

WORKOUT PROGRAM

Designed By
LIBERATING FITNESS

SUN	MON	TUES	WED	THURS	FRI	SAT
OFF	LEGS & CORE	METABOLIC CONDITIONING	ARMS	LEGS & CORE	METABOLIC CONDITIONING	UPPER BODY

MONDAY LEGS & CORE

EXERCISE	PICTURE	SETS	REPS	TEMPO	REST
STEP UPS		4	8 TO 10	1/2/1/2	30-60 SECONDS
BULGARIAN SPLIT SQUATS		4	8 TO 10	2/1/2/1	30-60 SECONDS
SIDE LUNGES		4	8 TO 10	2/1/2/1	30-60 SECONDS
HAMSTRING CURLS ON STABILITY BALL		4	8 TO 10	1/2/1/2	30-60 SECONDS
DUMBBELL SIDE BENDS		4	8 TO 10	3/1/2/X	30-60 SECONDS
PULSING SIDE PLANKS		4	8 TO 10	CONTROLLED	30-60 SECONDS

Forever Fit The Exercise Program For Staying Young

Wolfgang Guggemos



Forever Fit The Exercise Program For Staying Young:

Whispering the Techniques of Language: An Mental Journey through **Forever Fit The Exercise Program For Staying Young**

In a digitally-driven world where screens reign supreme and quick connection drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words frequently get unheard. However, nestled within the pages of **Forever Fit The Exercise Program For Staying Young** a interesting fictional prize pulsating with organic feelings, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, that marvelous opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very material of every word. Within the mental depths of this touching review, we shall embark upon a sincere exploration of the book is core themes, dissect its captivating writing model, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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Forever Fit The Exercise Program For Staying Young Introduction

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FAQs About Forever Fit The Exercise Program For Staying Young Books

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