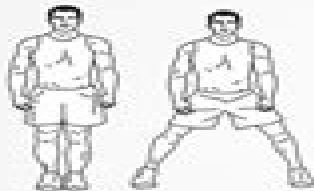


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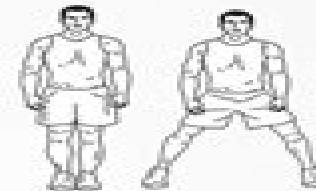
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



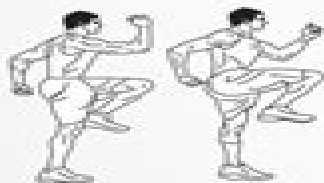
**30sec** half jacks



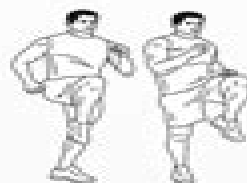
**10sec** jumping lunges



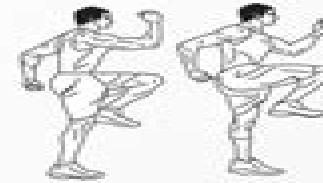
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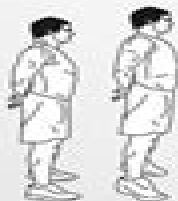
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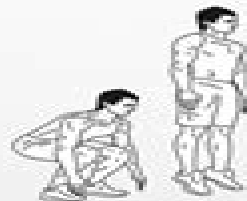
**10sec** high knees



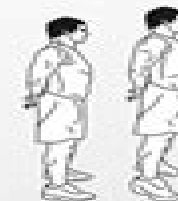
**30sec** march steps



**10sec** calf raises



**10sec** jump squats



**10sec** calf raises

# Better Body Workout

**Barbara Harris,Angela Hynes**



## **Better Body Workout:**

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**Better Body Management** Stormie Omartian,1993

**Self's Better Body Book** Laura Billings,1998 Describes and illustrates twenty workout routines for women and includes answers to frequently asked fitness questions Presented on spiral bound fold out pages that lay flat for easy reference

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and restorative qualities of yoga and an expanded discussion on integrating meditation into daily life to foster a well rounded yoga practice **The Better Better Body Book** Marjorie Frank, Nancy Linton, 1985 Indian Council of Social Science

and Research Celebrating Azadi Ka Amrit Mahotsav Sponsored Dr. Atul Tanaji Lakde & Dr. Laxman Babasaheb Patil, 2023-04-18 Anthropometry refers to the measurement of the human individual Objective of the study The study is to determine the Comparative Study on Selected Anthropometric Variables and Motor Abilities between Women Kho Kho and Kabaddi Players of Hyderabad district Hypothesis There may not be any significant difference between the women Kho Kho Players and Kabaddi Players of Hyderabad district in relation to anthropometric variables and motor abilities Methods leg length of the mean SD of kabaddi players were 90 92 6 56 and kho kho players were 91 72 6 71 mean difference 0 80 standard error 6 14 The mean SD of AMSE sit ups for kabaddi players were 32 48 6 08 and kho kho players were 32 40 5 51 respective mean difference 0 08 standard error 5 98 and the calculated t value 0 96 LES SBJ of the mean SD of kabaddi players were 2 03 0 21 and kho kho players were 2 06 0 23 mean difference 0 02 standard error 0 22 and the calculated t value 0 66 Speed 50 yrd of the mean SD of kabaddi players 8 63 0 54 and kho kho were 7 96 0 52 mean difference 0 66 standard error 0 53 and the calculated t value 0 5 45 The mean SD of Agility St Run of kabaddi players and kho kho players were respectively 9 67 0 45 and 9 35 0 60 and the calculated t value 0 04 Conclusion Based on the results of the present study have highlight anthropometric and fitness variables of kho kho and kabaddi players The following Recommendations are made on the basis of the results from the study which may be useful for the future research work **Elite Physique** Chad Waterbury, 2021-12-08 Based on scientifically proven strategies for making workouts more effective Elite Physique will help men sculpt and transform their physique with full body workouts body part specific exercises and joint friendly variations

**Mind-Body Exercise and Inspiration** IDEA Health & Fitness, 2006 **Bowflex 20 Minute Better Body Workout Journal** Krzysztof Trelski, 2020-11-06 This is a general conditioning body workout that could be performed in about 20 minutes with just 2 sets for each exercise This publication is not a fitness program of any kind It is a journal based on the 20 Minute Better Body Workout as found in the Owner s Manual supplied by Bowflex with your home gym **Virtue**, 1992

Video Source Book Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Bowker's Complete Video Directory 2001**, 2001 **Building Strength and Stamina** Wayne L.

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