

Workout Checklist



Exercise	Sets	Notes	Done!
Warm-up stretches	3x15	Keep good form	
Jumping jacks	3x15	Keep good form	
Squats	3x15	Keep good form	
Jumping squats	3x15	Keep good form	
Burpees	3x15	Keep good form	
Mountain climbers	3x15	Keep good form	
Lateral jumps	3x15	Keep good form	
Squats (weighted)	3x15	Keep good form	
Pull-overs (weighted)	3x15	Keep good form	
Hammer curls (weighted)	3x15	Keep good form	
Shoulder presses (weighted)	3x15	Keep good form	
Lateral raises (weighted)	3x15	Keep good form	
Chest press (weighted)	3x15	Keep good form	
Deadlift (weighted)	3x15	Keep good form	
Lunges (weighted)	3x15	Keep good form	
High knees	3x15	Keep good form	
Plank	3x15	Keep good form	
Cool down stretches	3x15	Keep good form	

And Bloggers Step By Step Guide To Home Workout Routine Checklist PDF

JR Anderson



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Whispering the Strategies of Language: An Mental Quest through **And Bloggers Step By Step Guide To Home Workout Routine Checklist PDF**

In a digitally-driven world where screens reign great and quick interaction drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases frequently get unheard. However, located within the pages of **And Bloggers Step By Step Guide To Home Workout Routine Checklist PDF** a fascinating literary prize pulsing with organic thoughts, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that charming opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the psychological depths of this emotional review, we can embark upon a honest exploration of the book is primary subjects, dissect their charming publishing model, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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