

40-MINUTE FULL BODY SUPERSET WORKOUT

MENSFITCLUB.COM

WARM-UP (3-5 MINUTES)

- Jumping jacks
- High knees
- Arm circles
- Bodyweight squats
- Jump cicles
- Bodyweight squats
- Hip openers
- Walkout + push-up

SUPERSET 1

Upper Body Push
Chest, Shoulders, Triceps

Dumbbell Bench Press
or Push-Ups
12-15 reps
Dumbbell Shoulder Press
10-12 reps

SUPERSET 4

Glutes & Legs Power
Explosive + Strength

Dumbbell Reverse Lunges
10-12 reps ech leg
Dumbbell Deadlift to Shrug
12-15 reps

SUPERSET 3

Lower Body Strength
Quads, Glutes, Hamstrings

- Goblet Squats
12-15 reps
- Romanian Deadlifts (RD)
12-15 reps

SUPERSET 5

Core + Conditioning
Finisher

- Plank Shoulder Taps
45 seconds
- Mountain Climbers
45-60 seconds

COOL DOWN (2-3 MINUTES)

- Seated forward fold
- Chest stretch

Workout Routine Without Paid Ads Complete Beginner Guide To Improving

Robert R. Redfield



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In some sort of inundated with monitors and the cacophony of fast conversation, the profound energy and emotional resonance of verbal artistry usually disappear in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, set within the lyrical pages of **Workout Routine Without Paid Ads Complete Beginner Guide To Improving**, a captivating work of fictional elegance that impulses with natural feelings, lies an memorable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that interesting opus manuals readers on an emotional odyssey, delicately exposing the latent possible and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect their interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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