

DAY 1 TOTAL BODY WORKOUT E1

EXERCISE	SETS/REPS
1. Pushups	3 x F
2. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
5. Thumbs Up Pushups from Knees	3 x F
6. Doorway Row Hold	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

DAY 2 OFF

DAY 3 TOTAL BODY WORKOUT F1

EXERCISE	SETS/REPS
1. Hover Pige Pushups	3 x F
2. SW Side Laterals from Knees	3 x F
3. Prisoner Walk Ups	3 x F
4. Hip Buck Marches	3 x F
5. Prone "W" Raises	3 x F
6. Iron Cross Wall Holds	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

DAY 4 OFF

DAY 5 TOTAL BODY WORKOUT E1

EXERCISE	SETS/REPS
1. Pushups	3 x F
2. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
5. Thumbs Up Pushups from Knees	3 x F
6. Doorway Row Hold	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

DAY 6 OFF

DAY 7 OFF

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Liyong Dong



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Table of Contents Athlean Xero Download

1. Understanding the eBook Athlean Xero Download
 - The Rise of Digital Reading Athlean Xero Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Athlean Xero Download
 - 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 Athlean Xero Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Athlean Xero Download
 - Personalized Recommendations
 - Athlean Xero Download User Reviews and Ratings
 - Athlean Xero Download and Bestseller Lists
5. Accessing Athlean Xero Download Free and Paid eBooks
 - Athlean Xero Download Public Domain eBooks
 - Athlean Xero Download eBook Subscription Services
 - Athlean Xero Download Budget-Friendly Options
6. Navigating Athlean Xero Download eBook Formats
 - ePub, PDF, MOBI, and More
 - Athlean Xero Download Compatibility with Devices
 - Athlean Xero Download Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Athlean Xero Download
 - Highlighting and Note-Taking Athlean Xero Download
 - Interactive Elements Athlean Xero Download
8. Staying Engaged with Athlean Xero Download

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Athlean Xero Download
- 9. Balancing eBooks and Physical Books Athlean Xero Download
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Athlean Xero Download
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Athlean Xero Download
 - Setting Reading Goals Athlean Xero Download
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Athlean Xero Download
 - Fact-Checking eBook Content of Athlean Xero Download
 - 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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