardio Physical Exercise Quick Guide**," 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 into 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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