

I'm not robot!

Home Gym Dumbbell Training Program

Two plus-loading dumbbells with a selection of plates and a flat bench are the only pieces of equipment needed for this training program. Use enough weight to make the last rep of each exercise fairly difficult. Perform the exercises in the order shown. Do 1, 2 or 3 sets of each exercise, depending on how long and hard a workout you want.

Days per week: M-W-F or T-Th-Sat.

exercises	sets	reps	exercises	sets	reps
1 p. 192 middle	1	10 to 15	9 p. 200 top	1-3	10 to 12 per set
2 p. 190 top	1	15 to 50	10 p. 192 bottom	1-3	10 to 12 per set
3 p. 191 bottom	1	15 to 50 ea. side	11 p. 218 middle	1-3	10 to 12 per set
4 p. 196 bottom	1	15 to 50	12 p. 218 top	1-3	10 to 12 per set
5 p. 248 top	1-3	10 to 12 per set	13 p. 258 top	1-3	15 to 20 per set
6 p. 250 top	1-3	10 to 12 per set	14 p. 290 bottom	1-3	10 per set ea. leg
7 p. 204 middle	1-3	10 to 12 per set	15 p. 280 middle	1-3	10 per set ea. leg
8 p. 275 bottom	1-3	10 to 12 per set	16 p. 236 middle	1-3	15 to 20 per set ea. leg

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PILATES WORKOUT

08

Number

05 minutes

01 Total Body	Jackknife	Bombing	Roller With Legs Spread	One-Leg Rocker
01 Total Body	Shoulder Bridge	Leg Pull	Bicycle	Scissors
02 Core	Double Leg Stretch	Stretch Arm Forward	Spine Stretch Forward	The Hundred
02 Core	Roll-up	Cross-cross	Hip Circle	Spine Twist Supine
02 Core	Seal	Rocking	Side Bend	Mermaid
02 Core	Standing Saw	Swan Dive	Swimming	Double Leg Kicks
04 Lower Body	Double Leg Stretch	Single Leg Circles	Side Leg Lift	Side Kicks Bicycle
04 Lower Body	Leg Pull Front	Single Leg Kicks	Juggling Knee-ups	Pelvic Curl
				05 Upper Body
				Push-up

