

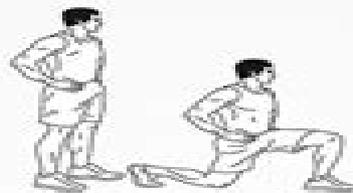
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30 seconds rest between sets - 2 minutes rest between exercises



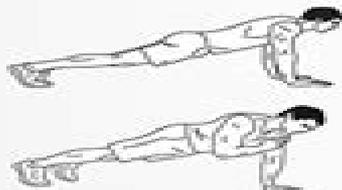
10 squats x 4 sets



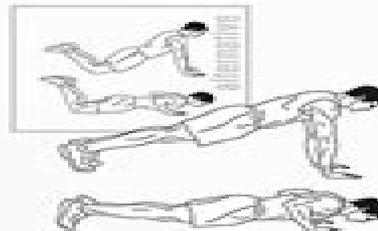
10 lunges x 4 sets



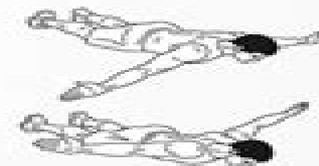
10 calf raises x 4 sets



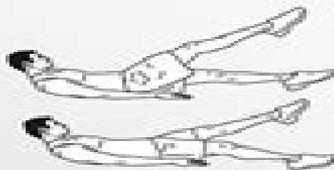
20 shoulder taps x 4 sets



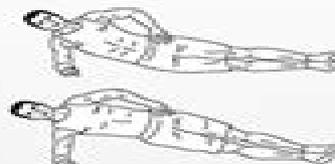
5 push-ups x 4 sets



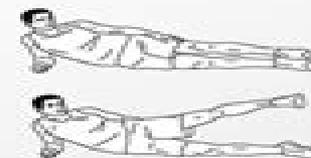
10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

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Lingjun Ying



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Guide to Short Workouts Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

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jurists However this book written in plain English instead of the legalese that many persons find unappealing about books pertaining to legal subjects takes the bold step of disproving these incorrect authorities on the most controversial and puzzling provision of the United States Constitution and it meets that challenge While other books on the Second Amendment rely largely on incorrect commentary and case law this book uses credible and irrefutable documentary evidence to uncover the substance of the Second Amendment By proving that Second Amendment commentary and case law are incorrect this book will become both the preeminent treatise on the Second Amendment and a landmark book in the field of Constitutional law And while gun control has been a highly controversial issue for a long time the debate on gun control has been improperly bifurcated into what is good public policy and what is Constitutional This book eliminates the Constitutional component of that debate so that the debate can be focused solely on what is good public policy Other books written on the Second Amendment propose incorrect theories or attempt to reconcile its two supposed clauses However this book is the best book ever written on the Second Amendment because it does what no other book has ever done It uncovers by means of documentary evidence instead of mere argument the true meanings of the terms A well regulated Militia people keep and bear arms

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