

# 45-MINUTE FULL BODY SUPERSET WORKOUT

## **SUPERSET A** CHEST + BACK

- DUMBBELL BENCH PRESS
  - BARBELL BENT ROW – 12 reps
- 4 rounds – Rest 60 sec

## **SUPERSET B** LEGS + SHOULDERS

- FRONT SQUAT – 10 reps
  - DB SHOULDER PRESS – 12 reps
- 4 rounds – Rest 60 sec

## **SUPERSET C** GLUTES + LATS

- ROMANIAN DEADLIFT – 12 reps
  - LAT PULLDOWN/PULL-UP – 10-12 reps
- 3 rounds – Rest 45 sec

## **SUPERSET D** CHEST + ARMS

- INCLINE DB FLY/PRESS – 12-15 reps
  - HAMMER CURLS – 12-15 reps
- 3 rounds – Rest 45 sec

## **SUPERSET E**

- PLANK SHOULDER TAPS – 20  
– 20 reps

## **CORE FINISHER**

- MOUNTAIN CLIMBERS – 30 sec

# Anybodys Workout

**Puja Mehta**



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## **Table of Contents Anybodys Workout**

1. Understanding the eBook Anybodys Workout
  - The Rise of Digital Reading Anybodys Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Anybodys Workout
  - 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 Anybodys Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Anybodys Workout
  - Personalized Recommendations
  - Anybodys Workout User Reviews and Ratings
  - Anybodys Workout and Bestseller Lists
5. Accessing Anybodys Workout Free and Paid eBooks

- Anybodys Workout Public Domain eBooks
  - Anybodys Workout eBook Subscription Services
  - Anybodys Workout Budget-Friendly Options
6. Navigating Anybodys Workout eBook Formats
    - ePub, PDF, MOBI, and More
    - Anybodys Workout Compatibility with Devices
    - Anybodys Workout Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Anybodys Workout
    - Highlighting and Note-Taking Anybodys Workout
    - Interactive Elements Anybodys Workout
  8. Staying Engaged with Anybodys Workout
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Anybodys Workout
  9. Balancing eBooks and Physical Books Anybodys Workout
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Anybodys Workout
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Anybodys Workout
    - Setting Reading Goals Anybodys Workout
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Anybodys Workout
    - Fact-Checking eBook Content of Anybodys Workout
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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