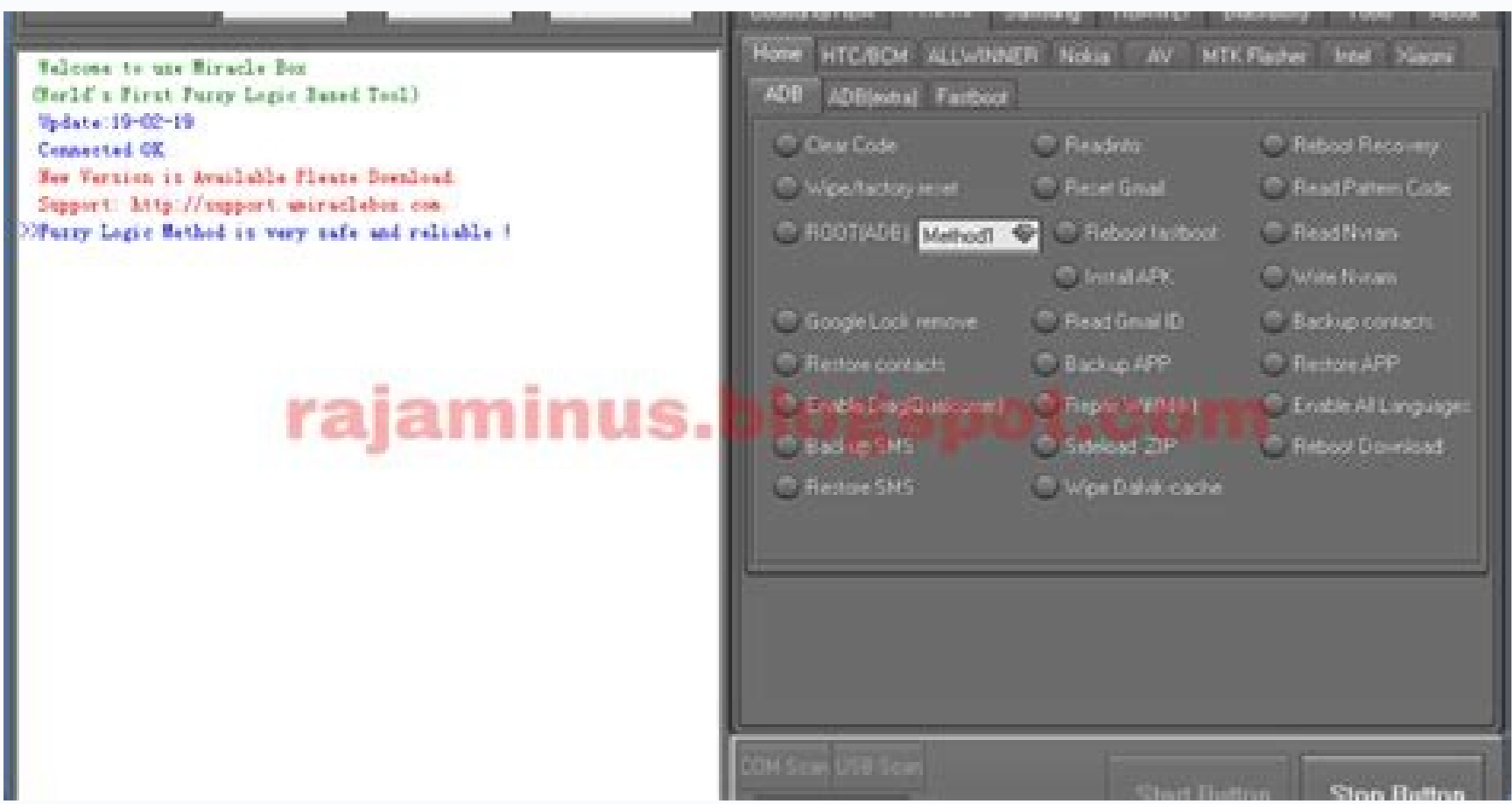
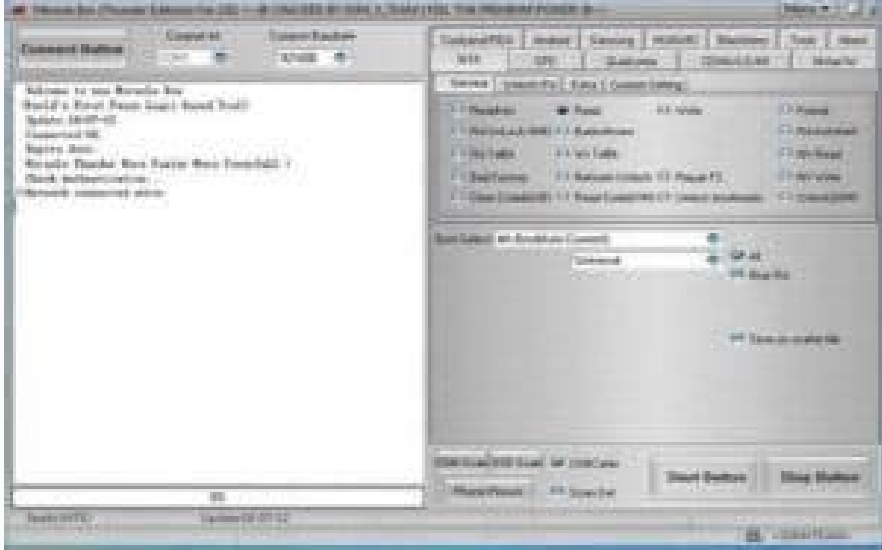


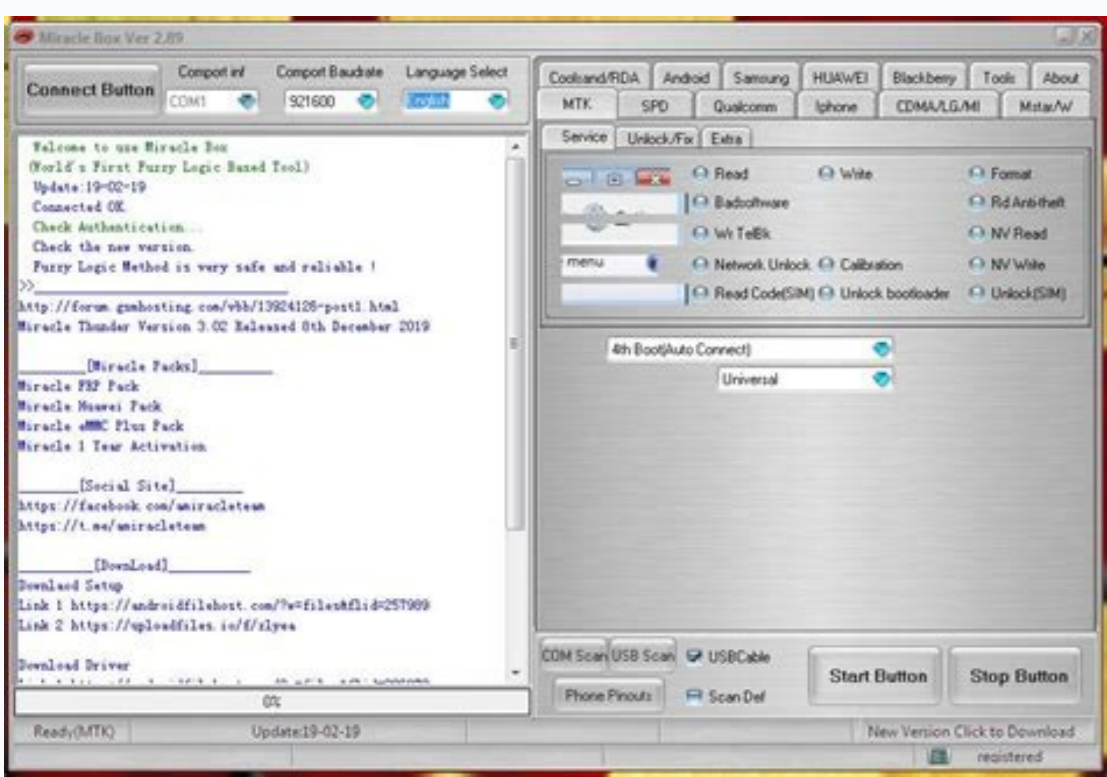
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Step back down with your left foot, concentrating on flexing your hip and the knee of your right leg. Repeat on the other side. 2 Incline dumbbell press Lift over 2 secs, pause for 1 sec, then lower over 2 secs.Sets: 4Reps: 40 secsRest: 20 secsLie back on a bench set to a 30-degree angle and lift the weights up to shoulder height, palms facing away from you. Breathe out as you press up with both arms. Lock out your arms and squeeze your chest before returning slowly to the start position. 3 Step-ups Circuit 2. Rest 10 secs then move on to the next exercise. After skipping, return to the dumbbell step-ups and repeat. After four sets, take 30 secs rest before moving on to Circuit 3.Sets: 4Reps: 50 secsRest: 10 secsStand in front of a platform or bench. Place your right foot onto the elevated platform and push up through your heel to lift yourself up and place your left foot on the platform. Step back down with your left foot, concentrating on flexing your hip and the knee of your right leg. Repeat on the other side. 4 Dumbbell bench press Lift over 1 sec then lower over 2 secs.Sets: 4Reps: 50 secsRest: 10 secsLie on a flat bench holding two dumbbells over your chest with an overhead grip. Push up until your arms are straight, then lower under control. 5 Skipping Skip at a medium pace.Sets: 4Reps: 50 secsRest: 10 secsGrab the rope at both ends. Use your wrists to flick it round your body, jumping to clear the rope as it hits the ground. 6 Renegade row Circuit 3. Perform 12 renegade rows, then move on to 12 bastards, without rest. Repeat for 10, 8, 6 and 4 reps. That's one set. Rest 30 secs and repeat one more.Sets: 2Reps: 40Rest: NoneGet into a press-up position with your hands on the handles of two dumbbells. Keeping your core tensed, row the right dumbbell up to your abs then return to the start position. Repeat with the left dumbbell to complete one rep. 7 Bastards Sets: 2Reps: 40Rest: NoneStart with your feet shoulder-width apart and squat down until your thighs are parallel to the floor. From the bottom of the squat, place your hands on the floor and kick your legs out behind you into a press-up position. Push up until your arms straight and then tuck in your legs at the bottom of the squat position. Drive upwards through your heels until you are 6 inches off the floor and then repeat. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Advertisement - Continue Reading Below Miracle Thunder Crack is the best China tool software for Android Phone problems to resolve. So, it works well with Mac Linux and Windows, and Android Devices. Miracle Thunder 3.36 Crack is a design to work on the intuitive platform. 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