

LOVE YOUR BODY

# YA BASIC NO EQUIPMENT WORKOUT

12 MINUTES PER ROUND



START YOUR TIMER &  
COMPLETE 60 SECONDS PER EXERCISE

1



HIGH KNEES

2



SQUAT KNEE-UP

3



V-UPS

4



LUNGE KICKS

5



MOUNTAIN CLIMBER

6



IN & OUT JUMPS

7



PLANK & PUSH

8



OBLIQUE V-UPS

9



TRICEPS DIPS

10



LEG RAISES

11



JUMPING JACKS

12



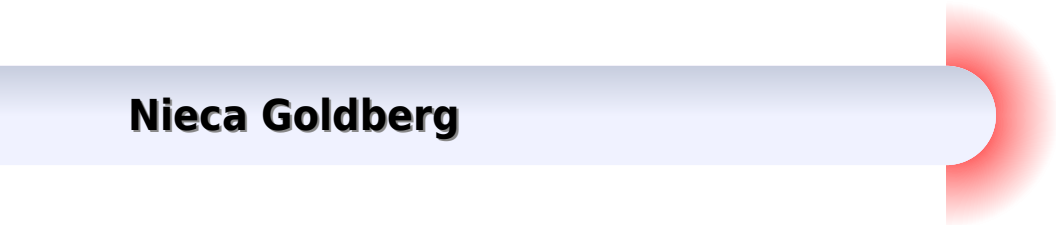
SIDE LUNGE

REPEAT THE CIRCUIT 3X

BY LOVEYOURBODY.FITNESS

# Strength Training Manual Without Weights

**Nieca Goldberg**



## **Strength Training Manual Without Weights:**

## Adopting the Tune of Expression: An Mental Symphony within **Strength Training Manual Without Weights**

In a world consumed by displays and the ceaseless chatter of quick connection, the melodic splendor and mental symphony created by the written term often fade into the background, eclipsed by the constant sound and disruptions that permeate our lives. But, situated within the pages of **Strength Training Manual Without Weights** a stunning fictional value filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that fascinating masterpiece conducts viewers on an emotional trip, well unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional analysis, we can discover the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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