# Strength Training and Endurance A Beginner's Guide

**ABS**  Plank Pose    Leg Lowering    Reverse Crunch

**Back**  Shrugs    Bent Over Rows    DeadLifts

**Biceps**  Hammer Curls    Curls    **Calf**  Standing Calf Raise

**Chest**  Chest Press    Chest Fly    Push Ups

**Hams/Glutes**  Bridge Pose    Leg Curls

**Quads**  Squats    Jump Squats    Lunges    Lying Side Leg Raise

**Shoulders**  Front Raise    Lateral Raise    Standing Row    L-Lift

**Triceps**  Overhead Extensions    Tricep Kickbacks
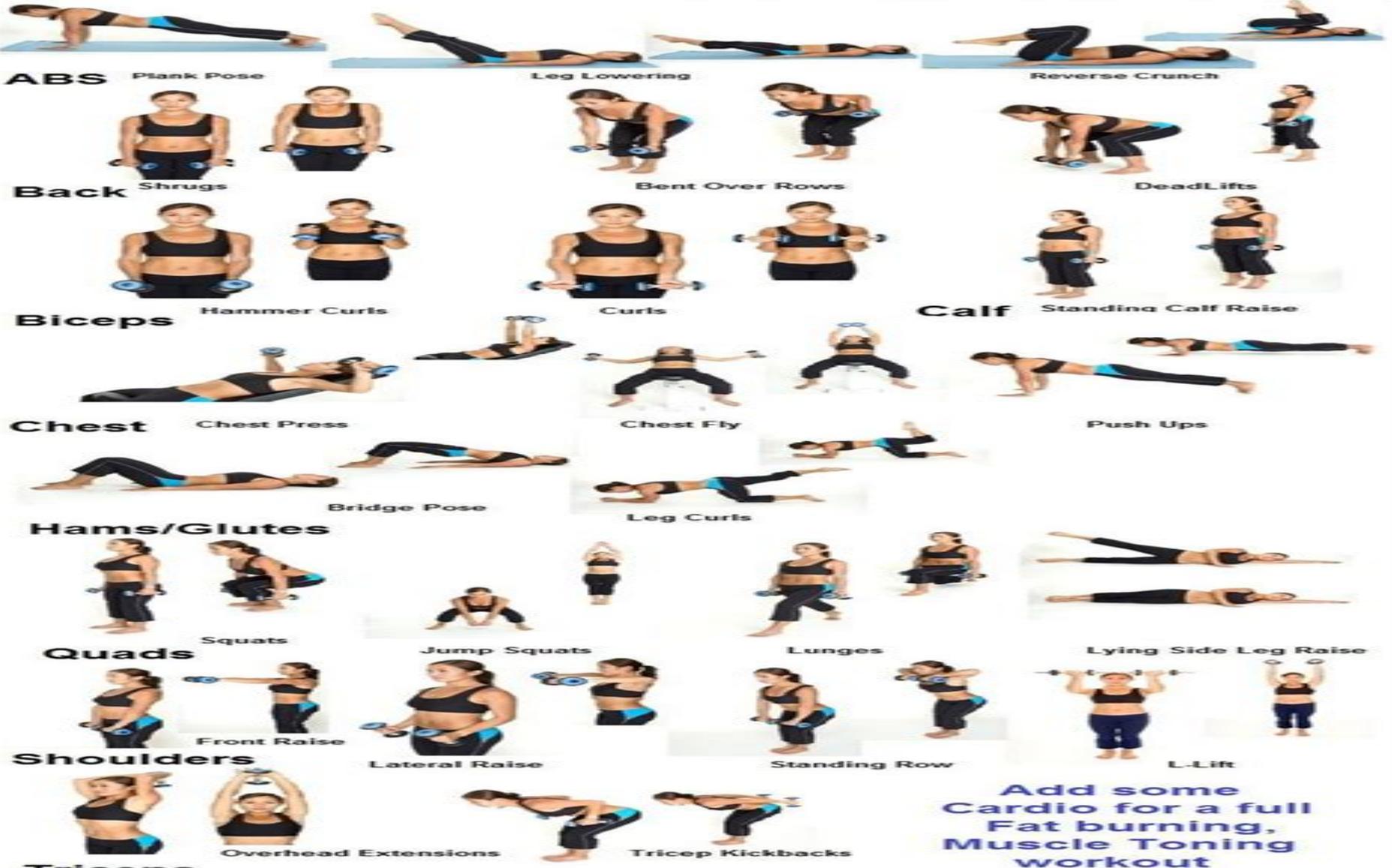
**Add some Cardio for a full Fat burning, Muscle Toning workout**

# Strength Training For Beginners

**Yicheng Fang**

**Strength Training For Beginners:**

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Strength Training For Beginners**

In a world inundated with displays and the cacophony of instantaneous communication, the profound power and emotional resonance of verbal art frequently fade into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, situated within the musical pages of **Strength Training For Beginners**, a charming perform of fictional beauty that impulses with fresh feelings, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, this mesmerizing opus books readers on a mental odyssey, delicately exposing the latent potential and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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**Strength Training For Beginners Introduction**

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