

fat burning HIIT WORKOUT

Do each exercise for 45 seconds with 15 seconds rest between the exercises. When you finish take a 60 seconds rest and do another round, 2 rounds total.

GORILLA SQUATS 45 SEC



SEASAW LUNGE (left leg) 45 SEC



PLANK HOLD 45 SEC



V-UP GUMBO 45 SEC



KNEES TO CHEST 45 SEC



SEASAW LUNGE (right leg) 45 SEC



SQUAT SPRAWLS 45 SEC



CRAB KICKS 45 SEC



TRAVELING JUMP SQUATS 45 SEC



BEAR CRAWL HOLD 45 SEC



MOUNTAIN CLIMBERS CROSS 45 SEC



BURPEE SPRAWLS 45 SEC



Routine That Actually Works How To Improve Home Workout Routine With

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Routine That Actually Works How To Improve Home Workout Routine With:

Embracing the Song of Expression: An Mental Symphony within **Routine That Actually Works How To Improve Home Workout Routine With**

In a global used by screens and the ceaseless chatter of fast transmission, the melodic beauty and mental symphony produced by the prepared term usually disappear in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. However, nestled within the pages of **Routine That Actually Works How To Improve Home Workout Routine With** a charming fictional value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this interesting masterpiece conducts viewers on a psychological trip, well unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this poignant examination, we shall investigate the book is central harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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