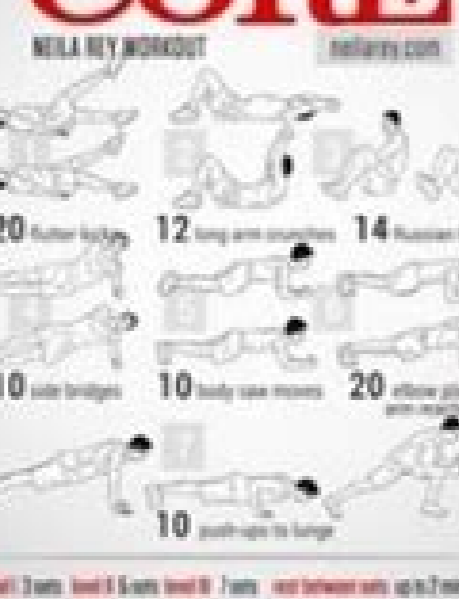
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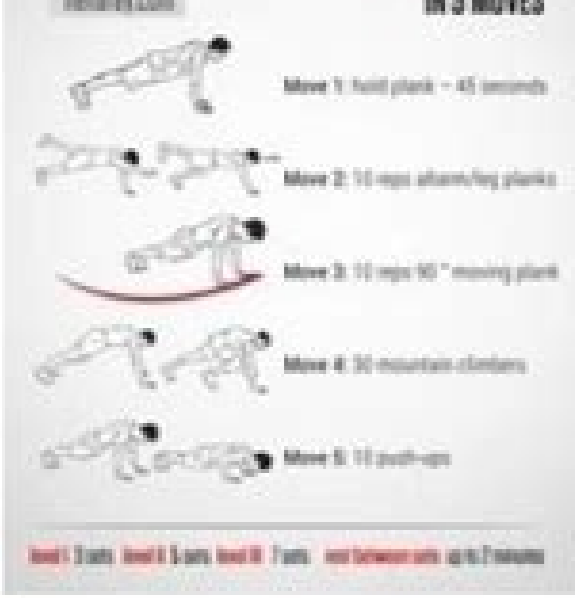
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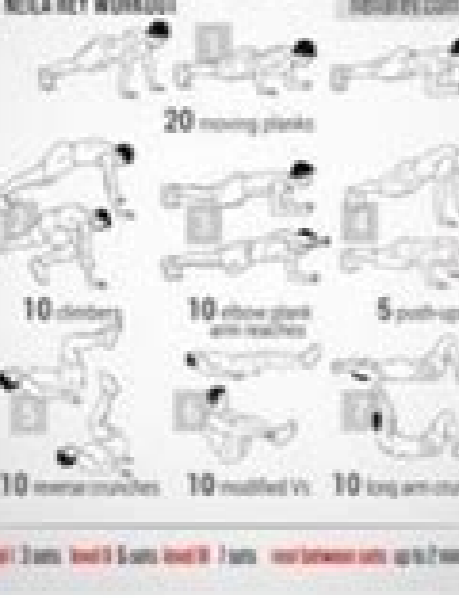
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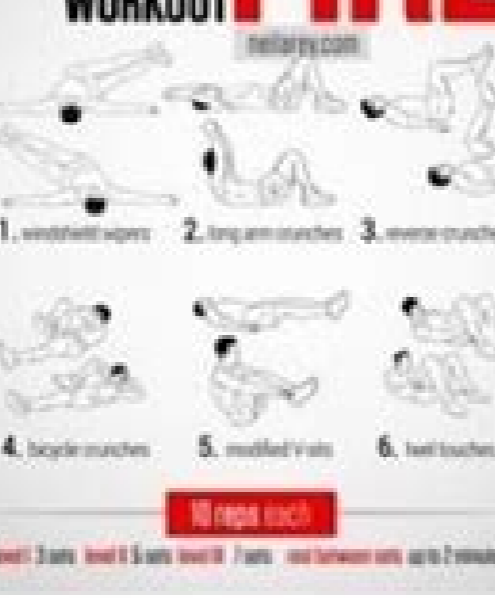
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cannot find a way to unsubscribe anywhere within the application or on the developer's website. Now I'm afraid they will charge me if I like the application or not I will update if I can find an option to cancel your subscription. Update: I had opened the application and asked for a review and click on 1 star and one of the options said something about technical support and I could send an email to your support team. Meanwhile, I received an apple email the next day to confirm my subscription. I click on the link and I could cancel the subscription. Approximately 24 hours after the email to support you received a response again with instructions on how to unsubscribe. The odepup odepup on .1 nu ed ragul ne 4 ni ©Arad el .etneicer s;Am n'Áicazilautca al noc odida±Áa olrebah naÁrdop y n'Áicacilpa al ne adaroprocmi n'Áicpo al renet naÁrebed euq oerc aÁvadoF anaznam ed ocin'Ártcele oerroc ed ócalne le rasu edup etnemadanutroFA SOi ed n'Áisrev im arap noranoicnuf on to the application because I never had to use it during the monitoring perism. I have a high metabolism and the training of this application work very well to gain lean mass. The training is very easy and they don't take much time. Depending on how to configure your raver can take 5-25 minutes. I do separate exercises every day of the week and at the end of the month I make a few weeks of a monthly challenge as a reference. I usually still lose wait when I work. But this application is great for losing weight and also cutting and dumping. I do not know if this application has a dietary way but I believe that a dietary dietary one based on body weight and the BMI ándice would be a great addition to this application. It would be great for people like me who are trying to put some healthy pounds, but also for people who are trying to get fit. I would like to thank the developers of the application for this masterpiece and I would also like to ask if you maintain this idea in mind. Take care. I will be a user of this application for a long time. It is a real game change. The developer, Abishkking Limited. To obtain information, see the developer's privacy policy. The following data can be used to trace through applications and websites owned by other companies: The following data can be collected and linked to their identity: Health & AMP; Fitness Contact Information Identifiers Use data The following data can be collected but not linked to your identity: user use data diagnostics. Privacy practice can vary, for example, on the basis of the characteristics you use or your age. More developer information Privacy polytic support do you have a question? Leave a comment on my last video and you will often add questions. See frequent questions, how many videos are I supposed to do every day? It is recommended to make all the listed vines for each day. For example, if a day has three three You should do all three. If a void is listed twice, you must do it twice. If you have problems to do them, follow the low impact versions until you are stronger. That said, the warming and cooling vines are optional, and some days include other optional vines. Although it is recommended that you do this, they are not essential. Remember, these schedules are my recommended guide - Please do not hesitate to make changes as necessary to meet your needs. To follow the videos in a particular order? The order in which I have listed them is my recommendation. You can break them and do them all the day, but it is worth doing everything in a session if you are capable. It is difficult! If it were not differ, it would not have results. Do not feel pressured to act 100% at the beginning. Go to your own rhythm, it's totally well and expected. The key is to monitor your progress, stop and focus on your breathing and shape and try to improve each day. Soon you will realize that you are a lot of strong and soon progress and you can follow all the way. Can I take more rest or change the schedule? If, if you have free to make changes as necessary and rest when you feel that your body needs it. There is no suitable size for all and this schedule is my recommendation. For women, in their special day of the month, do not hesitate to take the free day or make the low impact version if you can. Here there is a ã Ètil on the subject: What can I do to get the results I want? This depends completely on the results you are looking for. In general, working is only half the battle. You need to maintain a healthy lifestyle, including exercise and a healthy diet (in its most if you are looking for healthy food choices, I have a lot of food ideas and what like videos that contain healthy.TUOBA .TUOBA TEGROF netfo netfo netfo elpoeq sgniht era Efil Yadyreve Reffid Eguh' .Eht Fo Trats .Engna Emas .Sotohp Ssergorp dnenmocer dnenmocer dnenmocer i tahw .wohs inereffid hcum ylno s'erht dnac yot yot yot yo yo yo yo yot yu yo yot yot yot yot yot yu yot yu yot yot yot yot yot yot yot yot yot yot yot yot yu yot yot yot yot yot yot yu RETAKING ,NIAG elcum s'ereht in Ssergorp ruoy fo noittatnesperper tanrucca na !selacs ruoy no sthgiew eht if desab ssergorp ruoy risam ton od. uoy stluser Ees to y ro yam yam uoy dna inereffid the euqisyhp s'enoyreve .slaog ruoy if sdneped the?margorp eht hsinif i retfa od i dluoah tahw!

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